

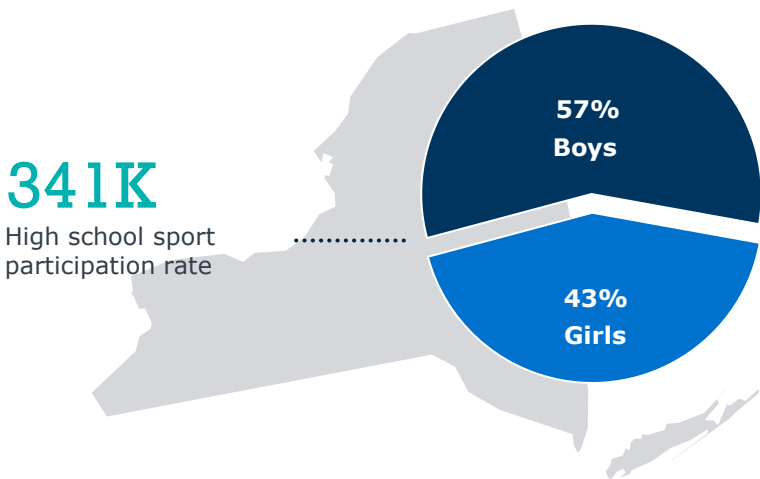
High School Sports Participation State Profile

State Profile: New York

Boys Account for Most High School Sport Participation

As of 2023-2024, the high school sports participation rate was 341,454 in New York. Mirroring the national trend, boys accounted for more than half of participation.

High School Sport Participation, Share of Girls v. Boys, 2023-24
n=341,454 (total participation)

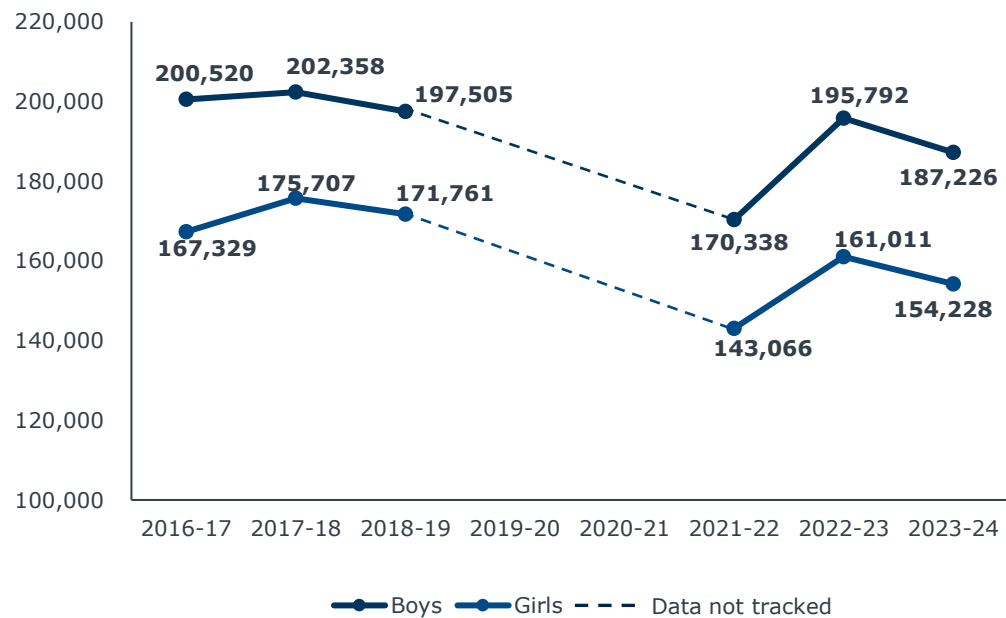


341K
High school sport participation rate

Gap Between Boys, Girls Persists After Pandemic

Participation in high school sports is declining among boys and girls over the last eight years. However, participation rates have started to increase since the pandemic.

Change in Participation Rates, 2016-17 to 2023-24



Source: EAB analysis of National Federation of State High School Association data.

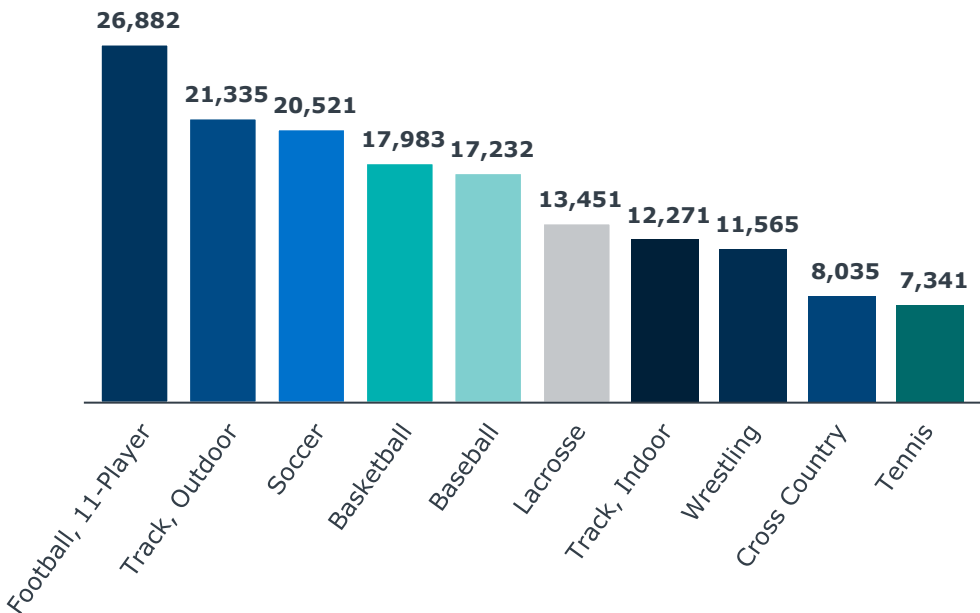
Top Boys' and Girls' Sports

Top Boys' Sports Mostly Reflect National Trends

Like most states, football was the biggest boys' sport as of 2023-2024. The biggest deviation from national trends was indoor track, which was the seventh largest sport in the state. However, there is likely significant overlap of participants in indoor and outdoor track.

Top 10 Boys' Sports by Participation Rate, 2023-2024

n = 187,226 (boys' participation rate)

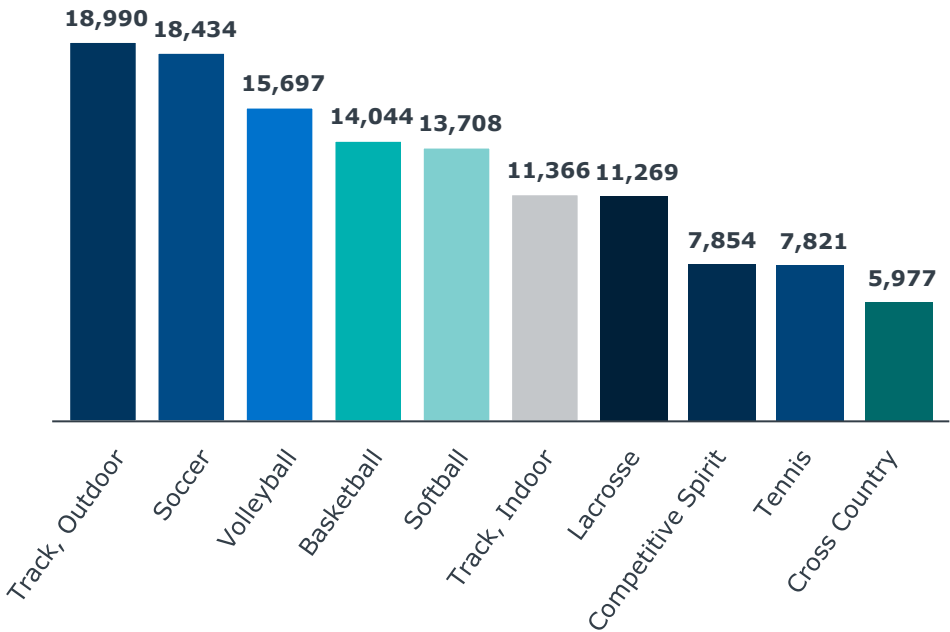


Running Sports Take Three Spots in Top 10

Like boys, both indoor and outdoor track were in the top 10 girls' sports. Meanwhile, cross country was the 10th largest sport.

Top 10 Girls' Sports by Participation Rate, 2023-2024

n = 154,228 (girls' participation rate)



Source: EAB analysis of National Federation of State High School Association data.

Short- and Long-Term Changes in Participation

Boys

Areas of Consistent Growth

Two sports grew both in the last year and across the last eight years. This trend may signal emerging and/or sustainable recruitment areas. They included:

- Fencing
- Golf

Areas of Steady Decline

In comparison, participation fell in the last year and across the last eight years among 15 sports. Because the participation rate double counts multi-sport athletes, it is possible some of these declines may be attributed to growing specialization.

- Baseball
- Basketball
- Cross Country
- Football, 11-Player
- Gymnastics
- Indoor Track & Field
- Lacrosse
- Outdoor Track & Field
- Rifle
- Skiing, Alpine
- Skiing, Cross Country
- Soccer
- Swimming & Diving
- Tennis

Sport	2023-2024 Participation	Change, 2022-23 to 2023-24	Change, 2016-17 to 2023-24
Football, 11 Player	26,882	-6%	-15%
Track & Field, Outdoor	21,335	-7%	-10%
Soccer	20,521	-7%	-12%
Basketball	17,983	-9%	-10%
Baseball	17,232	-8%	-12%
Lacrosse	13,451	-2%	-9%
Track & Field, Indoor	12,271	-10%	-14%
Wrestling	11,565	2%	-1%
Cross Country	8,035	-5%	-22%
Tennis	7,341	-11%	-14%
Golf	6,856	79%	99%
Volleyball	4,461	-4%	18%
Bowling	4,099	-8%	-4%
Swimming & Diving	4,001	-14%	-32%
Ice Hockey	2,683	7%	-9%
Unified Basketball	2,495	1%	N/A
Unified Bowling	1,865	12%	N/A
Football, 8 Player	1,041	21%	N/A

Source: EAB analysis of National Federation of State High School Association data.

Short- and Long-Term Changes in Participation

Boys, Continued

Sport	2023-2024 Participation	Change, 2022-23 to 2023-24	Change, 2016-17 to 2023-24
Badminton	753	0%	52%
Competitive Spirit	664	592%	N/A
Skiing, Alpine	619	-11%	-14%
Fencing	553	2%	1%
Skiing, Cross Country	237	-12%	-37%
Riflery	169	-12%	-12%
Softball	40	N/A	N/A
Gymnastics	5	-79%	-74%

Source: EAB analysis of National Federation of State High School Association data.

Biggest, Fastest Growth, Largest Decline

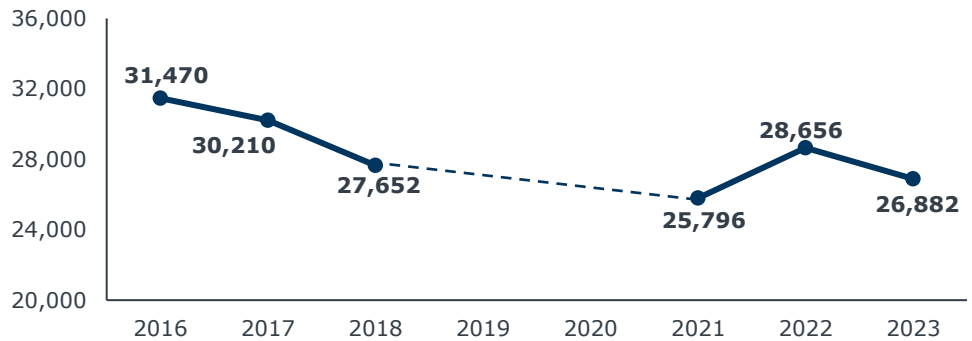
Boys

Biggest Sport

Steady Decline in Football

Participation in football decreased every year but one since 2016, for a total decline of 15% by 2023.

Change in Boys' Football Participation, 2016-17 to 2023-24

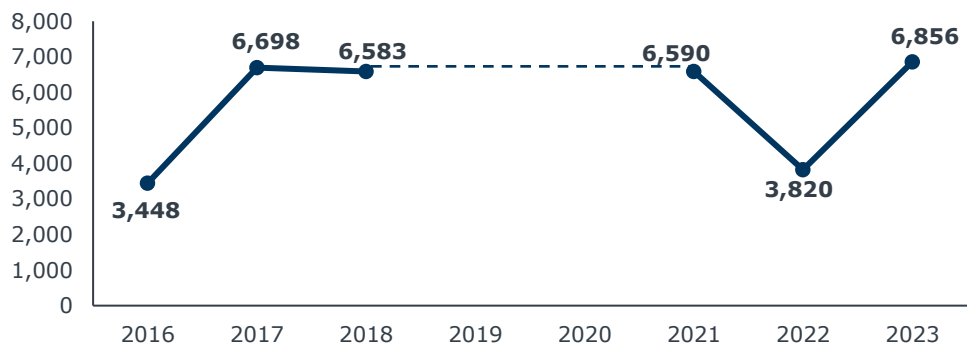


Fastest Growth

Some Swings, But Golf Growing Overall

Participation in golf is up 99% since 2016. However, it saw a sharp decline in 2022 before increasing again.

Change in Boys' Golf Participation, 2016-17 to 2023-24

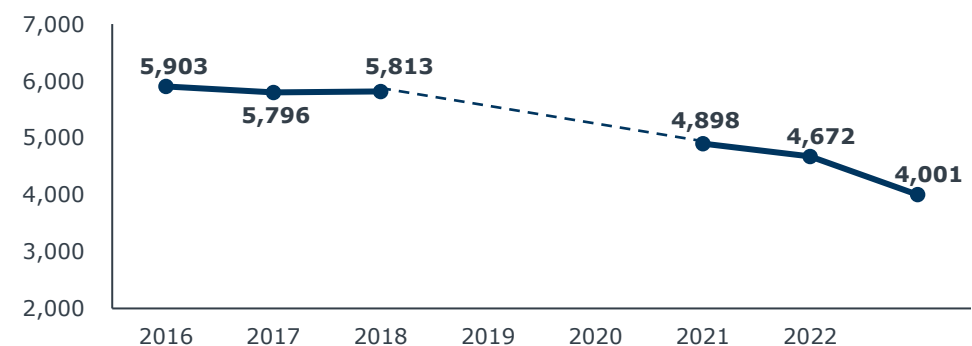


Largest Decline¹

Pace of Swimming Decline Picks up After Pandemic

Participation in swimming and diving decreased 32% between 2016 and 2023.

Change in Boys' Swimming & Diving Participation, 2016-17 to 2023-24



1) Excludes sports with fewer than 300 participants

Source: EAB analysis of National Federation of State High School Association data.

Short- and Long-Term Changes in Participation

Girls

Areas of Consistent Growth

Two sports grew both in the last year and across the last eight years. This trend may signal emerging and/or sustainable recruitment areas. They included:

- Golf
- Ice Hockey

Areas of Steady Decline

In comparison, participation fell in the last year and across the last eight years among 15 sports. Because the participation rate double counts multi-sport athletes, it is possible some of these declines may be attributed to growing specialization.

- Badminton
- Basketball
- Bowling
- Cross Country
- Fencing
- Field Hockey
- Gymnastics
- Indoor Track & Field
- Lacrosse
- Outdoor Track & Field
- Riflery
- Soccer
- Softball
- Swimming & Diving
- Tennis

Sport	2023-2024 Participation	Change, 2022-23 to 2023-24	Change, 2016-17 to 2023-24
Track & Field, Outdoor	18,990	-6%	-14%
Soccer	18,434	-7%	-12%
Volleyball	15,697	-6%	3%
Basketball	14,044	-4%	-12%
Softball	13,708	-9%	-14%
Track & Field, Indoor	11,366	-9%	-16%
Lacrosse	11,269	-2%	-4%
Competitive Spirit	7,854	783%	-33%
Tennis	7,821	-5%	-7%
Cross Country	5,977	-7%	-26%
Field Hockey	5,712	-6%	-16%
Swimming & Diving	4,879	-12%	-34%
Bowling	2,760	-8%	-11%
Golf	2,454	10%	41%
Unified Basketball	1,679	0%	N/A
Unified Bowling	1,549	9%	N/A
Badminton	1,338	-18%	-2%
Wrestling	1,259	41%	N/A
Gymnastics	998	-11%	-26%

Source: EAB analysis of National Federation of State High School Association data.

Short- and Long-Term Changes in Participation

Girls, Continued

Sport	2023-2024 Participation	Change, 2022-23 to 2023-24	Change, 2016-17 to 2023-24
Gymnastics	998	-11%	-26%
Skiing, Alpine	587	-11%	1%
Ice Hockey	570	13%	20%
Fencing	466	-13%	-10%
Skiing, Cross Country	278	3%	-20%
Football, 11 Player	244	234%	N/A
Riflery	89	-40%	-4%
Baseball	59	354%	N/A
Football, 8 Player	1	-50%	N/A

Source: EAB analysis of National Federation of State High School Association data.

Biggest, Fastest Growth, Largest Decline

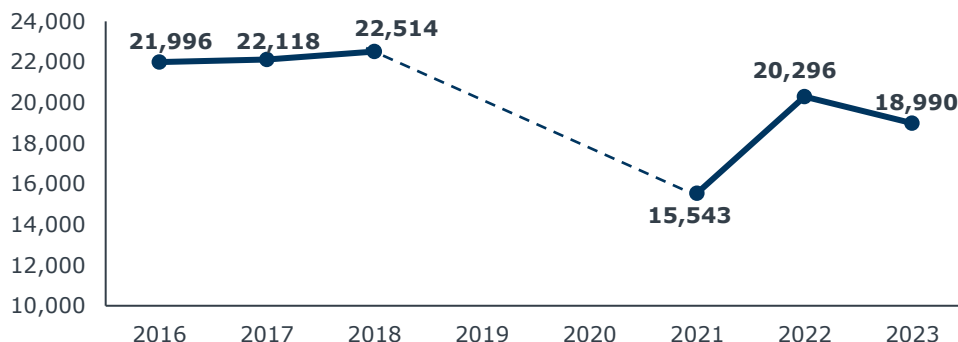
Girls

Biggest Sport

Track Participation Down After Pandemic

Participation outdoor track is down 16% since 2016. However, it increased sharply in 2022, bringing participation closer to pre-pandemic levels.

Change in Girls' Outdoor Track Participation, 2016-17 to 2023-24

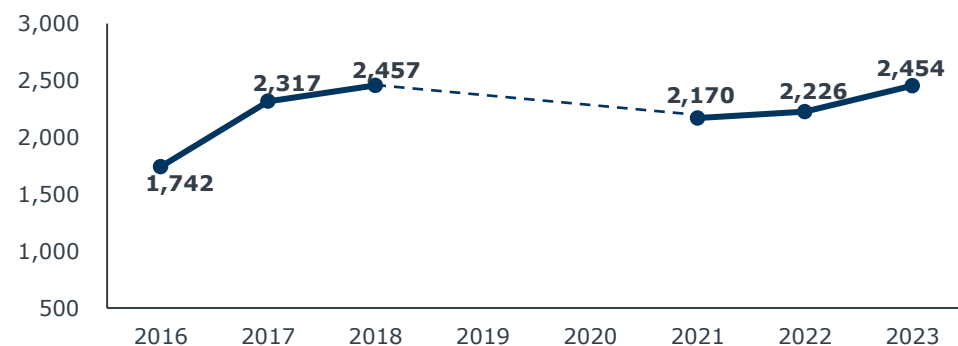


Fastest Growing Sport

Wrestling Small but Growing Fast Among Girls

Participation in golf is up 41% since 2016. It declined in 2021 but has since returned to pre-pandemic levels.

Change in Girls' Wrestling Participation, 2016-17 to 2023-24

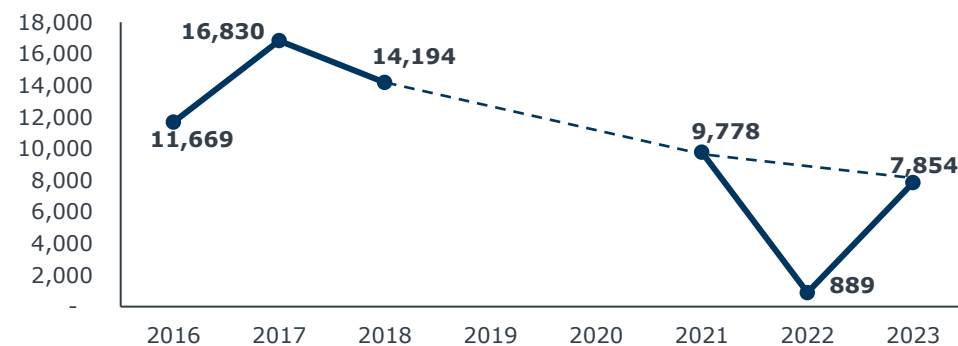


Fastest Declining Sport

Steady Decline in Competitive Spirit

Participation in competitive spirit declined 33% between 2016 and 2023. The significant drop from 2021 to 2022 was likely a reporting error, hence the additional dotted line.

Change in Girls' Swimming & Diving Participation, 2016-17 to 2023-24



Source: EAB analysis of National Federation of State High School Association data.

Appendix: About the Data

Data in this report come from the National Federation of State High School Association's "[High School Athletics Participation Survey](#)."

Limitations of the Data

- The numbers cited in this report reflect the "participation rate." An individual who participated in two sports is counted twice, three sports – three times and so on.
- Participation rates are not adjusted for population changes.
- Most states exclude data from independent schools, unless they are part of the state league, which varies by state and sport.
- Data do not include club sport participation.
- Some states did not report data for all years included in the report. Meanwhile, others appear to have reported duplicate data in a few cases. These cases are called out in the report when applicable.

Definitions

"Adapted" refers to sports that are modified (e.g., rules, equipment) for special-needs students.

"Unified" refers to sports that are open to special-needs students but aren't adapted to meet their needs.

Appendix: National High School Sports Participation

2023-2024 Top 10 Sports in USA by Participation

Top Boys' Sports

1. Football – 11-Player	1,031,508
2. Track and Field – Outdoor	625,333
3. Basketball	536,668
4. Baseball	471,701
5. Soccer	467,483
6. Wrestling	291,874
7. Cross Country	239,874
8. Tennis	157,835
9. Golf	155,174
10. Swimming and Diving	116,799
Total Boys' Participation	4,638,785

Top Girls' Sports

1. Track and Field – Outdoor	506,015
2. Volleyball	479,125
3. Soccer	383,895
4. Basketball	367,284
5. Softball – Fast Pitch	345,451
6. Tennis	195,766
7. Cross Country	192,969
8. Competitive Spirit	181,023
9. Swimming and Diving	138,174
10. Lacrosse	101,204
Total Girls' Participation	3,423,517

Source: EAB analysis of National Federation of State High School Association data.