**USA Swimming 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**

Not only is swimming fun, but it is also a lifesaving skill!

* Drowning is the **2nd** 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:* <https://www.usaswimming.org/parents/learn-to-swim>

**Health Benefits**

Swimming is one of the best workouts for your physical and mental health.

* It’s a full body workout that will use muscles in your arms, legs, back, and core
* Can be an aerobic workout to develop endurance to swim for long durations
* Can be an anaerobic workout to develop the power for sprints in a meet
* Great for your cardiovascular health (heart, blood vessels, lungs)
* Gain mental toughness while staying focused and completing workouts

**Academic Success**

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

* Have completed 9th, 10th, 11th, or 12th grade
* Maintain 3.5 GPA while on the team

*Learn more here:* <https://www.usaswimming.org/times/popular-resources/scholastic-all-america>

**Social Benefits**

Joining a swimming club can provide your child with lifelong social skills

* 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/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!