

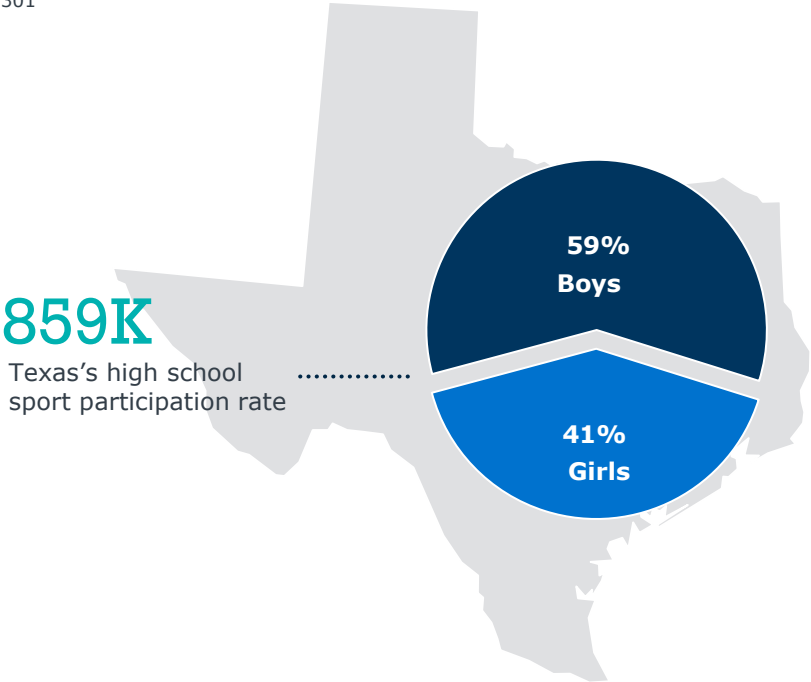
High School Sports Participation State Profile

State Profile: Texas

Boys Account for Most High School Sport Participation

As of 2023-2024, the high school sports participation rate was 859,301 in Texas. Mirroring the national trend, boys accounted for more than half of participation.

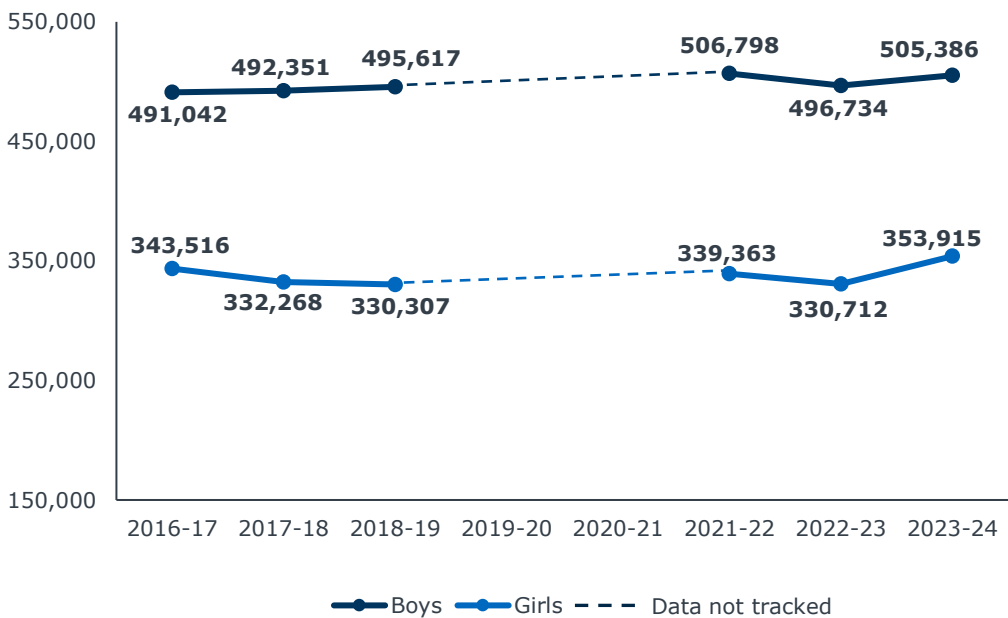
High School Sport Participation, Share of Girls v. Boys, 2023-24
n = 859,301



Gap Between Boys, Girls Persists After Pandemic

Participation in high school sports is growing among boys and girls over the last eight years. The gap in participation has largely remained consistent during this time period.

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



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

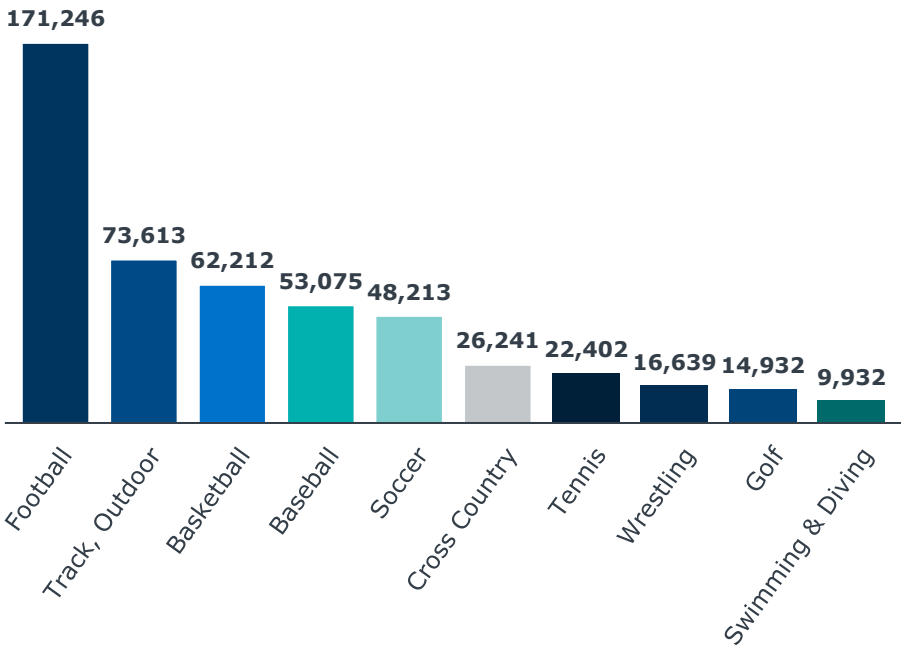
Top Boys' and Girls' Sports

Top Boys' Sports Reflect National Trends

Like most states, football was the biggest boys' sport as of 2023-2024. The remaining nine sports also largely match the national top 10.

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

n = 505,386

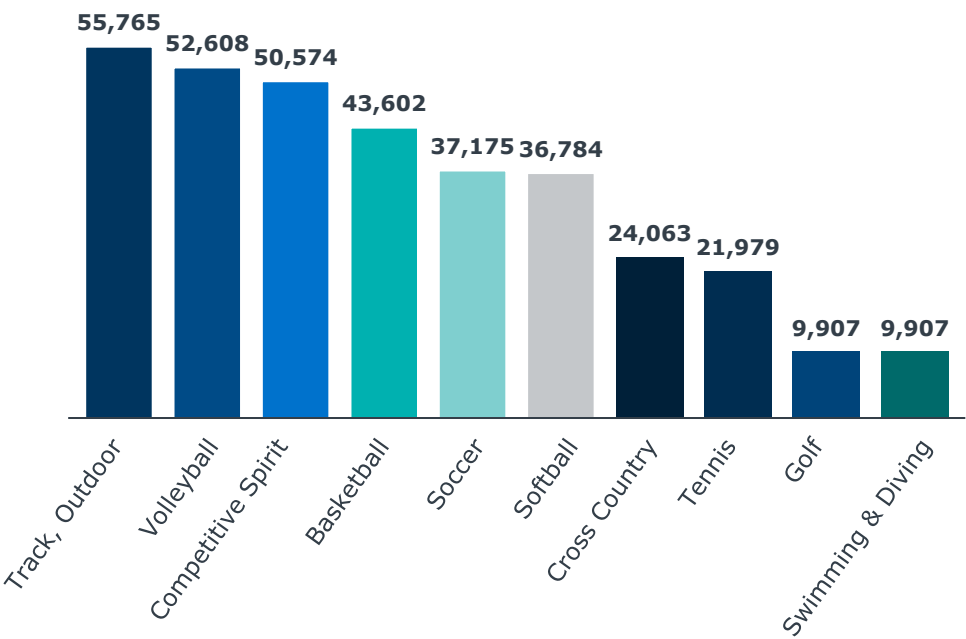


Golf Emerges as Top 10 Sport Among Girls

The top girls' sports in Texas also largely mirror national trends. The biggest deviation was golf, the ninth largest sport in the state.

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

n = 353,915



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

Short- and Long-Term Changes in Boys' Participation

Boys

Areas of Consistent Growth

Five 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:

- Cross Country
- Golf
- Outdoor Track & Field
- Soccer
- Wrestling

Areas of Steady Decline

In comparison, participation fell in the last year and across the last eight years in two sports.

- Adapted Track
- Football, 6-Player

Because the participation rate double counts multi-sport athletes, it is possible some of these declines may be attributed to growing specialization.

Sport	2023-2024 Participation	Change, 2022-23 to 2023-24	Change, 2016-17 to 2023-24
Football, 11-Player	171,246	0%	4%
Track & Field, Outdoor	73,613	2%	3%
Basketball	62,212	1%	-11%
Baseball	53,075	0%	11%
Soccer	48,213	5%	25%
Cross Country	26,241	2%	11%
Tennis	22,402	-2%	6%
Wrestling	16,639	27%	41%
Golf	14,932	3%	10%
Swimming & Diving	9,932	2%	-17%
Football, 6-Player	3,183	-1%	-4%
Water Polo	3,095	8%	N/A
Unified Track	350	-11%	N/A
Unified Basketball	238	54%	N/A
Adapted Track	15	-53%	-38%

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

Biggest, Fastest Growth, Largest Decline

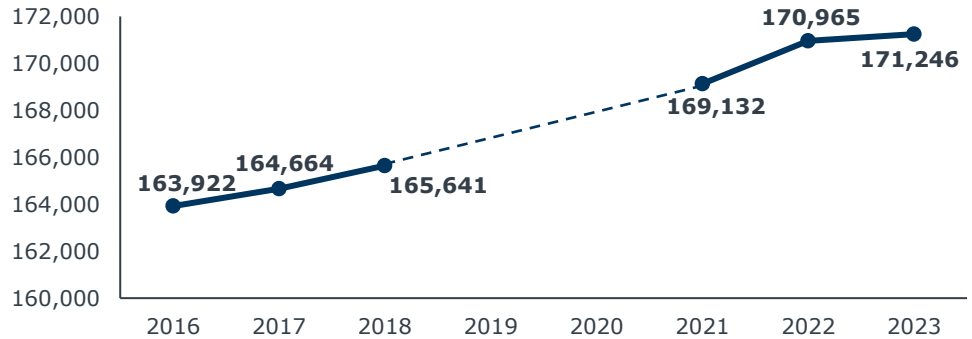
Boys

Biggest Sport

Football Starting to Level Off After Steady Growth

Participation in football increased every year between 2016 and 2023, for 4% total growth.

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

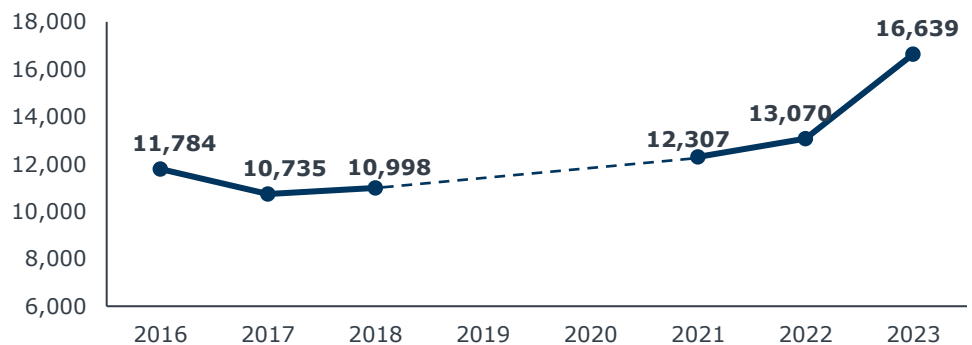


Fastest Growth

Growth In Wrestling Accelerates

Participation in wrestling increased 41% between 2016 and 2023, despite a slight dip in 2017.

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

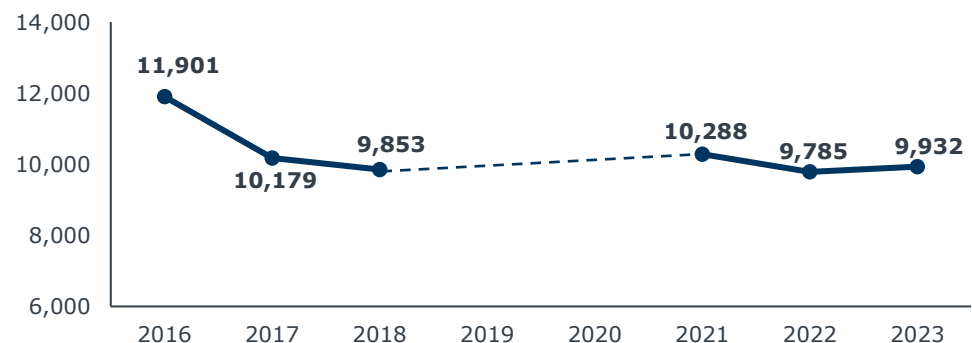


Largest Decline¹

Decline in Swimming Starts to Level Off

After a 14% decline from 2016 to 2017, participation in swimming and diving has held nearly constant around 10,000 participants.

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



1) Excludes sports with fewer than 100 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

Six 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:

- Competitive Spirit
- Cross Country
- Football, 11-Player
- Soccer
- Volleyball
- Wrestling

Areas of Steady Decline

In comparison, participation fell in the last year and across the last eight years in two sports.

- Swimming and Diving
- Adapted Track

Because the participation rate double counts multi-sport athletes, it is possible some of these declines may be attributed to growing specialization.

Sport	2023-2024 Participation	Change, 2022-23 to 2023-24	Change, 2016-17 to 2023-24
Track & Field, Outdoor	55,765	2%	-5%
Volleyball	52,608	1%	15%
Competitive Spirit	50,574	63%	102%
Basketball	43,602	0%	-35%
Soccer	37,175	2%	22%
Softball	36,784	-2%	8%
Cross Country	24,063	1%	2%
Tennis	21,979	-2%	10%
Golf	9,907	-2%	14%
Swimming & Diving	9,907	-3%	-17%
Wrestling	6,436	20%	55%
Water Polo	2,704	9%	N/A
Football, 11-Player	1,522	144%	741%
Unified Track	568	145%	N/A
Baseball	289	-26%	18%
Unified Basketball	28	12%	N/A
Adapted Track	4	-73%	-60%

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

Biggest, Fastest Growth, Largest Decline

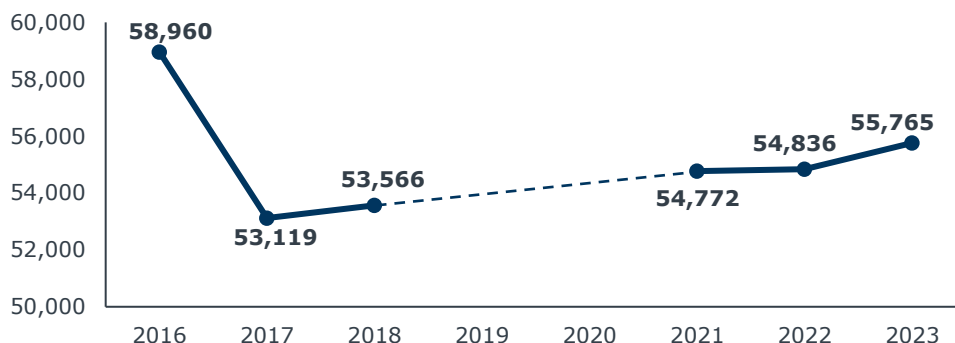
Girls

Biggest Sport

Slow, Steady Recovery for Track After Steep Drop

Participation in outdoor track and field was down 5% in 2023 after a sharp drop in 2017. However, it is showing signs of growth, with 5% growth between 2017 and 2023.

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

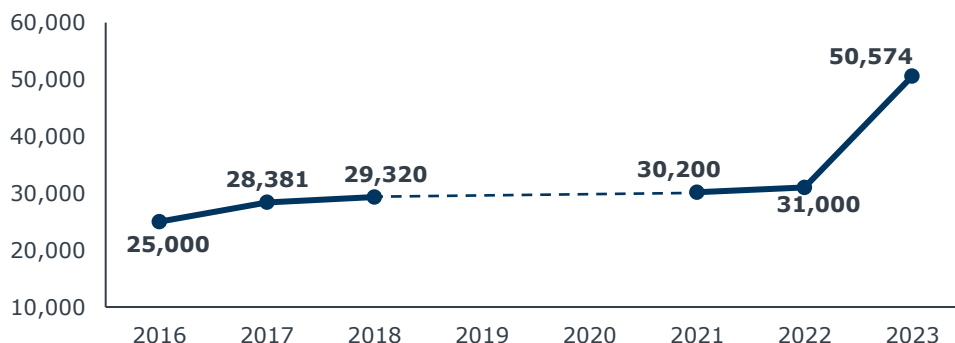


Fastest Growth¹

Competitive Spirit Growing Fast Among Girls

Participation in competitive spirit increased every year between 2016 and 2023, for 102% growth, most of which occurred between 2022 and 2023.

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

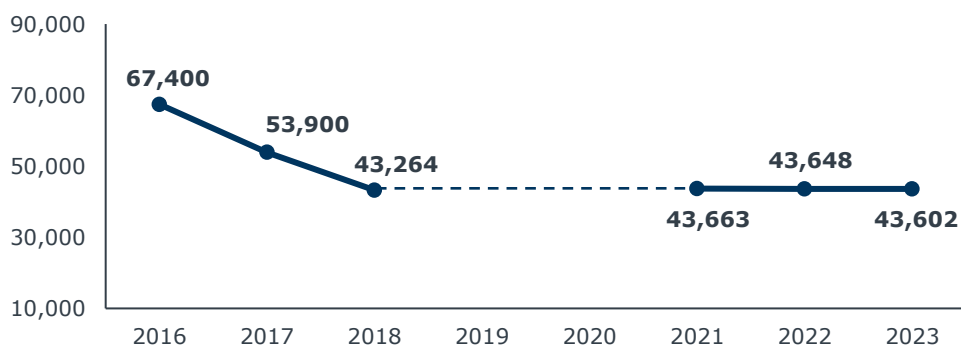


Largest Decline

Decline in Basketball Starts to Level Off

Participation in basketball fell 35% between 2016 and 2023. However, most of the decline occurred before the pandemic and has since slowed down.

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



1) Excludes sports with fewer than 2,000 participants.

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.