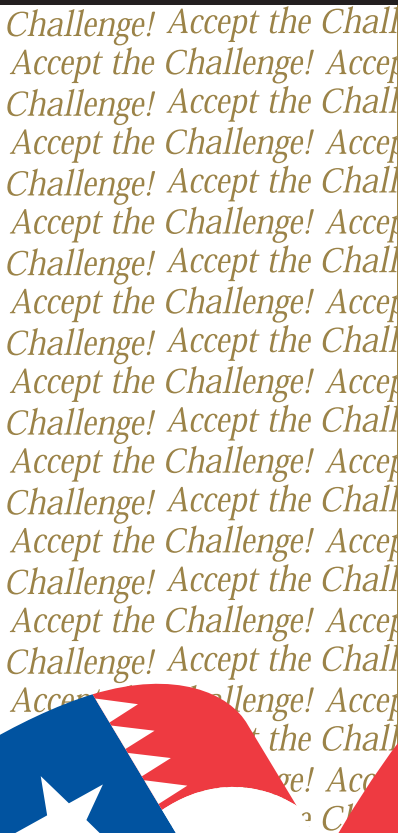




**A Program of the
President's Council
on Physical Fitness
and Sports
Administered by
the Amateur
Athletic Union**

PRESIDENTIAL SPORTS AWARD



THE CHALLENGE

A STRONG, VITAL AMERICA DEPENDS ON PHYSICALLY FIT AMERICANS. CAN WE DEPEND ON YOU?

The Presidential Sports Award program was developed by the President's Council on Physical Fitness and Sports in 1972, in conjunction with national sports organizations and associations. Its purposes are to motivate all Americans to become more physically active throughout life and to emphasize regular physical activity rather than outstanding performance. The program is administered by the Amateur Athletic Union (AAU).

The challenge of the Presidential Sports Award is to make a commitment to fitness through active and regular participation in sports and fitness activities. Earning the award means that you have put in time and effort to meet the challenge of personal fitness. The award recognizes both this achievement and the fact that you are part of a nationwide effort to create a healthier, more vital America. We hope that you encourage your family, friends, teammates and fellow employees to join in earning the award.

Anyone age 6 or older is eligible to participate in the Presidential Sports Award program. However, the completed fitness log(s) of all participants between the ages of 6 and 13 must be signed and verified by an adult. In addition, it is especially important that participants over the age of 40 who have not been active on a regular basis undergo a thorough medical examination before undertaking any physical activity program.

It is also very important that all participants take necessary steps to make their activity enjoyable and safe. Unfortunately, unintentional injuries can occur even when proper safety precautions are taken. For example, a helmet should be as common for a cyclist as for a football player; racquetball players and shooters should wear appropriate eye protection; and walkers, joggers, runners and cyclists should make sure they are visible to motorists.

According to the U.S. Public Health Service, unintentional injuries rank fourth among the leading causes of death in the United States and account for the greatest number of years of life lost before age 65. Therefore, whenever necessary, **PUT ON PROTECTIVE GEAR!**

PUT A LID ON IT!

THE AWARD

You can earn the award in any one of the sports/fitness activities listed in this brochure, and you can earn as many awards in as many categories as you like. Any individual age 6 or older is eligible to participate.

TO EARN THE AWARD:

1. Select your sport or fitness activity (or several).
2. Keep a record of your participation on the fitness log (if you need additional fitness logs, please make copies or attach separate sheets of paper).
3. When you have fulfilled the qualifying standards, send the completed and signed fitness log and \$5 per award for U.S. and APO/FPO delivery (\$7 in Canada, \$15 all other countries, U.S. currency only).

Presidential Sports Award/AAU

c/o WDW Resort

P. O. Box 10,000

Lake Buena Vista, FL 32830-1000

4. The fitness log(s) of all participants age 13 or younger must be signed and verified by an adult.

Please allow up to 6 weeks for delivery. For additional information concerning the program, or for questions concerning your order, call (407) 934-7200, or you may fax us at (407) 934-7242.

www.ausports.org

For information on the President's Council on Physical Fitness and Sports and its programs, visit our website at

www.fitness.gov



Your Award Consists of the Following Items:

1. A certificate of achievement from the President of the United States, personalized with your name and suitable for framing.
2. A letter of congratulations from the leadership of the President's Council on Physical Fitness and Sports.
3. A blazer patch (embroidered emblem) signifying the sport or fitness activity in which you earn your award.

Note: To receive additional emblems, add \$3 to the award total for each additional emblem ordered (be sure to designate the category desired).

FAMILY FITNESS AWARD

In addition to the standard award packet described, family members who participate in the program and earn awards together will receive an embroidered strip which reads "Family Fitness." It is designed to fit just above the award emblem. Family Fitness strips will be awarded each time a minimum of one parent/guardian and one child apply to receive awards at the same time and meet the program criteria. Each family member will receive one strip. There is no additional cost to receive the Family Fitness strip.

QUALIFYING STANDARDS*

AEROBIC DANCE

1. Participate a minimum of 50 hours in aerobics, aerobic dance, step aerobics, dance exercise or similar activity.
2. Credit only 1 hour each day for a maximum 4 hours/week.
3. Recommendation: 1 hour of activity to include a 5-10 minute warm up, 20-30 minutes of aerobic activity within target heart rate range, 10-15 minutes of strengthening exercises and a 5-10 minute cool down.

ARCHERY

1. Shoot a minimum of 3,000 arrows; no more than 90 arrows credited daily.
2. Minimum target distance of 15 yards. In field, roving archery should include 14 different targets, each at 15 or more yards.

BACKPACKING

1. Backpack a minimum of 50 hours; no more than 3 hours credited daily.
2. Pack must weigh at least 10% of participant's body weight.

BADMINTON

1. Play badminton a minimum of 50 hours; no more than 2 hours credited daily.
2. Play must include a minimum of 125 total games; no more than 5 games credited daily.

BASEBALL

1. Play and/or practice baseball skills a minimum of 50 hours; no more than 1 hour credited daily.
2. At least 15 of 50 hours must be played in an organized league or baseball competition.

BASKETBALL

1. Play and/or practice basketball skills a minimum of 50 hours; no more than 1 hour credited daily.
2. At least 15 of 50 hours must be in an organized league or basketball competition.

BATON TWIRLING

1. Practice twirling skills and/or compete in baton twirling a minimum of 50 hours; no more than 2 hours credited daily.
2. Practice must include work in a minimum of 2 of the recognized events: strut, dance twirl, group twirling with 1, 2 or 3 batons.
3. Participate in a minimum of 3 organized competitions.

BICYCLING

1. On a bicycle with more than 5 gears, bicycle a minimum of 600 miles; no more than 12 miles credited daily.
2. On a bicycle with 5 or fewer gears, bicycle a minimum of 400 miles; no more than 8 miles credited daily.
3. On a stationary bicycle, bicycle a minimum of 25 hours; no more than 30 minutes bicycling within target heart rate range credited daily.

BOWLING

1. Bowl a minimum of 150 games; no more than 6 games credited total daily.
2. Total of 150 games must be bowled on less than 34 different days.

CANOE-KAYAK

Paddle a minimum of 200 miles with no more than 7 miles credited daily.

CHEERLEADING

1. Cheerlead/practice a minimum of 50 hours; no more than 1 hour credited daily.
2. Minimum of 15 of the 50 hours must be accumulated during organized games/competition.

CROSS TRAINING

1. Simultaneously complete a minimum of 1/2 of the requirements of 2 different award program categories.
2. Activities should develop cardio-respiratory endurance, muscle strength, endurance and flexibility.

DANCE

Dance a minimum of 50 hours; examples include but are not limited to Ballroom, Square, Folk, Round, Pattern, Clogging, Country Western or dance combination; no more than 1 1/2 hours credited daily.

DISC SPORTS

1. Practice flying disc skills a minimum of 50 hours; no more than 2 hours credited daily.
2. Practice must include work in a minimum of 3 recognized events: distance, accuracy, self-caught flight, double disc court, golf, freestyle, discathlon, ultimate or guts.

DOUBLE DUTCH

1. Complete a minimum of 50 hours Double Dutch activity (jump between ropes or turn ropes) with no more than 1 hour credited daily.
2. Include minimum of 1 organized Double Dutch competition (Speed, Compulsory or Freestyle) as part of the 50-hour requirement.

EQUITATION

Ride horseback or train horses a minimum of 50 hours with no more than 1 1/2 hours credited daily.

FENCING

1. Practice fencing skills a minimum of 50 hours; no more than 2 hours credited daily.
2. At least 30 of the 50 hours must be under the supervision of an instructor or during a competition.

FIELD HOCKEY

1. Play and/or practice field hockey skills a minimum of 50 hours; no more than 1 hour credited daily.
2. At least 15 of the 50 hours must be in organized league or tournament play.

FIGURE SKATING

1. Skate a minimum of 50 hours; no more than 1 1/2 hours credited daily.
2. Skating should include at least one of the following: figure-8 (patch), free skating, ice dancing and precision skating.

FITSTART

1. Participate in a minimum of 30 hours of light to moderate physical activity, starting with no less than 10 consecutive minutes and no more than 40 minutes of activity credited to the total per day.
2. Activities may include walking, aerobics, aquadynamics, calisthenics, exercise or conditioning classes, fitness dancing, workouts on fitness apparatus including cycling, rowing, stepping and treadmills or a combination of any or all of these activities.

FOOTBALL

1. Play football and/or practice football skills a minimum of 50 hours; no more than 1 hour credited daily.
2. At least 15 of the 50 hours must be in an organized league or competition.

GOLF

1. Play/practice golf a minimum of 100 hours; no more than 3 hours credited daily.
2. No motorized carts may be used (disability exception).
3. At least 15 rounds (18 holes) must be played as part of the 100-hour requirement.

GYMNASTICS

1. Practice gymnastic skills and/or compete a minimum of 50 hours; no more than 2 hours credited daily.
2. Practice must include work in at least 1/2 of the recognized events (2 of 4 for women/girls; 3 of 6 for men/boys).

HANDBALL

1. Play handball a minimum of 50 hours; no more than 1 1/2 hours credited daily.
2. Total must include at least 25 matches (2 of 3 games) of singles and/or doubles.

HORSESHOE PITCHING

1. Pitch horseshoes a minimum of 50 hours; no more than 2 hours credited daily.
2. Sanctioned league or tournament games may be used; 100 sanctioned games required.
3. If combination practice and official games are used, credit 1/2 hour per sanctioned game (more than 2 hours can be credited for sanctioned tournament participation).

ICE HOCKEY

1. Play/practice ice hockey skills a minimum of 50 hours; no more than 1 hour credited daily.
2. At least 15 of 50 hours must be in an organized ice hockey league or competition.

ICE SKATING

Skate a minimum of 50 hours; no more than 1 1/2 hours credited daily.

JOGGING

Jog a minimum of 125 miles ; no more than 2 1/2 miles credited daily.

JUDO

1. Practice judo skills a minimum of 50 hours; no more than 1 hour credited daily.
2. At least 30 of the 50 hours must be under the supervision of a qualified instructor.

KARATE

1. Practice karate skills a minimum of 50 hours; no more than 1 hour credited daily.
2. At least 30 of the 50 hours must be under the supervision of a qualified instructor.

LACROSSE

1. Play/practice lacrosse a minimum of 50 hours; no more than 1 hour credited daily.
2. At least 15 of 50 hours must be in an organized league or tournament play.

LAWN BOWLING

1. Participate in a minimum of 40 games in social, intracub, interclub or division events; no more than 3 games credited daily.
2. These games may be singles (18 points), pairs, triples or fours (games of no less than 12 ends).
3. These games must be played in no less than 45 days and within a maximum of 120 days.

MARATHON

1. Run a minimum of 40 miles per week for at least 2 months.
2. Weekly mileage should not be increased more than 10% over the previous week. At least every 10 days a longer training run must be done at a minimum 15-mile distance for 2 months when the mileage level reaches 40 miles per week.
3. Following a 4-month cycle, must complete a TAC-sanctioned marathon of 26.2 miles.

MARTIAL ARTS

For all martial arts other than Judo, Karate and Tae Kwon Do:

1. Practice martial arts skills a minimum of 50 hours; no more than 1 hour credited daily.
2. At least 30 of the 50 hours must be under the supervision of a qualified instructor.

PISTOL

1. Fire a minimum of 2,000 rounds; no more than 100 rounds credited daily.
2. Minimum target distances are 33 feet for air pistol, 50 feet to 50 yards for .22 rim-fire pistol and 25-50 yards for centerfire pistol.

RACQUETBALL

1. Play racquetball a minimum of 50 hours; no more than 1 1/2 hours credited daily.
2. Total must include at least 25 matches (2 or 3 games) of singles and/or doubles.

RIFLE

1. Fire a minimum of 2,000 rounds; no more than 100 rounds credited daily.
2. Minimum target distances are 33 feet for air rifle, 50 feet to 50 yards for .22 rim-fire rifle and 100 yards for centerfire rifle.

ROLLER SKATING

Roller skate or in-line roller skate a minimum of 50 hours; no more than 1 1/2 hours credited daily.

ROPE SKIPPING

1. Skip rope a minimum of 25 hours; no more than 30 minutes credited daily.
2. May be done with single or Double Dutch ropes.

ROWING

1. Boat-Row a minimum of 50 miles; no more than 1 1/2 miles credited daily.
2. Wherry-Row a minimum of 100 miles; no more than 3 miles credited daily.
3. Shell-Row a minimum of 120 miles; no more than 3 1/2 miles credited daily.

RUGBY

Play and practice rugby skills or conditioning a minimum of 50 hours; no more than 2 hours of rugby or 1 hour conditioning credited daily.

RUNNING

1. Run a minimum of 200 miles.
2. Run continuously at least 3 miles during each outing; no more than 5 miles credited daily (miles counted toward 200-mile total must spread over at least 40 outings).
3. Average time must be 9 minutes or less per mile (i.e., 27 minutes for 3 miles, 45 minutes for 5 miles). Exceptions are allowed for injury/illness/age and should be noted on the PSA log.

SAILING

Sail (practice/competition) a minimum of 50 hours; no more than 2 1/2 hours credited daily.

SCUBA-SKIN

1. Skin or scuba dive, or train for diving, a minimum of 50 hours; no more than 3 hours of total diving time credited daily.
2. Total time must include at least 15 logged dives on 15 separate dates under the Safe Diving Standards of one of the following: National Association of Skin Diving Schools, National Association of Underwater Instructors, National YMCA, Professional Association of Diving Instructors, and Underwater Society of America.

SKEET-TRAP

1. Fire at a minimum of 800 standard trap or skeet targets or sporting clays; no more than 50 targets credited daily.
2. All shooting events must be under safe, regulated conditions.

ALPINE SKIING

Ski or train for skiing a minimum of 50 hours; no more than 3 hours skiing or 30 minutes on ski-training apparatus credited daily.

NORDIC SKIING

1. Ski a minimum of 150 miles; no more than 10 miles credited daily.
2. Comparable mileage accumulated on workout apparatus may be credited daily.

SNOWSHOEING

Snowshoe a minimum of 50 hours; no more than 4 hours per outing credited daily.

SOCCER

1. Play/practice soccer skills a minimum of 50 hours; no more than 1 hour credited daily.
2. At least 15 of 50 hours must be in organized league or soccer competition.

SOFTBALL

1. Play/practice softball skills a minimum of 50 hours; no more than 1 hour credited daily.
2. At least 15 of 50 hours must be in an organized league or softball competition.

SPORTS/FITNESS

1. Participate in a minimum of 50 hours exercise activities or combination of exercise/sports; no more than 1 hour credited daily.
2. Exercise activity may consist of aerobics; aquadynamics; calisthenics; exercise or conditioning classes; fitness dancing; rope jumping; apparatus workout, including stationary bicycles, rowing machines, treadmills or combination of these activities.
3. Sports activity may include participation in one or more of sports in which Presidential Sports Award is offered or other sports, such as diving or water polo.

SQUASH

1. Play squash a minimum of 50 hours; no more than 1 1/2 hours credited daily.
2. Total must include at least 25 matches (3 of 5 games) singles and/or doubles.

SWIMMING

Swim a minimum of 25 miles (44,000 yards); no more than 3/4 mile (1,320 yards) daily.

T'AI CHI

1. Participate in a minimum of 50 hours of T'ai Chi Chuan following standards set by the American T'ai Chi Association.
2. Credit no more than 1 hour per day, 5 hours per week to total.
3. Recommendation: 1 hour of activity includes a 10-15 minute warm-up for flexibility, strengthening; 20-30 minutes of T'ai Chi within target heart-rate range; a 15-minute cool down.

TABLE TENNIS

1. Play table tennis a minimum of 50 hours; no more than 1 1/2 hours credited daily.
2. At least 10 of 50 hours must be in league, tournament, club, ladder or round-robin play.

TAE KWON DO

1. Practice Tae Kwon Do skills a minimum of 50 hours; no more than 1 hour credited daily.
2. At least 30 of 50 hours must be under supervision of a qualified instructor.

TENNIS

1. Play tennis a minimum of 50 hours; no more than 1 1/2 hours credited daily.
2. Total must include at least 25 sets of singles and/or doubles (tie-break rules may apply).

TRACK AND FIELD

1. Compete in or practice track and field events a minimum of 50 hours; no more than 1 hour credited daily.
2. At least 10 of 50 hours must be accumulated during organized meets.

TRIATHLON

1. Run a minimum of 10 miles per week for at least 2 months. Individuals must run a minimum of 3 days per week.
2. Bike a minimum of 35 miles per week for at least 2 months. Individuals must bike a minimum of 2 days per week.
3. Swim a minimum of 1 mile per week for at least 2 months. Individuals must swim a minimum of 2 days per week.
4. Add no more than 10% to distances for each sport each week. Individuals should complete 3 times distance in their training mileage per week as the sprint distance event in which they intend to compete up to 1 week prior to the event. One week before the event, training should be reduced to 1/2 times the distance of the event in which the athlete intends to compete (called "tapering").
5. Minimum of 1, maximum of 2 sports should be practiced at least 4 days per week. One to 2 days of rest each week is recommended for recovery time.
6. At least 1 workout per week should include a swim/bike or a bike/run workout that includes performing sports back-to-back but would include practicing a transition of going from one sport to another (called a "brick").
7. At end of the 4-month period, compete in a Triathlon Federation/USA sanctioned sprint distance event (approximately a 1/2-mile swim, a 12-mile bike ride and a 3.1-mile run).

VOLKSSPORTS

1. Train for or participate in a minimum of 50 hours in organized volkssports or volksmarch events; no more than 2 hours credited daily.
2. Exercise activity may consist of running, walking, cycling, climbing, hiking, skiing or any combination of similar activities that promote healthful physical activity.
3. For longer duration events, additional hours may be credited toward other awards.

VOLLEYBALL

1. Play or practice volleyball skills or condition for volleyball a minimum of 50 hours; no more than 2 hours of volleyball or 1 hour conditioning credited daily.
2. Conditioning may include participation in any eligible activity of this program or in any of the exercise activities listed under Sports/Fitness category.

ENDURANCE WALKING

1. Walk a minimum of 225 miles, combining training walks and endurance walks.
2. Training walks must be a minimum of 1 hour duration. At least 3 must be completed each week, and the mileage should be credited to the 225-mile total.
3. Walks must be continuous for at least 5 miles. At least 5 of the outings must be 10 miles long, and one must be 15 miles long during the time the 225-mile total is being completed. No more than one 10-mile or one 15-mile walk can be credited to the total each week.

FITNESS WALKING

1. Walk a minimum of 125 miles; no more than 2 1/2 miles credited daily.
2. Each walk must be continuous, without pauses for rest, and the pace must be at least 4 mph (15 minutes per mile).

RACE WALKING

1. Race walk a minimum of 200 miles.
2. Race walk continuously at least 3 miles each outing. Credit no more than 5 miles daily toward total. Miles total must be spread over at least 40 outings.
3. Must average 12 minutes or less per mile.
4. Follow basic race walking rules: 1 foot on ground at all times, supporting leg straight as it comes under body.
5. At least 2 outings must be judged events.

WATER EXERCISE

1. Participate in a minimum of 50 hours of water exercise.
2. Credit no more than 1 hour per day and 4 hours per week to total.
3. Recommendations: 1 hour of activity to include a 5-10 minute warm-up; 20-30 minutes of activity within target heart rate range; 10-15 minutes of strengthening exercises and a 5-10 minute cool down.

WATER SKIING

Water ski a minimum of 50 hours; no more than 3 hours skiing activity credited daily.

WEIGHT TRAINING

1. Train with weights a minimum of 50 hours; no more than 1 hour credited daily.
2. Workout must include at least 8 separate weight/strength-training exercises. Workouts should be balanced so that each body part is exercised during each cycle (daily, weekly, etc.). Each exercise to be performed in multiple sets, 6-15 times.

WRESTLING

1. Wrestle or practice wrestling skills a minimum of 50 hours; no more than 1 hour credited daily.
2. At least 15 of 50 hours must be in an organized league or wrestling competition.

***FOR MAXIMUM BENEFIT, THE CRITERIA FOR EACH ACTIVITY SHOULD BE FULFILLED WITHIN A FOUR-MONTH PERIOD.**

