

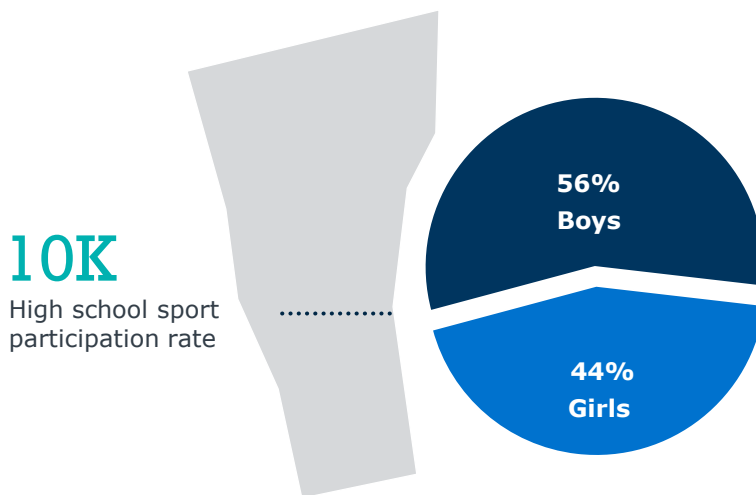
High School Sports Participation State Profile

State Profile: Vermont

Boys Account for Most High School Sport Participation

As of 2023-2024, the high school sports participation rate was 10,043 in Vermont. Mirroring the national trend, boys accounted for more than half of participation.

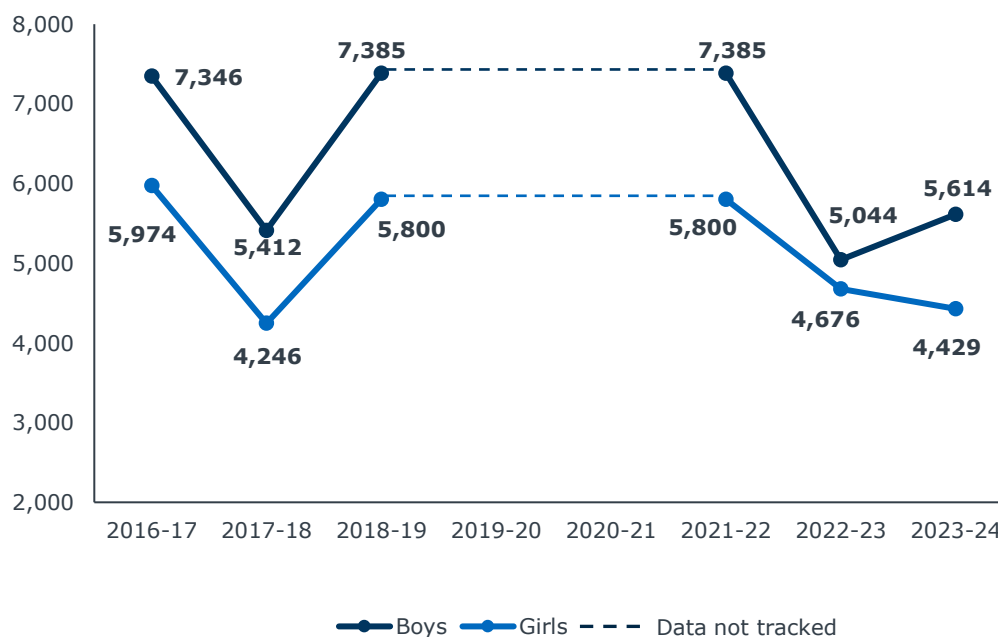
High School Sport Participation, Share of Girls v. Boys, 2023-24
n = 10,043



Gap Between Boys, Girls Growing Post-Pandemic

Participation in high school sports is declining among boys and girls over the last eight years. Participation has started growing among boys as the girls' rate continues declining.

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



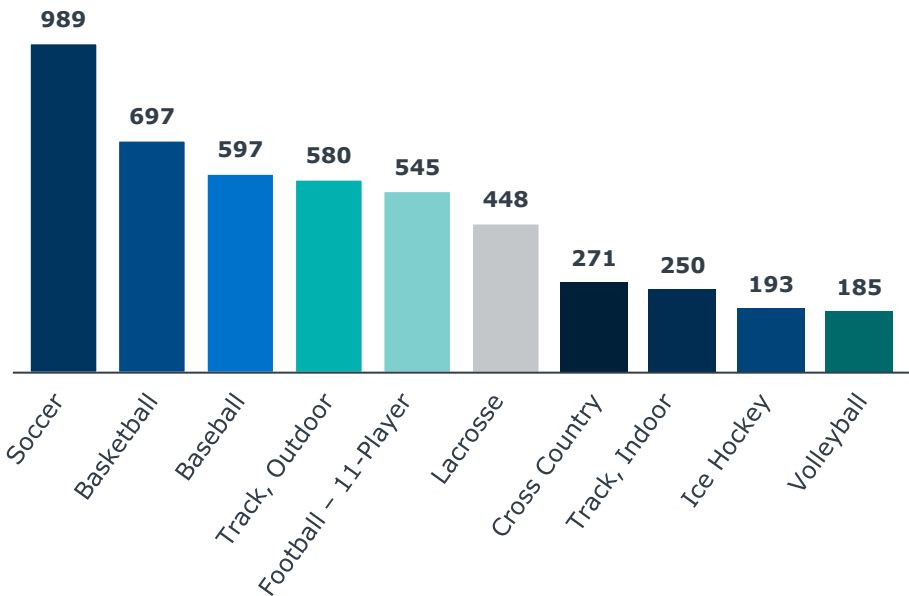
Source: EAB analysis of National Federation of State High School Association data.

Top Boys' and Girls' Sports

Top Boys' Sports Deviate From National Trends

Unlike most states, soccer was the biggest boys' sport in Vermont as of 2023-2024. Additional deviations from national trends included ice hockey and volleyball, the ninth and 10th largest sports.

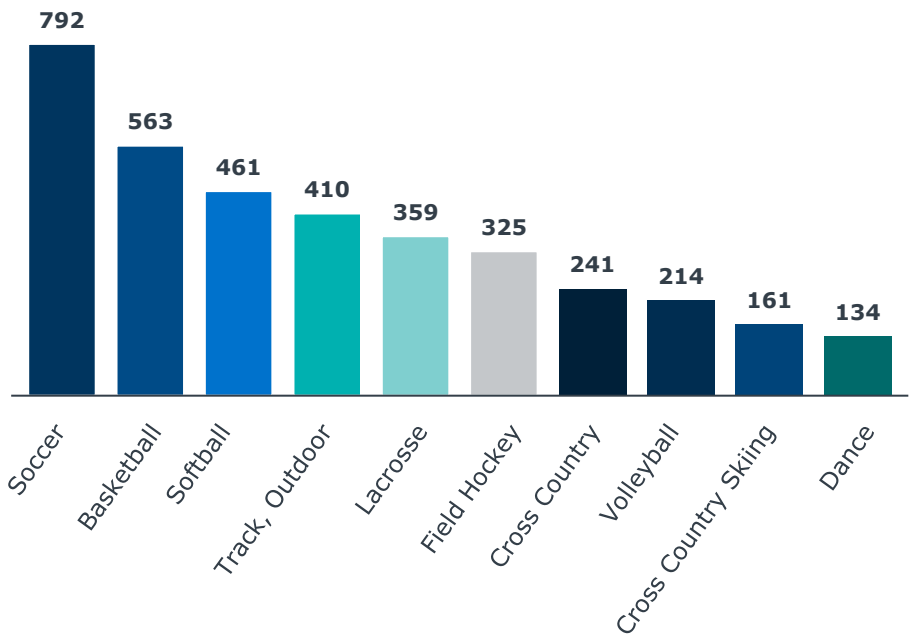
Top 10 Boys' Sports by Participation Rate, 2023-2024
n = 5,614



Top Girls' Sports Also Differ From National Trends

Unlike most states, field hockey, cross country skiing, and dance were among the top 10 girls' sports in Vermont. In contrast, none were in the top 10 at the national level.

Top 10 Girls' Sports by Participation Rate, 2023-2024
n = 4,429



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

Short- and Long-Term Changes in Participation

Boys

Areas of Consistent Growth

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

- Snowboarding

Areas of Steady Decline

In comparison, participation fell in the last year and across the last eight years in one sport.

- Tennis

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 ¹	Change, 2016-17 to 2023-24
Soccer	989	44%	-10%
Basketball	697	0%	-28%
Baseball	597	0%	-14%
Track & Field, Outdoor	580	41%	-15%
Football, 11-Player	545	0%	-45%
Lacrosse	448	0%	-31%
Cross Country	271	0%	-33%
Track & Field, Indoor	250	98%	-10%
Ice Hockey	193	0%	-43%
Volleyball	185	-14%	225%
Skiing, Cross Country	162	0%	-21%
Golf	154	0%	-14%
Skiing, Alpine	110	0%	-18%
Wrestling	80	515%	-30%
Adapted Basketball	66	0%	14%
Snowboarding	50	733%	6%
Bass Fishing	45	-17%	N/A
Bowling	28	0%	-58%
Tennis	25	-80%	-84%
Ultimate Frisbee	25	-55%	N/A

1) Data in some sports indicates no participation change from 2022-23 to 2023-24 and may be the result of resubmissions.

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
Field Hockey	18	0%	-25%
Softball, Fast Pitch	18	800%	-45%
Decathlon	12	0%	-33%
Adapted Bowling	10	0%	-17%
Adapted Soccer	8	0%	-47%
Softball, Slow Pitch	8	700%	N/A
Weightlifting	8	700%	N/A
Crew/Rowing	7	0%	-30%
Mountain Biking	7	0%	-42%
Dance	6	0%	N/A
Flag Football	6	0%	N/A
Dance Team, Jazz	4	0%	33%
Riflery	2	0%	-75%

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

Biggest, Fastest Growth, Largest Decline

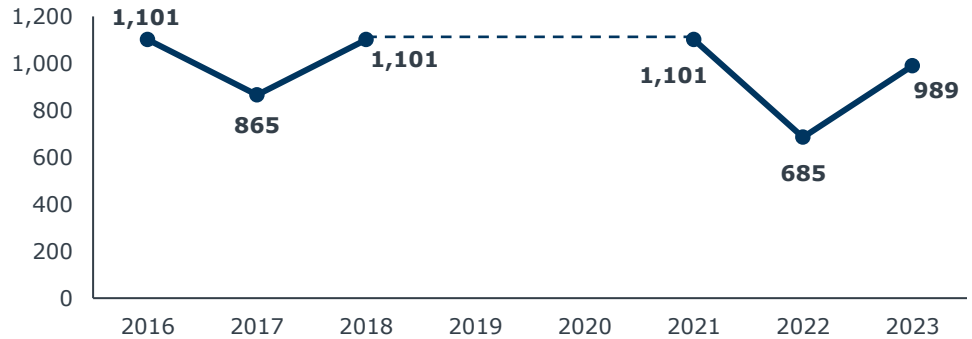
Boys

Biggest Sport

Participation in Soccer Fluctuates Year-After-Year

Participation in soccer decreased 10 between 2016 and 2023, with several increases and decreases along the way.

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

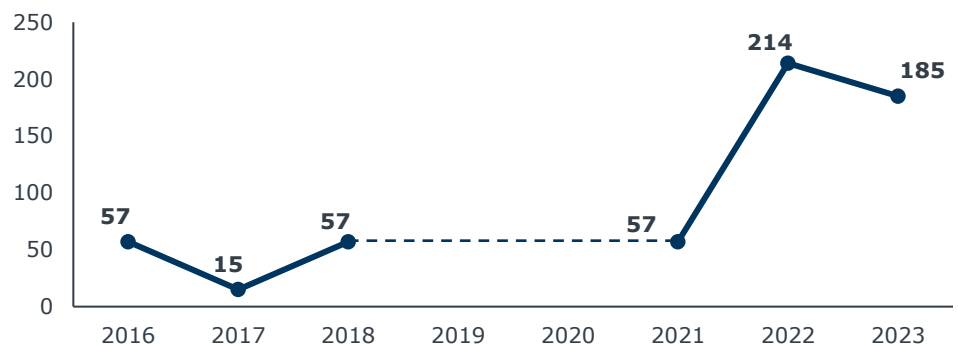


Fastest Growth

Volleyball Participation Growing After Stagnation

Participation in volleyball increased 225% between 2016 and 2023, with most of the growth occurring after the pandemic.

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

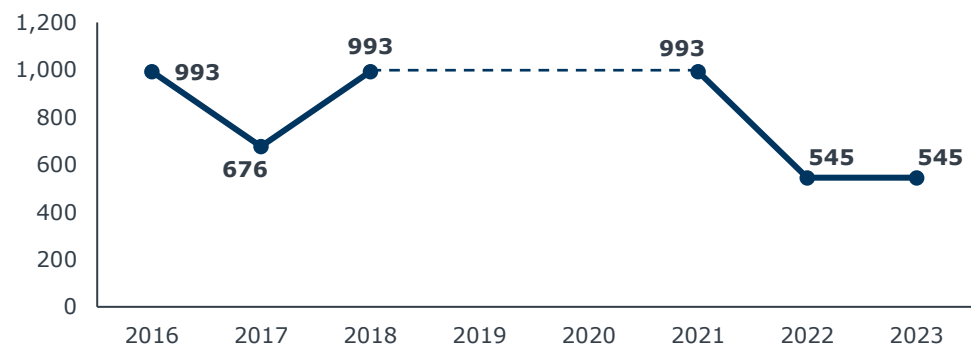


Largest Decline¹

Football Down and Stagnating

Participation in 11-player football fell 45% between 2016 and 2023.

Change in Boys' 11-Player Football 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

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

- Wrestling

Areas of Steady Decline

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

- Gymnastics
- Tennis

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 ¹	Change, 2016-17 to 2023-24
Soccer	792	0%	-18%
Basketball	563	0%	-17%
Softball, Fast Pitch	461	0%	-22%
Track & Field, Outdoor	410	3%	-31%
Lacrosse	359	0%	-30%
Field Hockey	325	0%	-37%
Cross Country	241	0%	-19%
Volleyball	214	-25%	93%
Skiing, Cross Country	161	0%	-12%
Dance	134	0%	-18%
Track & Field, Indoor	126	10%	-40%
Ice Hockey	119	0%	-55%
Skiing, Alpine	111	0%	-15%
Dance Team, Jazz	74	0%	2,367%
Adapted Basketball	57	0%	63%
Golf	42	0%	-43%
Gymnastics	32	-11%	-57%
Baseball	30	0%	1,400%
Softball, Soft Pitch	30	0%	N/A
Tennis	20	-85%	-90%

1) Data in some sports indicates no participation change from 2022-23 to 2023-24 and may be the result of resubmissions.

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
Ultimate Frisbee	20	-58%	N/A
Bowling	16	0%	-38%
Dance/Drill	15	0%	N/A
Decathlon	14	0%	N/A
Wrestling	13	63%	44%
Bass Fishing	9	-83%	N/A
Snowboarding	9	13%	-65%
Crew/Rowing	8	0%	-47%
Adapted Bowling	7	0%	63%
Adapted Soccer	6	0%	20%
Football, 11-Player	6	0%	20%
Riflery	3	0%	0%
Mountain Biking	2	0%	-60%

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

Biggest, Fastest Growth, Largest Decline

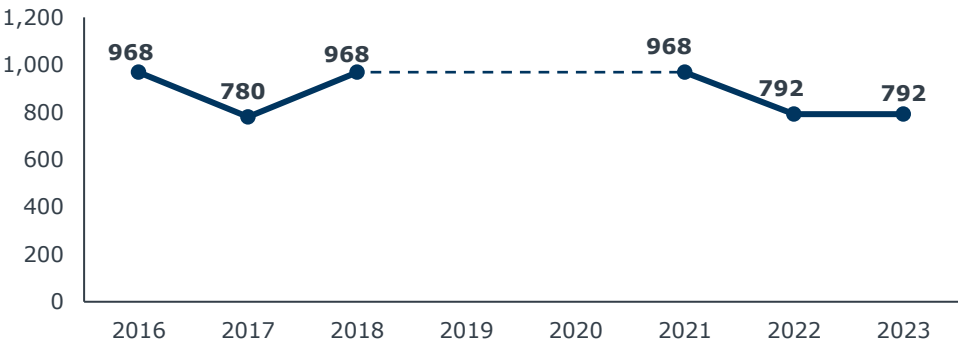
Girls

Biggest Sport

Soccer Participation Falls

Participation in soccer ultimately decreased 18% between 2016 and 2023, after remaining steady for several years.

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

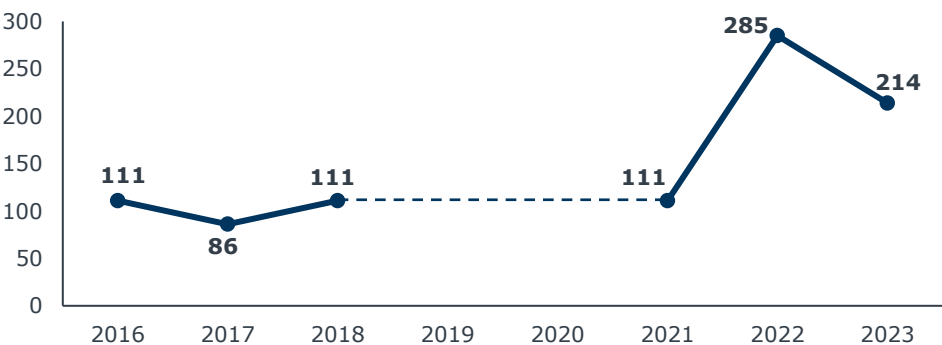


Fastest Growth¹

Volleyball Grows After Several Flat Years

Participation in volleyball is up 92% since 2016. However, it is showing signs of decline, with a 25% decline between 2022 and 2023.

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

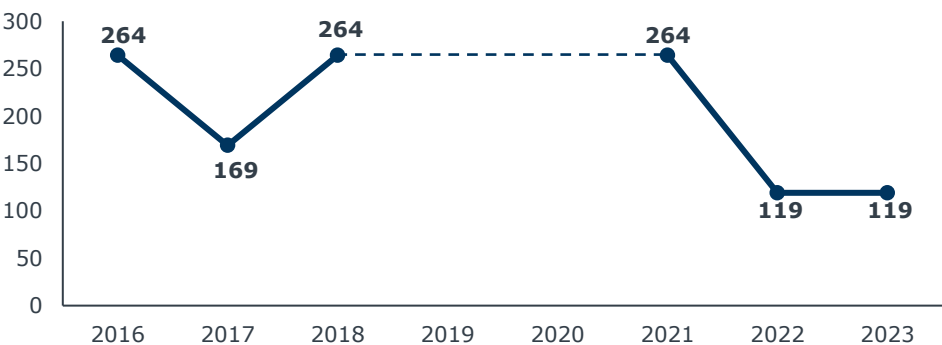


Largest Decline¹

Ice Hockey Participation Falls

Participation in ice hockey decreased 55% between 2016 and 2023.

Change in Girls' Ice Hockey 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.

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.