This study examined the ability of Reasoned Action Theory to predict participation in sports. A total sample of 105 young swimmers 9 to 12 years of age were used in order to predict participation in training sessions over one month period. Results showed that the theory's variables of attitude toward the specific behavior and subjective norms, were predictors of intention for participation, which in turn was a predictor of actual participation in sports. Past behaviour, however, increased significantly, the predictability of the model ($R = .54$ and $.67$ respectively). The direct and belief - based correlations of attitudes toward behaviour and subjective norms, suggested that coaches and parents should work with those beliefs that form the attitudes in order to increase children's participation in sports.