**The Winning Sports for Kids with ADHD**

**Gold Medal (Highly Recommended)**
- Swimming/diving
- Martial arts
- Tennis
- Gymnastics
- Wrestling
- Dancing

**Silver Medal (Also Recommended)**
- Soccer (goalie not recommended)
- Fencing
- Horseback riding
- Track events

**Bronze Medal (Recommended with Modification)**
- Baseball

**Not Recommended**
- Football

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[http://nfcenter.wustl.edu](http://nfcenter.wustl.edu)

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Washington University Neurofibromatosis Center
**Problems with Team Sports**

Team sports offer a great way for children to stay active; however, it is important to keep in mind that kids with ADHD may struggle in team sport settings. Because structure, order, and lack of distraction are central to team sports, the same challenges that interfere with their academic success may also hinder them on the playing field. In team sports, children with ADHD often have difficulty following directions, and display high impulsivity, inattention, and low frustration tolerance. Any or all of these may hamper their performance in team sport settings.

**Advantages of Individual Sports**

While team sports may be challenging for children with ADHD, participation in individual sports is highly encouraged. Children with ADHD may actually perform better in individual sports because they receive personalized attention from their coaches and can have practices adjusted to their individual needs. Additionally, the setting allows children with ADHD to focus without being distracted by other participants.

**Other Benefits of Individual Sports**

Individual sports, such as swimming/diving, wrestling, martial arts, and tennis, are excellent venues for children with ADHD to receive the individualized attention they need in order to succeed. Although children compete individually in each of these sports, they will typically attend competitions as a team. This team context provides a terrific opportunity for children with ADHD to socialize with their peers while cheering on their teammates and not interfering with their own individual success.

For more information, please contact:

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