



WHAT IS USA SWIMMING?

USA Swimming is the organization that is responsible for the United States Olympic Swim Team. Our main objectives are to Build, Promote and Achieve.

BUILD THE BASE

We seek to share our sport with as many people as possible. We are especially committed to sharing the values of our sport with young people who often discover swimming as an activity they can enjoy for their entire life.

PROMOTE THE SPORT

We believe the more people who learn about swimming, the more will be encouraged to join the ranks of our membership. We are proud of this sport and seek to celebrate it whenever possible.

ACHIEVE COMPETITIVE SUCCESS

USA Swimming has been ranked as the number one swimming nation in the world for more than 40 years. We seek to continue this tradition of competitive excellence.



usaswimming.org

WHY SWIM?



WHY SWIM?

- Nine people drown each day in the United States.
- Seventy percent of African American children are unable to swim. Sixty percent of Hispanic children are unable to swim. Forty percent of Caucasian children are unable to swim.
- Hispanics experience the highest drowning rates of any race or ethnicity at ages 20-24.
- Fatal unintentional drowning rates for 5 to 14 year old African Americans are 3.1 times higher than those for Caucasian children in the same range.



WHAT ARE THE BENEFITS OF SWIMMING?

- Lifesaving
- Health and wellness
- Fitness
- Social activity
- Positive environment
- Lifelong activity
- Jobs!

Find information on swim lessons or
joining a swim team in my community:

usaswimming.org