

# **PLAYING SPORTS POST-GRAD**

Leaving collegiate sports is a difficult yet inevitable transition, but it doesn't have to be the end of your athletic career.

Adult sports of varying competitive levels exist across the country to offer a new outlet.

It's never too late to try something new! And if something doesn't feel right, you can say "no thanks" and keep looking for the best fit.

## **SOME QUESTIONS TO THINK ABOUT:**

- Am I planning to relocate? For work, family or to further my education?
- When will I have time to participate? Nights, weekends, mornings?
- Will my finances allow for team fees, travel, new equipment, etc.?
- My physical capabilities are different, what can I still do?
- Do I still want to play a sport right now? Or do I want to get involved as a coach, volunteer, or fan?

Play Gap is an expert when it comes to navigating sports as adults. We can help you find what best fits your post-grad lifestyle.



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