

Presidential Sports Award

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

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 & Sports in 1972 in conjunction with national sports organizations and associations. Its purpose is to motivate all Americans to become more physically active throughout life, and emphasizes regular exercise 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 this achievement and the fact that you are part of a nationwide effort toward 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 six (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 6-13 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 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 bicycle as for a football player; racquetball players and shooters should wear appropriate eye protection, and walkers, joggers, runners, and bicyclists should make sure that they are visible to motorists.

According to the United States Public Health Service, unintentional injuries rank fourth among the leading causes of death in the US and constitute the first cause of years of potential life lost before age 65. Therefore, whenever necessary **PUT ON PROTECTIVE GEAR!**

The Award

You can earn the award in any one of the sports fitness activities listed in the brochure and you can earn as many Awards in as many categories as you like.

To earn the Award:

1. Select your sport of 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 \$8 per award for US and APO/FPO delivery (\$10 in Canada, \$15 all other countries US currency only) to:

Presidential Sports Award/AAU
c/o Walt Disney World 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 six weeks for delivery. For additional information concerning the program, or for questions concerning your order, call (407) 934-7200.

Your Award Consists of the Following Items:

1. A certificate of achievement from President Clinton personalized with your name and suitable for framing.
2. A letter of congratulations from the Co-Chairs of the President's Council printed on the inside of the frame mailer.
3. A blazer patch (embroidered emblem) signifying the sport or fitness activity in which you earn your award.
4. A frame mailer emblazoned with the Presidential Sports Award Logo.

Note

To receive additional emblems, add \$4 to the award total for each additional emblem ordered and 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 and 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:

Now available for Ages 6 and Up

1. For maximum benefit, the criteria for each activity should be fulfilled within a four-month period. Exceptions will be made only for such things as (but not limited to) injury, illness, change for season, or individual medical history, and must be briefly explained when the participant applies to receive an award.

2. Individuals who participate in a variety of categories within a four-month period, but not enough to earn an award in any one category, should log their activity under either the Cross Training or Sports/Fitness categories. If requested, those who meet the requirements for Sports/Fitness can choose to receive an award for the category in which the majority of the 50 hours is accumulated.

AEROBIC DANCE

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

ARCHERY

1. Shoot minimum 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 minimum 50 hours; no more than 3 hours credited daily.
2. Pack must weigh at least 10% body weight.

BADMINTON

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

BASEBALL

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

BASKETBALL

1. Play and/or practice basketball skills minimum 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 minimum 50 hours; no more than 2 hours credited daily.
2. Practice must include work in minimum of two of the recognized events (1 baton, 2 baton, 3 baton, strut, dance twirl, group twirling).
3. Participate minimum 3 organized competitions.

BICYCLING

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

BOWLING

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

CANOE-KAYAK

1. Paddle minimum 200 miles with no more than 7 miles credited to daily total.

CHEERLEADING

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

CROSS TRAINING

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

DANCE

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

DOUBLE DUTCH

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

EQUITATION

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

FENCING

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

FIELD HOCKEY

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

FIGURE SKATING

1. Skate minimum 50 hours; no more than 1 1/2 hours credited daily.
2. Skating should include at least one of following: a) figure-eight (patch), b) free skating, c) ice dancing
d) 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 minimum 50 hours; no more than 1 hour credited to daily total.
2. At least 15 of 50 hours must be in organized league or competition football.

GOLF

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

GYMNASTICS

1. Practice gymnastic skills and/or compete minimum 50 hours; no more than 2 hours credited daily.
2. Practice must include work in at least one-half of the recognized events (two of four for women and girls; three of six for men and boys).

HANDBALL

1. Play handball minimum 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 minimum 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 of practice and official games are used, credit 1/2 hour per sanctioned game (more than two hours can be credited for sanctioned tournament participation).

ICE HOCKEY

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

ICE SKATING

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

JOGGING

1. Jog minimum 125 miles with no more than 2 1/2 miles credited daily.

JUDO

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

KARATE

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

LACROSSE

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

LAWN BOWLING

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

MARATHON

1. Run minimum 40 miles per week for at least two 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 two months once mileage level reaches 40 miles per week.
3. At end of four-month cycle, must complete 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 with no more than 1 hour credited to the total per day.
2. At least 30 of the 50 hours must be under the supervision of a qualified instructor.

PISTOL

1. Fire minimum 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 rimfire pistol and 25-50 yards for centerfire pistol.

RACQUETBALL

1. Play racquetball minimum 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 with no more than 100 rounds credited to the total per day.
2. Minimum target distances are 33 feet for air rifle; 50 feet to 100 yards for .22 rimfire rifle; and 100 yards for centerfire rifle.

ROLLER SKATING

1. Roller skate minimum 50 hours; no more than 1 1/2 hours credited daily.

ROPE SKIPPING

1. Skip rope minimum 25 hours; no more than 30 minutes credited daily.
2. May be done in single or double dutch ropes.

ROWING

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

RUGBY

1. Play/practice rugby skills, or condition for rugby minimum of 50 hours; no more than 2 hours of rugby 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.

RUNNING

1. Run minimum 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 be 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).

SAILING

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

SCUBA-SKIN

1. Scuba or Skin dive, or train for diving, minimum 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 groups: National Association of Skin Diving Schools, National Association of Underwater Instructors, the National YMCA, Professional Association of Diving Instructors, or the Underwater Society of America.

SKEET-TRAP

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

ALPINE SKIING

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

NORDIC SKIING

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

SNOWSHOEING

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

SOCCER

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

SPORTS/FITNESS

1. Participate in minimum 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, water polo.

SQUASH

1. Play squash minimum 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

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

T'AI CHI

1. Participate minimum 50 hours of T'ai Chi Chuan following standards set by 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 to include: 10-15 minutes (flexibility, strengthening) warm-up, 20-30 minutes T'ai Chi within target heart-rate range, 15-minute cool down.

TABLE TENNIS

1. Play table tennis minimum 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 minimum 50 hours; no more than 1 hour credited daily.
2. At least 30 of 50 hours must be under supervision of qualified instructor.

TENNIS

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

VOLKSSPORTS

1. Train/participate in minimum 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/practice volleyball skills, or condition for volleyball 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 minimum 225 miles, combining training walks and endurance walks.
2. Training walks must be minimum 1 hour duration. At least three 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 five outings must be 10 miles long and one must be 15 miles long during the time the 225 miles 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 minimum 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 minimum 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: one foot on ground at all times; supporting leg straight as it comes under body.
5. At least two outings must be judged events.

WATER EXERCISE

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

WATER SKIING

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

WEIGHT TRAINING

1. Train with weights minimum 50 hours; no more than 1 hour credited daily.
2. Workout must include at least eight 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, six to 15 times.

WRESTLING

1. Wrestle or practice wrestling skills minimum 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.