



# AAU STRENGTH SPORTS

## PROGRAM OVERVIEW



#WeAreAAU

[www.austrengthsports.org](http://www.austrengthsports.org)

The Amateur Athletic Union (AAU) has raised champions for more than a century. The AAU Sports programs provide athletes the opportunities to develop to their highest level of competition through a network of local, national and international sporting events.

Through participation in AAU, we promote good sportsmanship that allows the athlete to achieve their dreams as athletes and as valued citizens of our community. Sports for all, forever.

### BENEFITS OF COMPETING IN AAU EVENTS

1. **Insurance:** AAU members receive coverage from a multi-million dollar insurance program.
2. **National Championship:** AAU members have an opportunity to compete in National Championship events at world-class facilities across the country.
3. **Safety:** All non-athletes (coaches) must pass a background screening before competing in AAU events.
4. **Membership:** Nationally recognized non-profit Multi-Sport organization where anyone can join and compete.
5. **Events:** Freedom and flexibility in conducting programs and hosting events.

### Upcoming Events

For all AAU Licensed Strength Sports Events please visit [www.austrengthsports.org](http://www.austrengthsports.org)

### Sport Contacts

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