

BENEFITS

List for Potential Members

This resource is intended to help USA Swimming member clubs consolidate their thoughts and ideas for potential new members. It includes safety, health, academic, social and community benefits which could help sell your program to new members. USA Swimming member clubs should add their own personalized benefits of their respective clubs to further increase the impact of this document.

SAFETY BENEFITS

Swimming is fun AND a lifesaving skill!

- Drowning is the second leading cause of unintentional injury or death for children under 14, with the highest rates among children ages 1-4.
- Formal swimming lessons reduce the likelihood of childhood drowning by 88%.
- If you're new to swimming, lessons are a great place to start.

[Learn more here](#)

HEALTH BENEFITS

Swimming is a great workout for your physical and mental health.

- It's a full body workout which uses muscles in your arms, legs, back and core.
- Can be an aerobic workout to develop endurance and swim for long durations.
- Can be an anaerobic workout to develop the power for sprints in a meet.
- Great for your cardiovascular health including the heart, blood vessels and lungs.
- Gain mental toughness while staying focused and completing workouts.

ACADEMIC SUCCESS

USA Swimming celebrates good grades with the Scholastic All-America program. To be a part of this honor, swimmers must:

- Have completed 9th, 10th, 11th, or 12th grade.
- Maintain 3.5 GPA while on a USA Swimming club team.

[Learn more here](#)

SOCIAL BENEFITS

Joining a USA Swimming club can provide your child with lifelong social skills, including but not limited to:

- Connecting with kids their age over a common interest.
- Connecting with the community through volunteering events.
- Understanding what being a part of a team means.
- Leadership skills can be developed as confidence grows.
- Gaining time management skills while balancing family and friend commitments, school, practice, meets, etc.
- Learning how to be adaptable to change and things out of their control.
- Being able to interact with children outside of their age group.
- Overcoming obstacles and hurdles.

COMMUNITY BENEFITS

Joining USA Swimming allows your child to connect with the community.

- We give back to the community through volunteering, donations, etc.
- Learn more about how your club gives back on their website or by asking a coach!

