

## **Off and Running (:60)**

Meet Josh. Hi everybody. Josh is a high school basketball player, solid shooter, great teammate. Hey, don't forget my tenacious defense. And he's my son. So what does Josh do to be the best basketball player he can be? I play tennis. Studies show that student athletes here in South Dakota who play more than one high school sport are more likely to excel. Tennis does more than improve Josh's conditioning. It give him a fresh competitive outlet, reduces the risk injury by cross training, and introduces him to different coaching techniques and new friends.

Don't get me wrong, hoops are my first love. Tennis just gives me a little break. So when the new season begins, Josh isn't burned out on basketball. He's eager to play and you can see the difference in his game. This message presented by the South Dakota High School Activities Association and the South Dakota Interscholastic Athletic Administrators Association.