



INTERESTED IN SPORTS?

Then the AAU is the place to start! The philosophy of "**Sports for All, Forever**" is shared by over 500,000 participants and over 50,000 volunteers. The Districts annually sanction more than 34 sports programs, 250 national championships, over 30,000 age division events, and over 15,000 local, regional and national competitions.

The AAU sponsors the AAU Junior Olympic Games, the AAU James E. Sullivan Memorial Award along with the AAU Complete Athlete Program. Two of the AAU's flagship programs, which are administered for the President's Council on Physical Fitness and Sports are the President's Challenge and the Presidential Sports Award.

Established in 1888, the AAU is one of the largest, non-profit, volunteer, sports organizations in the United States and is dedicated exclusively to the promotion and development of amateur sports.

Today the AAU continues to operate on the basic principles by maintaining the mutual interests of its members while achieving and improving amateur sports.

Positive Coaching Alliance (PCA)

The AAU has partnered with PCA to become the first national sports organization to require all its coaches to obtain PCA Double-Goal Coach® training and certification. PCA will provide training at no cost. Please visit www.aausports.org in order to get more information on how you can become a PCA Double-Goal Coach.

AAU KARATE

For up-to-date information on AAU Karate, please visit our web site at

www.aaukarate.org

NATIONAL CHAIRMAN

J. B. Mirza

237 East Prospect Avenue

Mt. Prospect, IL 60056

Phone: (847) 398-9410

Fax: (847) 797-0510

Email: jbmirza@aol.com

Email: AAUUSAKarate@aol.com

SENIOR SPORT MANAGER

Jennifer Miles

AAU National Headquarters

1910 Hotel Plaza Boulevard

Lake Buena Vista, FL 32830

Or

P O Box 22409

Lake Buena Vista, FL 32830

Phone: (407) 828-3704

Fax: (407) 934-7242

Email: jennifer@ausports.org

For more contact information, please visit our web site at www.aaukarate.org for a listing of our District Directors.



BENEFITS OF THE AAU

- An opportunity to follow in the footsteps of former AAU athletes: Mark Spitz, Shaquille O'Neal, Keri Struggs, Chamique Holdsclaw, Greg Louganis, Ryan Klesko, Julianne Hough, Jackie Joyner Kersee, and many others.
- Membership that includes insurance coverage.
- Ability to participate at the world famous ESPN Wide World of Sports, and other great facilities throughout the country.
- Travel, make new friends, continue education, and create unforgettable memories.
- Membership in an organization long recognized for its position in amateur sports.

GETTING STARTED

1. **AAU Individual Membership**

To participate in the AAU, all athletes and coaches must be individual members of the AAU. As a member, you can participate in any sport in the AAU. Yearly youth athlete membership is \$14 per athlete. Yearly non-athlete (coach, volunteer, official) membership is \$16. AAU members are covered with sports liability and accident insurance. For an additional \$2, participants can become an Added Benefit member which extends coverage when participating in non-AAU sanctioned events. For complete information on insurance, visit www.ausports.org and refer to the Insurance Brochure.

To become a member, you can register online at www.ausports.org. Individual membership is valid September 1 to August 31.

2. **AAU Club Membership**

Each club/team must be a registered AAU Club. You can have more than one team within the same club. Club membership can be completed instantly online at www.ausports.org. Yearly club membership fees are either \$30 (Level 1), \$60 (Level 2), or \$300 (Level 3). Please visit www.ausports.org for a list of benefits for each club level. Club membership is valid September 1 to August 31. Click on "Find a Local Club" and follow the instructions. This program allows you to contact clubs by email in your geographical area.

Getting Involved In AAU Karate

The AAU Karate Program is a national network for amateur athletes and sports administrators dedicated to improving and promoting the sport of amateur Karate. As a member you'll have the advantage of participating in exclusive AAU programs and events, networking with fellow practitioner's and Karate enthusiasts, improving your overall image and standards, and expanding your Karate group's activities.

Consider the advantages the AAU National Karate Program can offer you!

- National Championships
- AAU Junior Olympic Games
- Super Regional Events
- Clinics & Seminars
- Dan Ranking
- Official & Coach Licensing

Coaches' Education & Certification Program

This acclaimed standards program is designed to improve the instructor's tournament coaching and dojo skills. Coaches are educated in sports and taught AAU coaching rules and training methods.

Referee Certification

The AAU administers the foremost national referee licensing program in the country. Rigorous certification standards set by the AAU ensure the highest caliber of AAU karate tournaments recognized by athletes throughout the country. Officials must be certified by the National Referees' Council and awarded a rank to officiate any District, regional, national or AAU Junior Olympic Games karate event.

Dan Ranking

The AAU National Karate Program has established a prestigious ranking system and welcomes all karate styles (who qualify) to participate. The black belt or dan grades are divided into the Yudansha (shodan thru yondan) and Kodansha (godan thru jyudan) categories. Participants below the black belt are awarded kyu certificates.

 www.facebook.com/realaa
 twitter.com/therealaa

NATIONAL SPONSORS OF THE AAU



MTM RECOGNITION



Nationwide
Insurance

