

Sport Trends



Parks and Recreation
Eden Prairie, Minnesota

2021



Sport Trends

Introduction and General Considerations	1
Contributors and Acknowledgements	2
Overview Chart	3
Typical Sports	
Baseball	5
Basketball	6
Cross-Country Skiing	7
Figure Skating	8
Football.....	9
Hockey	10
Lacrosse	11
Racquetball	12
Soccer	13
Softball	14
Swimming	15
Tennis	16
Volleyball	17
Emerging Sports	
Cricket.....	18
Pickleball.....	19
Ultimate Frisbee.....	20

Sport Trends

Backyard Games

Badminton	21
Bocce	22
Cornhole/Bag Toss	23
Horseshoes	24

Fitness

Corporate Fitness	25
Group Fitness	26
Outdoor and Virtual Races and Indoor/Outdoor Triathlons	27
Mind/Body Connection	28
Outdoor Group Fitness	29
Virtual Fitness	30
Wearable Fitness Technology	31

Outdoor Rinks & Warming House Trends	32
---	-----------

Sources	34
----------------------	-----------

Introduction and General Considerations

This report is intended to document past sport participation and forecast future participation. A significant result of the data gathering and analysis is to help guide future staffing, program planning, facility development and redevelopment.

The data was gathered by department staff in alignment with their areas of expertise. Sources included our Parks and Recreation annual reports, the City's Comprehensive Plan, and statistics from state, regional and national organizations.

In some cases, national and state trends are opposite of what we're witnessing locally. Trends even differ dramatically from our city to one close by (decreasing participation in Eden Prairie hockey vs large growth for Rogers). Also, participation may be down at the youth level but increasing at the high school and adult level. Factors such as school enrollment and demographic changes in the City have an impact on participation and may not be an indicator of popularity. The final analysis and recommendations are derived from discussions amongst people in the sport and recreation profession, coaches and athletic association volunteers.

COVID-19 has certainly been very disruptive to sport participation and should be recognized when predicting future participation. For the purpose of showing trends, 2020 data is intentionally not included in most areas due to the COVID-19 pandemic.

Future trends in sports and leisure activities are likely to follow demographic shifts. As Eden Prairie continues to grow in diversity, new sports and activities will continue to emerge and grow. Additionally, as an aging community, activities that promote health and fitness for older adults will continue to be important to consider.

Right-sizing and cascading are terms we have often used when planning for development and redevelopment. Past forecasting and planning efforts have successfully accommodated new development and changes during redevelopment. Many examples of incremental strategies have occurred in recent years, especially in the areas of fields and courts.

In addition to acting as a standalone document, this report will be incorporated into the 2021 Parks and Recreation Comprehensive Strategic Plan.

This is a moment in time. At a minimum, annual updates to the data will be important along with updates to the trends and assumptions.

Contributors and Acknowledgments

















Thank you to the many professionals who contributed to this report. In addition to those listed below, data and projections were provided by many athletic association volunteers. The report was presented to the Parks, Recreation and Natural Resources Commission for feedback and recommendations on March 1, 2021.

Andrew Rotschafer	Assistant Athletic Director- Eden Prairie High School
Bob Lanzi	Recreation Supervisor- Ice Arena
Casey Hagert	Recreation Specialist - Youth Development
Doug Tucker	Recreation Supervisor- Athletics
Jasmine Ellingson	Recreation Supervisor- Aquatics
Jay Lotthammer	Director of Parks and Recreation
Josh Rockey	Recreation Specialist- Senior Center
Lori Brink	Recreation Manager
Megan Munoz	Recreation Supervisor- Fitness
Nicole Weedman	Senior Recreation Supervisor – Youth Development
Sue Bohnsack	Recreation Supervisor – Senior Center

Sport Trends Chart

Eden Prairie Specific

Sport	Last 5 Years	Predicted Next 5	Comments
Badminton			Gaining popularity fast, especially at the high school level. Opportunities for more community participation as current players age. Needs indoor space.
Baseball - Youth			Changing demographics and declining school enrollment are factors.
Baseball - Adult			Town ball teams are becoming more popular.
Basketball - Youth			Participation in both youth and adult basketball remains strong and steady.
Bocce			New bocce facility may lead to more interest. Senior opportunities available.
Cornhole/ Bag Toss			Casual yard games continue to gain popularity. Yard games area behind senior center offers quality growth opportunities.
Cricket			Demographic shifts are leading to more cricket players in the area.
Cross Country Skiing			This outdoor sport remains steady in participation and has recently experienced a surge due to increased interest in outdoor activities.
Figure Skating			Very steady with a minimal decline in participation.
Fitness - Group Classes			Participation in group fitness varies as offerings change year to year. Impact of Covid-19 on indoor fitness predicts a slow return.
Fitness - Virtual Classes	N/A		Demand and need for virtual classes has greatly increased due to the Covid-19 pandemic.
Football			The decline in participation is well documented and highly related to concussion and injury concerns.
Hockey - Youth			Participation in boys hockey is slightly declining, but that is offset by more girls playing.
Hockey - Adult			More adult groups are renting ice time than ever before.
Horseshoes			There seems to be little chance for this sport to regain popularity in the near future.
Lacrosse			Participation has grown over the years and seems to have leveled off with steady participation.
Pickleball			Some call it the fastest growing sport in America and this is seen in Eden Prairie. High demand for indoor
Racquetball			Participation is steady but there aren't enough new players replacing those who have stopped playing.

Sport	Last 5 Years	Predicted Next 5	Comments
Soccer			There isn't much more expected growth for soccer, but there is a gradual increase when compared to percentage of school enrollment.
Softball - Slow Pitch Adult			The steady decline in slow pitch softball has been seen for years, but a core group of teams remain.
Softball - Youth Fast Pitch			Demographic changes along with decreased school enrollment are seen as factors.
Softball - Slow Pitch Senior			As softball players age out of adult leagues they are forming their own senior leagues. Our aging demographics predicts an increase in this sport.
Swimming - Youth Lessons			Participation in youth swimming lessons continues to grow.
Tennis			Participation is strong and steady for youth and adult tennis. High demand for indoor court time.
Ultimate Frisbee			This niche sport is popular in Minnesota as well as in Eden Prairie.
Volleyball			The addition of boys' volleyball programs is a driver for growth.

Baseball

Local Groups / Participation: EP Baseball Association, Eden Prairie High School, American Legion, and Adult Baseball Teams

Summary / Data Analysis

At the local youth level, participation in baseball has declined since its peak in the late 90's. The Eden Prairie Baseball Association runs numerous tournaments in a typical year and operates a concessions stand at Miller Park. Eden Prairie High School continues to see participation slightly decrease for baseball. These local trends somewhat differ than the statewide trend of participation increasing 4% from the 2011-12 to 2018-19 school years. Nationally, participation in youth baseball has remained steady or slightly declined over the years.

The City has been seeing more demand for full sized baseball fields. Adult, or town ball, teams are becoming more popular. The City currently rents fields to three local adult teams. The EPBA also has its highest percentage of players at the age that requires a full sized field. The City partners with the high school to maintain Round Lake Stadium (RLS). RLS is used for youth, high school, and American Legion tournaments.

Data

	1995	2001	2010	2016	2019
City Population	49,819	56,519	63,277	63,187	64,334
School Enrollment	9,242	10,438	10,150	8,835	8,695
EP Baseball Association	2,100	1,800	n/a	1,229	950

Basketball

Local Groups / Participation: EP Basketball Association (boys and girls), Eden Prairie High School

Summary / Data Analysis

At the youth level participation remains strong for both youth boys and girls basketball. Eden Prairie boasts a strong in-house program which includes players of any skill level. There are many travel teams at the youth level. This is consistent with participation at the high school level where cuts are required due to the number of players who try out.

At the state level participation in basketball decreased 3% from the 2011-12 and 2018-19 school years. At the national level participation is surging with yearly increases of approximately 15%.

It is no surprise that basketball remains a sport with strong participation based on its affordability, less injury risk compared to other sports, and local programs that include players of any skill level.

Data

	1995	2001	2010	2016	2019
City Population	49,819	56,519	63,277	63,187	64,334
School Enrollment	9,242	10,438	10,150	8,835	8,695
EP Basketball Association (Boys)	1,000	1,300	n/a	1,300	n/a
EP Basketball Association (Girls)	880	1,100	n/a	287	n/a

Cross Country Skiing

Local Groups / Participation: Eden Prairie High School, Residents, MN Youth Ski League

Summary / Data Analysis

Minnesota continues to be one of the most popular states for cross country skiing. There are a plethora of trails available to the public for free or minimal charge. Cross country skiing is also less expensive than alpine skiing and this increases accessibility.

The high school cross country ski coach maintains a cross country ski trail at Staring Lake Park. This trail is used for general use, by the high school team, and is also rented out to the MN Youth Ski League on Sunday afternoons. The high school sees steady participation over the years in their cross country skiing program with around 100 participants.

Figure Skating

Local Groups / Participation: Eden Prairie Figure Skating Club

Summary / Data Analysis

The Eden Prairie Figure Skating Club skates year-around at the Eden Prairie Community Center. The EPFSC rents approximately 17 hours of ice per week, year-around. The EPFSC hosts quarterly exhibitions and test sessions. The highlight of the year is the Annual Ice Show weekend in March.

At the local youth level, participation in figure skating has declined since its peak in the late 90's. EPFSC participation continues to be slightly decreasing. Nationally participation in figure skating has remained steady or slightly increased over the years.

The national program of U.S. Figure Skating is comprised of member clubs, collegiate clubs, school-affiliated clubs, individual members and Friends of Figure Skating. Participation in the form of membership in the U.S. Figure Skating program has seen a gradual but steady increase in the past 20 years with 202,000 people participating in the program in the 2019-20 season.

Data

	1995	2001	2010	2016	2019
City Population	49,819	56,519	63,277	63,187	64,334
School Enrollment	9,242	10,438	10,150	8,835	8,695
EPFSC	110	120	100	88	84

Football

Local Groups / Participation: Eden Prairie Football Association, Eden Prairie High School

Summary / Data Analysis

The decline in youth football participation has been well documented and is seen at the local level. Football participation peaked in the early 2000's for both the EP youth Association and the high school. Participation at the high school level now is half of what it was compared to 2005.

At the state level participation in football decreased 12% between the 2011-12 and 2018-19 school years. At the national level participation decreased 37 percent from 2006-2017.

The risk of injury and concussion awareness seems to be a driver in football losing participants. Sport specialization is also a factor. Historically, football has been a seasonal sport, but now camps and clinics are run year-round; and multi-sport athletes are becoming increasingly rare.

To combat the trend of decreasing participation, the sport is adapting by offering more flag football leagues at younger age levels in lieu of traditional tackle football. Player safety has also become a point of emphasis with more care being given to head injuries like concussions.

Data

	1995	2001	2010	2016	2019
City Population	49,819	56,519	63,277	63,187	64,334
School Enrollment	9,242	10,438	10,150	8,835	8,695
EP Football Association	400	930	n/a	425	236

Hockey

Local Groups / Participation: Eden Prairie Hockey Assoc./Eden Prairie High School/ AAA Hockey/Adult Hockey

Summary / Data Analysis

The Eden Prairie Hockey Association (EPHA) skates September - March at the Eden Prairie Community Center.

The EPHA rents approximately 1,700 hours of ice each year. The EPHA also hosts nine tournaments each year.

At the local youth level participation in EPHA has declined since its peak in the mid-2000's. EPHA participation continues to be slightly decreasing. The State of Minnesota has the largest number of registered youth hockey players in the United States. Nationally participation in USA Youth Hockey has remained steady or slightly increased over the last five years. This is primarily due to the increase in Girls Youth Hockey. The Eden Prairie Community Center Rink 1 was built in 1982. Rink 2 was added in 1995, and Rink 3 was added in 2008. With declining EPHA participation, the EPCC has supplemented this decline by selling more ice to Adult Hockey groups and AAA youth hockey groups/tournaments. The EPCC is also the Home of Eden Prairie High School Hockey.

Data

	1995	2001	2010	2016	2019
City Population	49,819	56,519	63,277	63,187	64,334
School Enrollment	9,242	10,438	10,150	8,835	8,695
EPHA Teams	n/a	n/a	27 teams	24 teams	22 teams
EPHA Hours Rented @ EPCC	n/a	n/a	2,175 hours	1,878 hours	1,735 hours

Lacrosse

Local Groups / Participation: Eden Prairie Lacrosse Association (boys and girls), Eden Prairie High School

Summary / Data Analysis

At the local youth level participation in youth lacrosse has seen a steady increase in participation since Eden Prairie youth associations were created in the early 2000's. The Eden Prairie Lacrosse Association serves the youth of Eden Prairie with two dedicated fields at the Flying Cloud Fields. In 2019, a soccer field at Wyndham Knoll Park was repurposed to accommodate a girls lacrosse field.

At the high school level participation has gone down since its peak in 2005. This seems to follow a trend of youth opting for less physical sports that have less risk of injury. Demographic changes in the community may also be a factor. At the state level participation in lacrosse continues to grow (particularly with girls). This statewide trend is also seen at the national level with participation slightly increasing year-to-year.

Data

	1995	2001	2010	2016	2019
City Population	49,819	56,519	63,277	63,187	64,334
School Enrollment	9,242	10,438	10,150	8,835	8,695
EP Lacrosse Association	n/a	220	n/a	375	406

Racquetball

Local Groups / Participation: Eden Prairie residents

Summary / Data Analysis

At the local level, participation has declined over the years, but a core group of players remain. The Eden Prairie Community Center used to have three courts, but that number was reduced to two courts during the major renovation in 2008. The City still has steady participation in racquetball leagues, but that number has gone down over time.

Racquetball hit its peak in popularity in the late 70's and early 80's and has been on a decline since; although there are still several million people who play the sport nationally. Participation in the sport hit a 10 year low in 2016 with 3.5 million players nationally. Fewer opportunities for play is a factor as many fitness centers have gotten rid of or reduced the number of courts available for play. Cost is also a factor as specialty equipment is needed along with court time which often comes in the form of a fitness club membership. A lot of former racquetball players are playing emerging sports like pickleball and badminton which also contributed to the decline.

City Racquetball Revenue

2016	2017	2018	2019
\$ 5,651.00	\$ 4,522.50	\$ 4,983.00	\$ 5,197.50

Soccer

Local Groups / Participation: EP Soccer Association, EP Soccer Club, Eden Prairie High School and Adult Soccer Groups

Summary / Data Analysis

Youth soccer in Eden Prairie has continued to grow and become an even larger percentage compared to school enrollment. Eden Prairie has two youth soccer organizations. The Soccer Association is the “in-house” organization which does not cut participants and focuses more on developing fundamentals and staying fit. The Soccer Club focuses on skill development, competition and travels for games. The Soccer Club holds several tournaments in a typical year.

Eden Prairie High School continues to see participation slightly increasing over the years in their boys and girls programs. These local trends follow a statewide trend of participation increasing 4% from the 2011-12 to 2018-19 school years.

Staff has continued to see adult groups participating in pick-up lunchtime and after work games. The City maintains numerous soccer fields that are open for public use. The City rents out fields at Miller Park to two adult soccer teams on Sunday evenings. The decline in contact sports (like hockey or football) is seen as a driver of additional soccer participants. The following chart shows participation levels at the local level.

Data

	1995	2001	2010	2016	2019
City Population	49,819	56,519	63,277	63,187	64,334
School Enrollment	9,242	10,438	10,150	8,835	8,695
Soccer Association	900	2,225	n/a	2,213	2,136
Soccer Club	345	690	n/a	970	1,062

Fastpitch Softball

Local Groups / Participation: Eden Prairie Fastpitch Association, Eden Prairie High School

Summary / Data Analysis

At the local youth level participation in youth fastpitch softball has declined since its peak in the early 2000's. The Eden Prairie Fastpitch Association runs numerous tournaments in a typical year and operates a concessions stand at Miller Park. The Eden Prairie High School continues to see participation remain steady with 50 participants. These local trends differ than the statewide trend of participation increasing 9% from the 2011-12 to 2018-19 school years. Nationally participation in youth fastpitch has remained steady or slightly increased.

In addition to hosting youth tournaments the City partners with the high school to host sectional tournaments through the MSHSL.

Data

	1995	2001	2010	2016	2019
City Population	49,819	56,519	63,277	63,187	64,334
School Enrollment	9,242	10,438	10,150	8,835	8,695
EP Fastpitch Association	540	621	n/a	207	181

Swimming

Local Groups / Participation: EPHS Swimming/Foxjet Swimming/Eden Prairie Community Center Swimming

Summary / Data Analysis

The FoxJets Swim Club swims year round at the Eden Prairie Community Center. In addition to practices, they host 10-12 swim meets each year. The EPHS Swim team swims August – March and will host 8-9 swim meets a year. The Eden Prairie Community Center hosts swimming lessons for ages 6 months – 14 years old in group swim lessons. For those 15 and over, the Community Center host adult swimming lessons or private swim lessons.

Drowning is still the second leading cause of death for children under the age of 4 and learning to swim is essential. Before 2020, our swimming lesson numbers were consistently increasing and were predicted to continue to rise. According to the American Red Cross, roughly two million children are taught swimming lessons throughout each year (with the exception of 2020 due to COVID).

Nationally according to USA Swimming, swimming since 2017 has been decreasing slightly, however before this it was holding consistent numbers or even increasing.

Data

Year	2017	2018	2019	2020
EPCC Swim Lessons	1,888	2,079	2,319	125
EPHS Swim Team	85	84	91	80
FoxJets Swim Team	379	380	343	280
USA Swimming	354,627	346,735	327,337	n/a

Tennis

Local Groups / Participation: EPHS Girls/Boys Tennis, Parks and Recreation Programs, Resident Groups

Summary / Data Analysis

Locally, adult tennis has shown strong numbers in recent years, however, nationally, participation rates are down. This most likely is related directly to the increase in participation in pickleball. Pickleball tends to be more accessible in the winter months as it is more easily adaptable to gymnasium spaces.

Staff continues to witness a high volume of outdoor court participation. A high demand for indoor court time exists due to a lack of courts and a desire to play year-round.

While high school sports participation has seen a decrease in overall student participation in athletics, both boys and girls tennis has been fairly consistent over the past 15 years and has even shown a slight growth pattern at the local level. This local trend follows the state trend of participation being steady with slight growth over the past 15 years.

It is estimated that there are 17.84 million tennis participants nation-wide. In 2018, National Youth Tennis participation was estimated at 4.64 million; an increase of 1.6% from 2017. Nationwide efforts to connect in school tennis opportunities with out of school programs. USTA has developed a readily available curriculum that aims to teach tennis in an approachable, strategic format.

Volleyball

Local Groups / Participation: Eden Prairie Volleyball Association, EP High School

Summary / Data Analysis

At the local youth level participation in youth volleyball continues to see steady growth. Riley Lake Park is home to the EP Volleyball Association’s summer sand program and features some of the best sand courts in the area. Participation in adult leagues offered through EP Parks and Recreation remains strong. The high school reaches its maximum allowed participation yearly.

At the state level participation has increased 9% between the 2011-12 and 2018-19 school years. At the national level volleyball is seeing a steady year-to-year growth between 5-7%.

In Minnesota volleyball has been sanctioned as only a girls sport. Popularity in boys volleyball is increasing. This can be seen as the boys now have their own Eden Prairie club team. There has been lobbying at the state level for the MSHSL to recognize boys volleyball as a varsity sport. Boys volleyball is already popular on the east coast and it will not be surprising to see more boys playing volleyball in Minnesota.

Data

	1995	2001	2010	2016	2019
City Population	49,819	56,519	63,277	63,187	64,334
School Enrollment	9,242	10,438	10,150	8,835	8,695
EP Volleyball Association	190	375	n/a	465	487

Cricket

Local Groups / Participation: Resident Groups, EP Strykers Cricket Club

Summary / Data Analysis

Cricket has been an emerging sport in Eden Prairie for several years. You can often see local, informal groups playing throughout the City on any given summer night. Cricket is particularly popular in South Asian countries like India and Pakistan. As the demographics of Eden Prairie have changed over the years it is no surprise to see more cricket players in the city.

To accommodate the rise in people playing cricket in our community, in 2019 the City laid down a designated cricket pitch at Nesbitt Park. This new field was warmly welcomed by the cricket community and is heavily utilized. Also, a “first of its kind” cricket facility was built in Belle Plaine in 2018.

Being that cricket is not a high school league sport it is hard to find data and trends at the state and national level.

An EP based non-profit, EP Strykers, is the first cricket club based in Eden Prairie. The group’s leader has been an advocate for cricket in Eden Prairie and has conducted cricket demonstrations at City events.

Pickleball

Local Groups / Participation: Twin Cities Pickleball Club (formerly Southwest Metro Pickleball Club)

Summary / Data Analysis

Pickleball continues to grow in popularity at the local level. League participation has steadily increased since 2016. In addition to local residents, the Twin Cities Pickleball Club is a non-profit organization that advocates for the expansion of the game. Eden Prairie has built permanent courts in recent years at Pioneer, Franlo, and Staring Lake Parks. In the summer months the courts at Staring Lake are full with players until the mid-afternoon. Younger people, including children are starting to play the game more. Indoor opportunities are available at the Community Center in the winter months but fall short of meeting the demand for indoor court time.

Following local trends, pickleball continues to soar in popularity at the national level. The known places to play totaled of 7,928 at the end of 2019 which represents an increase of 1,335 or approximately 111 new locations per month. According to the Sports & Fitness Industry Association's (SFIA) 2019 Pickleball Participant Report, the United States has **3.3 million** players.

Pickleball Participation

2016	2017	2018	2019
105	134	263	291

Ages of pickleball players (national)

6-17	16.7%
18-34	28.0%
35-54	20.3%
55-64	14.9%
65+	20.2%

Ultimate Frisbee

Description of play/items/space needed

Ultimate is a non-contact, self-refereed team sport played with a flying disc (or Frisbee™). Two teams of seven players compete on a playing field about the same length as a football field, but narrower. Players score by throwing and catching the disc inside the end zone at either end of the field. Players cannot run with the disc. Games have two 45-minute halves, or the game can end when one team scores 15 goals.

Local/state/national groups

USA Ultimate is the umbrella organization for Ultimate Frisbee, or just Ultimate. This organization sets the rules, grows the game, helps promote tournaments and runs the Ultimate Hall of Fame.

Minnesota Ultimate is the state-level organization. They promote local rec leagues, pick-up games, and coordinate referees and volunteers.

Data

The Sport & Fitness Industry Association, or SFIA, conducted a participation report in 2019. In summary, there are 858,000 core Ultimate participants in the United States. 49.2% are between 18-24 years old, and 68.8% are male.

The Minnesota high school league started out made up of only mixed high school squads. The inaugural state tournament was held at Eden Prairie High School in 2003, with the next few years taking place on the St. John's University campus. Eventually, growth dictated a move to the Maple Plain Polo Grounds for the first few years among 10-12 schools. Steadily increasing numbers eventually moved the league once more to the National Sports Center in Blaine, MN, where the state tournament is still hosted annually. In 2018, over 85 teams competed in the state tournament. Today, Minnesota is home to the largest high school ultimate league in the country. 102 teams participated in 2018. Within the state, teams also compete for their own local conference tournaments in addition to regularly scheduled season games.

Minnesota saw a 3% increase in middle school participation from 2018, and an 8% increase in high school spring participation from 2018.

Badminton

Description of play/items/space needed

Badminton is a racket sport played on a rectangular court that is divided by a net. It can be played by either two opposing players (singles) or two opposing pairs (doubles) who take positions on opposite halves of a court. Players score points by striking a shuttlecock with their racket so that it passes over the net and lands in their opponents' half of the court or when the opponents make an error and cannot play back the shuttlecock back across the net.

Local/state/national groups

USA Badminton is the national umbrella organization for badminton, which also includes the Olympic team. There are no USAB member clubs in Minnesota.

Minnesota Badminton oversees local play in Minnesota. There are over 15 dedicated badminton clubs or courts in Minnesota, with many in the Twin Cities area.

Data

There were two badminton tournaments in Minnesota in 2019, but none in 2020.

Number of participants in badminton in the United States from 2006 to 2017 (in millions)*

Year	2006	2009	2012	2015	2017
Players	5.98	7.7	7.88	7.2	6.43

Bocce

Description of play/items/space needed

While regulation Bocce courts are 91 feet by 13 feet, the dimensions of home courts can be whatever size fits into your backyard. Variations are acceptable provided foul lines for throwing, mid court lines for first throw of the pallina, and inbound markers are clearly established. The court surface may be composed of stone dust, dirt, clay, grass or artificial surface provided there are no permanent or temporary obstructions in the court that would interfere with the straight line delivery of a ball from any direction. These obstructions do not include variations in grade or consistency of terrain.

Local/state/national groups

The United States Bocce Federation (USBF) organizes national tournaments and sends athletes to represent the US at the world bocce championships.

Eden Prairie offers bocce leagues in the summer. Other local cities include Roseville and Lakeville. Minneapolis Social Sport Leagues is an online organization that connects a variety of sports players, including bocce.

Bocce courts can be found at Pioneer Park in Eden Prairie.

Data

Eden Prairie Park and Recreation has hosted summer bocce leagues for a number of years.

Year	2018	2019	2020
Bocce League Players	26	24	16

Cornhole/Bag Toss

Description of play/items/space needed

Cornhole, or Bag Toss, is a bean-bag type game played in a rectangular area that is 8-10 feet wide and 40-45 feet long. Bean bags are tossed onto wooden, slanted boards that are 48" in length and 24" in width. Each board has one hole that is 6 inches in diameter. Game play can be singles or doubles, with players alternating throws onto the board. Players score 1 point for bags on the board and 3 points for bags in the hole. Scoring is accrued by cancellation method. The game is won when a team or player reaches 21 points.

Local/state/national groups

The American Cornhole League, or ACL, is the umbrella organization for national play. There are 14 Cornhole conferences throughout the country. The ACL organize and promote tournaments, and are growing in popularity to where the National ACL Cornhole Championships are broadcast on ESPN and ESPN3.

In Minnesota, there is a public Facebook group called Minnesota Cornhole, which currently has over 1,200 members. Local tournaments, news, and member stories are posted there.

Permanent bag toss platforms have been constructed at Pioneer Park in Eden Prairie.

Data

Cornhole numbers have been growing rapidly since 2017, when data is first available through ACL. The number of players reporting scores on the ACL website has grown from 9,166 in 2017, to 25,625 in 2019. 2020 had a decline in numbers of reporting scores due to the lack of tournaments during the pandemic. There are numerous players around the country who play for fun and do not report scores.

Year	2017	2018	2019	2020
Reporting Players	9,166	19,886	25,625	6,453

Horseshoes

Description of play/items/space needed

Horseshoe stakes are placed 40 feet apart, with 14 inches of the stake remaining above ground. “Horseshoes” manufactured for pitching (real horseshoes are not readily available or uniform in size and weight) are to be used, each weighing approximately 2½ pounds and having an opening no greater than 3½". Each contestant pitches two shoes in succession. There are three scoring variations, which can be found on the National Horseshoe Pitchers Association website.

Local/state/national groups

The National Horseshoe Pitchers Association is the national umbrella organization. The NHPA is a federation of sixty (60) charters in the United States and Canada, each with numerous club affiliates and individual members.

The Minnesota Gopher State Horseshoe Pitchers Association, or MGSHPA, is the state charter of the NHPA. There are 24 sanctioned clubs within the state of Minnesota, each with a local contact person. Tournaments are listed on their website.

In Eden Prairie, horseshoe pits can be found at Pioneer Park and Eden Valley Park.

Data

In 2019, the NHPA reported 8,316 members, of which 588 were youth members. Minnesota reported 505 active members, with 44 youth included.

The MGSHPA hosts multiple tournaments per year. Numbers declined in 2019 and 2020, but 2021 tournaments scheduled (7) already surpass the 2020 tournaments.

2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
34	29	27	29	26	28	31	32	24	16	6

Fitness: Corporate Fitness

Summary / Data Analysis

Corporate Fitness is not a new initiative with its beginning dating back to the 1970's. Currently, corporations are finding that providing accessible fitness options for their employees is greatly beneficial for a productive and successful work culture. Corporate fitness options also decrease the effects of stress, the amount of illness, and need for sick leave. According to Vicky Valet of Forbes, "The *2015 Employee Benefits* research report, released on June 29, found that 70% of U.S. employers currently offer a general wellness program, up from 58% in 2008, when SHRM first surveyed companies on preventive health and wellness benefits. An additional 8% of organizations have plans to offer a general wellness package in the next 12 months. Five-year trend data shows wellness programs are the only preventive health and wellness benefit offered by more employers in 2015 than in both 2014 and 2011."

The City integrates corporate fitness benefits by offering insurance discounts, free Community Center memberships to all full time employees, and organizing wellness program throughout the year.

The parks and recreation department supplements these benefits by providing fitness classes at City Center three times a week. The department also supplies information and highly qualified instructors for the employee-only wellness programming, like the currently offered Winter Wellness Program.

Data

Program Offered	Year	Number of Participants
City Center Classes	2018	300
City Center Classes	2019	360
City Center Classes	2020	Cancelled due to Covid-19
Winter Wellness Program	2020	67

Fitness: Group Fitness Classes

Summary / Data Analysis

Group fitness classes are an integral component of any thriving fitness center. Member participation and retention relies on quality instructors, variety of class choices, and a feeling of accountability by being part of a group. Participation also relies on offering classes that stay current with group fitness trends. According to TFliving the most popular fitness classes nationwide include: Yoga, Zumba, Cycle, Boot Camp, HIIT, Water Aerobics, Kickboxing, and fusion classes.

Each year, the current fitness trends, needs of members, and class attendance dictate the fitness schedule at the Community Center.

Data

Class Category	Year	Number of Classes Offered	Average Class Attendance
Aqua	2018	1,070	14.5
	2019	1,175	14.6
	2020*	513	13.1
Boot Camp/HIIT	2018	237	9.1
	2019	167	9.2
	2020*	29	8.8
Cycle	2018	383	9.7
	2019	394	11.4
	2020*	125	10.2
Fusion	2018	679	9.7
	2019	730	9.2
	2020*	286	9.3
Kickboxing	2018	97	6.3
	2019	87	6.1
	2020*	30	8.3
Senior	2018	296	16.6
	2019	502	17.1
	2020*	137	13.8
Yoga	2018	427	7.8
	2019	392	8.1
	2020*	154	9.5
Zumba	2018	936	16.8
	2019	917	16.2
	2020*	301	15.4

*2020 data is atypical due to building closure and limited maximums per the State's executive order.

Fitness: Outdoor and Virtual Road Races and Indoor/Outdoor Triathlons

Summary / Data Analysis

Nationally, smaller distance races are experiencing a small increase in registration and completed participation, while novelty or long distance races are experiencing a gradual decline in participation (Brown, 2021). Overall, many races have been cancelled, rescheduled, or gone virtual with the restrictions and complications of the Covid-19 pandemic.

Traditionally, races with the highest attendance at the state and local level are shorter distances that provide an all-inclusive feel or a theme. For example, Eden Prairie public schools have hosted color runs and family friendly 5k walk/runs. Many races are used to bring awareness and fundraising opportunities to certain social and physical conditions or issues. The Twin Cities in Motion (Medtronic) series provides a variety of distanced races perfect for novices to the most experienced athletes. However, they have also been strongly impacted by Covid-19 this past year (2021).

The Eden Prairie Community Center has hosted indoor triathlons for the last 4 years with the event running bi-annually. Registration is open to both members and non-members. Contrary to national trends, participation increases yearly as this event appeals to mainstream fitness enthusiasts. These races are no longer just for elite, trained athletes, but also for those looking to take their daily fitness goals to the next level, or cross a goal off their “bucket list.”

Data

Scheduled Event	Number of Participants
Fall 2016	31
Fall 2017	31
Spring 2018	36
Fall 2018	28
Spring 2019	48
Fall 2019	42
Spring 2020	Cancelled due to Covid-19

Fitness: Mind/Body Connection

Summary / Data Analysis

Many people recognize the negative effects daily stressors have not only on mental, but also on physical well-being. Using meditation, yoga, or tai chi to rehabilitate the mind and body is becoming a more acceptable form of treatment in place of or along with traditional medicines.

Yoga practitioners suggest yoga helps with chronic lower back pain, carpal tunnel syndrome, and headaches. It also helps with weight loss, resulting in improved cardiovascular health. Additionally, it reduces stress levels, promotes sleep, increases body awareness, and makes a person more focused.

There have been numerous studies proving that mind/body practices are indeed beneficial for your physical and mental health. It facilitates muscle and mind relaxation and keeps people physically and mentally strong. Interest in yoga grows by 73% every year, and over 37 million people in the United States practice yoga of some kind (Hrubenja, 2021). Due to that evidence and demand, the fitness schedule at EPCC strives to provide many opportunities for members to practice the mind/body connection.

Data

Weekly Class Offerings (2019-2020)	Average number of classes offered per week	Average Number of Participants
Yoga	6	8.2
Silver Sneakers Yoga	5	15.1
Pilates	3	14.8
Barre	5	9.9
Family Yoga	1	8.9
Virtual Mind/Body classes	6	9.2

Parks and Recreation Fitness Offering	Number of classes offered per year	Average Number of Participants
Candlelight Yin Yoga	25	9.5
Restorative Yoga	20	7.7
Meditation	5	9.1
Essential Oils 101	6	6.0
Bunny Yoga	8	25.2

Fitness: Outdoor Group Fitness

Summary / Data Analysis

Nationally, outdoor fitness groups and classes have increased as a way to reach those who feel isolated, intimidated by gym culture, or who need more economically friendly modes of exercise. These classes also boost a sense of community, and send a message that the health of community members is a top priority (Attwood, 2016).

Outdoor fitness used to have a reputation of a novelty prior to the pandemic, but when indoor facilities were closed or at lowered capacity due to Covid-19, these fitness classes became a necessity for our members. The fitness department provided outdoor opportunities with its yearly Fitness in the Parks program, newly launched Walk with Ease program, and on-site outdoor classes.

Data

Year	Event Offered	Number of Participants
2017	Fitness in the Parks	549
2018	Fitness in the Parks	601
2019	Fitness in the Parks	541
2020	Fitness in the Parks	2,591
2020	Walk with Ease	7
2020	Outdoor Fitness Classes	87

Fitness: Virtual Fitness

Summary / Data Analysis

Companies such as Beachbody, LesMills and Peloton have been providing at home digital fitness for many years. However, with imposed shutdowns due to the Covid-19 pandemic, virtual fitness catapulted to the forefront of the fitness industry as a necessity to maintain gym memberships in an uncertain and vulnerable time (Becvar Weddle, 2020). If speaking of trends in fitness, virtual fitness is the hottest topic in the fitness industry right now.

The Community Center implemented a virtual fitness option in November of 2020. This implementation was driven by numerous requests from current members and to remain competitive with other local fitness centers providing virtual class opportunities.

Cost: Virtual only membership option for \$15 per month and hybrid option where members can pay their **regular dues** and attend in person at the facility and digitally access virtual livestream and on-demand options.

Number of class offerings: 25 weekly virtual class offerings members can attend via Zoom with a scheduled live instructor, 150+ on-demand class offerings member can access on their own time, with new classes being added each week.

Membership Enrollment: There are currently 111 virtual only memberships, with new members joining throughout the month.

Fitness: Wearable Fitness Technology

Summary / Data Analysis

Wearable fitness technology has greatly advanced from Walkmans and pedometers to a wide variety of data driven fitness apps, watches, and clip-on devices that give real time feedback to their owners. In the last year, according to IDTechEX, it has become a \$50 billion dollar market (2020). As more people value their overall health, they are becoming more reliant on the metrics that can measure their progress.

Number of Americans reliant on wearable technology: According to a study by Statista, the total number of wearable users connected to the 4G network in 2017 was 526 million. In 2022, this number is expected to reach 900 million active users.

Gallup Report Findings: 1 in 5 consumers in America are tracking their fitness using wearable technology

By combining the present use with the number of Americans who claim that they have used such devices in the past, it becomes clear that at some point one in three Americans use a fitness tracker such as a smartwatch or wristband (34%) or tracked their health statistics on the phone or tablet app (32%).

Impact on the Community Center: Fitness members rely on strong network connections within the building to provide accurate tracking from their wearable technology. To avoid frustration or inaccurate measurements it is crucial to stay up-to-date with the most powerful wifi and 4G/5G connections for our members.

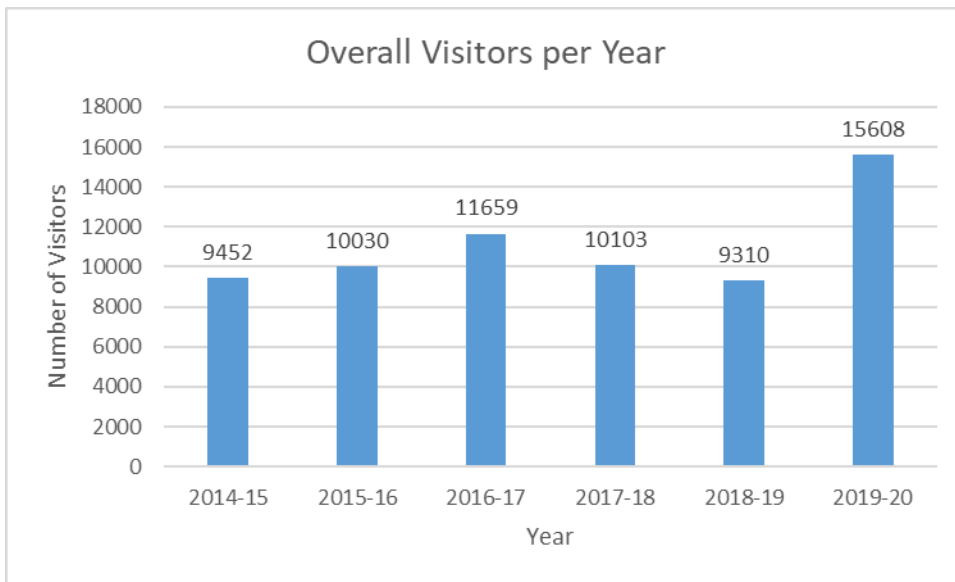
Outdoor Rinks & Warming Houses

The City of Eden Prairie builds and maintains nine outdoor ice skating rinks each winter which are utilized by the general public and the Eden Prairie Hockey Association. Even with organized hockey participation numbers decreasing, overall usage of rinks remains high. The biggest challenge facing outdoor rinks is that of climate change.

Although data over the past five years shows fairly consistent opening and closing dates, a larger sample would show that the length of the outdoor rink season has become shorter over time. The biggest challenge by far is making and maintaining safe, quality ice conditions.

The nine outdoor rinks are staffed by seasonal, part-time rink attendants. These staff members supervise the community use of the rinks and warming houses. While community use of the rinks is strong, the ability to retain this core of part-time staff is challenging given the unpredictable weather and schedule inconsistency.

Overall, outdoor rinks and warming houses are still a huge part of Minnesota culture; however, the future of these facilities is uncertain due to continued climate change.



Parks and Recreation – Sledding Hill and Rink Usage – 2014-2019

Start Dates	Sledding Hill	Ice Rinks
2015-16	28-Dec	10-Jan
2016-17	16-Dec	22-Dec
2017-18	26-Dec	22-Dec
2018-19	28-Dec	28-Dec
2019-20	16-Dec	17-Dec

End Dates	Sledding Hill	Ice Rinks
2015-16	18-Feb	18-Feb
2016-17	10-Feb	10-Feb
2017-18	25-Feb	22-Feb
2018-19	9-Mar	23-Feb
2019-20	22-Feb	22-Feb

Sources

Annual Reports of the Eden Prairie Parks and Recreation Department

Typical Sports

<https://infogram.com/sports-changes-1hke60ypjnp125r?live>

<https://www.nfhs.org/articles/participation-in-high-school-sports-registers-first-decline-in-30-years/>

<https://www.startribune.com/high-school-sports-participation-drops-for-first-time-in-30-years/558316042/>

Racquetball

<https://www.sportsver.com/why-is-racquetball-not-popular-what-happened>

<https://www.statista.com/statistics/191922/participants-in-racquetball-in-the-us-since-2006/>

Figure Skating

<https://www.statista.com/statistics/282366/total-membership-us-figure-skating/>

Swimming

<https://www.statista.com/statistics/513081/usa-swimming-membership/>

Tennis

https://members.nfhs.org/participation_statistics

<https://cdn.ymaws.com/www.tennisindustry.org/resource/resmgr/pdf/tennistalkingpoints.pdf>

https://www.tennisindustry.org/page/research_general

https://members.nfhs.org/participation_statistics

Fitness

<https://www.athleticbusiness.com/outdoor/why-are-more-communities-investing-in-outdoor-fitness.html>.

<https://www.mindbodyonline.com/business/education/blog/virtual-workout-trends-during-shelter-home>.

<https://www.active.com/running/articles/5-hot-race-trends-that-are-happening-right-now>.

<https://codete.com/blog/wearable-fitness-technology-trends-and-statistics-2020>

<https://news.gallup.com/poll/269096/one-five-adults-health-apps-wearable-trackers.aspx>.

<https://modern gentlemen.net/yoga-statistics/>.

<https://tfliving.com/2020/03/13/10-popular-group-fitness-classes-and-what-to-expect-if-you-go-to-one/>.

<https://www.tcmevents.org/events/medtronic-twin-cities-marathon-weekend-2019/race/marathon>.

<https://www.forbes.com/sites/vickyvalet/2015/07/08/more-than-two-thirds-of-u-s-employers-currently-offer-wellness-programs-study-says/?sh=62d5a677231d>

Cricket

<https://www.kare11.com/article/news/new-fields-to-grow-game-of-cricket/89-576527664>

Pickleball

<https://usapickleball.org/about-us/organizational-docs/pickleball-fact-sheet/>

Ultimate Frisbee

<https://cdn.auckland.ac.nz/assets/auckland/on-campus/facilities-and-services/sport-and-recreation/sport/interfaculty-sports/ultimate-frisbee-laws-of-the-game.pdf>

<https://usultimate.org/>

<https://www.minnesotaultimate.org/>

https://www.sfia.org/reports/787_Ultimate-Frisbee-Participation-Report-2019

<https://minnesotaultimate.org/high-school>

<https://www.minnesotaultimate.org/p/2019-annual-report>

Backyard Games

<https://www.horseshoepitching.com/>

<https://www.horseshoepitching.com/about-us/>

<https://www.minnesotahorseshoes.com/>

<https://www.horseshoepitching.com/forms/2019%20Membership%20Reports.pdf>

<https://www.minnesotahorseshoes.com/tournament-history-1/>

<https://www.playcornhole.org/pages/rules>

<https://www.iplaycornhole.com/nationals/18>

<https://www.facebook.com/groups/569320136838972>

<https://www.iplaycornhole.com/acl-standings>

<https://www.teamusa.org/usa-badminton/athletes/badminton-basics>

<https://www.teamusa.org/USA-Badminton/Membership/MEMBER-CLUBS>

<https://badmintonclubs.org/minnesota-clubs>

<https://www.minnesotabadminton.com/upcoming-tournaments>

<https://www.statista.com/statistics/191754/participants-in-badminton-in-the-us-since-2006/>

<https://www.backyardbocce.com/court-dimensions/>

<https://boccestandardsassociation.org/>

<https://sportsknowhow.com/bocce/rules/united-states-bocce-federation.html>

<https://minneapolisssl.com/bocce>