

WHAT IS AAU?

The Amateur Athletic Union (AAU) is an amateur sports organization based in the United States. A multi-sport organization, the AAU is dedicated exclusively to the promotion and development of amateur sports and physical fitness programs. It has more than 700,000 members nationwide, including more than 100,000 volunteers.

IS AAU AND USA SWIMMING THE SAME?

No they are not the same, they are two separate organizations. Your USA Swimming best times do not count for AAU times and your AAU times will not count of USA Swimming times.

USA swimming is the national governing body that will culminate the US Olympic Team. Both organizations offer swimming opportunities for girls and boys. USA Swimming has stricter rules and more focused levels of competition, designed to feed exceptional athletes into Olympic competition.

WHO SHOULD SIGN UP FOR AAU?

It has been developed for our LRRC Developmental swimmers or swimmers that have not achieved BB time standards in USA swimming but any may compete. This provides an opportunity to add some more 25 yard meets for these younger swimmers. Besides AAU meets some swimmers will also want to compete for their neighborhoods and in the CASL league (Maumelle Marlins, Otter Creek, Sherwood Sharks). This division was created to help fill the void of 25 yard meets hosted by USA Swimming in the Spring and Summer Months. It is also a less competitive more laid back environment than USA swimming meets. This makes it an easy place to be introduced to competitive swimming.

Our AAU division will be referred to as our Spinner Dolphins within the team. On the AAU site they are still called the Arkansas Dolphins.

HOW TO REGISTER FOR AAU?

If you are currently on the Arkansas Dolphins and wish to register to compete in AAU meets

Log in [HERE](#)

<https://play.aausports.org/joinaau/multimembershipapplication>

Select Sport : Swimming

Are They a Member of a club? Yes

enter your zip code

Select team:

Look for: Arkansas Dolphins-WY3WA9

or

Enter Club Code: WY3WA9

Fill out rest of information.

The Registration Cost will be \$14 per swimmer. The membership will last through August

HOW TO REGISTER FOR A MEET?

Enter through your Team Unify account. Under Meets and Events . Click Attend/Decline Select Events Make sure you are a member of AAU swimming before registering.

Most meets will cost \$25-\$35 per swimmer regardless of # of events entered. There is a team surcharge of \$3.00 per swimmer.

QUESTIONS?

Please contact Coach Tay at taystratton@lrac.com