

## Stamford Bombers National Governing Body

### AAU

AAU stands for the Amateur Athletic Union. It's a non-profit, volunteer-based organization that offers kids and teens a way to compete against the best athletes across 41 sports programs.

The AAU has almost 700,000 members and 150,000 volunteers in 55 U.S. Districts. Their motto is "Sports for All, Forever" because they believe everyone should have the option to play sports and be physically fit. Their mission is to offer sports programs for people of all ages so anyone can learn good sportsmanship.

In fact, the AAU and the National Fitness Foundation (NFF) announced a historic collaboration in 2019 to support and expand youth sports and athletics participation in the United States. The AAU now manages the Presidential Youth Fitness Program (PYFP), which aims to modernize fitness education in physical education classes by emphasizing student health, goal setting, and personal progress. The AAU is the only organization in the country that manages youth sports and fitness programs in and out of school.

Today, the Amateur Athletic Union hosts the AAU Junior Olympic Games, one of the country's most significant multi-sport events. They also host the AAU Junior National Volleyball Championships. This volleyball event is the largest in the world, with more than 2,700 teams competing yearly.

### What is AAU baseball?

AAU baseball is one of the many sports the American Athletic Union offers. The AAU gives athletes a chance to play baseball outside of school with pre-established clubs as well as the ability to form their own AAU-sponsored baseball teams.

Coaches are provided free courses about how to teach athletes to cope with winning and losing, developing team culture and more through the AAU's partnership with the [Positive Coaching Alliance](#). In tandem with the [AAU's mission](#), it's focus is to empower AAU players to develop physically, mentally, and morally while engaging in good sportsmanship and citizenship on and off the field.

The AAU sponsors 41 sports in all, plays in 55 districts, and has been involved with sports since 1888. It had even been intimately involved with the Olympics until a change in how American athletes are chosen for the Games took place in the 1970s, and the AAU turned its focus to youth sports. Today, it is comprised of 700,000 members as well as 150,000 volunteers, many of whom work with baseball, which has been a part of this organization since 1983.

The structure of AAU baseball is generally broken down within those districts into sublevels, such as one in which elite AAU teams participate, one that is more intermediate in nature, and one for those whose baseball memberships just started are not as experienced in the sport.