

Swimmers Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Birthdate \_\_\_\_\_\_\_\_\_\_\_\_\_ Age \_\_\_

 (include middle name)

Returning TBAC Countryside swimmer? (CIRCLE ONE) YES NO

Parents Names \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Member #\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

BEST phone number for communication. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

BEST email address for communication. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **Returning swimmers, please update if there are changes.**

Participation Fees

 If a family has more than one swimmer participating with TBAC, the family will pay 100% of the fee for the first swimmer in the higher level and a 10% discount on additional swimmers.

 **There is a one-time non-refundable $50.00 New Family fee.**

Monthly payment Prices & Practice Times

(Check one OR all that apply for multiple swimmer families)

\_\_\_\_\_\_\_\_\_\_\_ Ages 6 and unders

 6:00 pm to 6:45 pm Members: $70

 For young swimmers who are ready for more advanced stroke techniques. Instruction in stokes,

 starts and turns combined with the introduction of interval training.

\_\_\_\_\_\_\_\_\_\_\_ Ages 7 to 10

 4:30 pm to 6:00 pm Members: $80

 For committed and motivated young swimmers. Introductory level to serious training.

 Stroke technique, starts and turn, and race strategy introduced.

\_\_\_\_\_\_\_\_\_\_ Ages 11 to 14

 5:15 pm to 7:15 pm Members: $90

 For committed and motivated young swimmers. Introduction of dry land combined with continued

 Stroke technique and interval training.

\_\_\_\_\_\_\_\_\_\_ Seniors (High School) Members: $90

 2:45 – 5:15 pm followed by 5:15 – 6:00 Dryland Saturdays – 7:00 – 10:00am

 For committed and motivated elite swimmers. Training for the highest level of competition at

 Region, state and National levels. .



 TBAC COUNTRYSIDE PAYMENT AGREEMENT

(Countryside Pool Only)

Swimmers Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age \_\_\_\_\_\_\_\_ Member #\_\_\_\_\_\_\_\_\_\_\_

**PLEASE READ CAREFULLY AND SIGN BELOW**

1. All participation fees will be charged on your CCC billing statement prior to the month start.

Each family must also be a registered member of the TBAC Countryside website.

**Accounts must have a current credit card on file on the TBAC Countryside website for meet entry fees.**

1. Swimmers must be current members of Countryside Country Club or Masters Members of Eastlake Woodlands Country Club to participate on the swim team.
2. **Each swimmer MUST BE REGESTERED with USS-FL Swimming every year.**

**All Countryside TBAC members will be billed before Sept 1st, for the upcoming year.**

1. **Leave of absence or Resignation from the Swim Team must be in WRITING prior to the 1st day of the month, to not be charged for the next month.**

**\*\*\* A $25.00 reinstatement fee will be applied to any swimmer returning after a leave of absence or resigning from the team. $50 per family.** \*\*\*

I agree to all the above and to be billed monthly for TBAC Swim Team

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Parent or Guardian Signature Date**

|  |
| --- |
|  Payment Work Sheet1st Child (100 %) $ \_\_\_\_\_\_\_\_\_\_\_\_Sibling 10% off $\_\_\_\_\_\_\_\_\_\_\_\_\_Sibling 10% off $\_\_\_\_\_\_\_\_\_\_\_\_\_Sibling 10% off $\_\_\_\_\_\_\_\_\_\_\_\_\_ Total $\_\_\_\_\_\_\_\_\_\_\_\_\_ NO REFUNDS |

Welcome to TBAC Countryside

**GOALS and OBJECTIVES:**

The primary goal of the TBAC organization is to foster in each swimmer “championship behavior” that will not only facilitate success in the pool, but in the home, the classroom and the community at large. Through the organization’s commitment to excellence, it works to facilitate a rewarding and positive competitive swimming experience for each and every young swimmer that comprises TBAC. By instilling a commitment to training, preparation, teamwork and sportsmanship through competitive swimming, Each TBAC swimmer will be prepared with the skills and tools that will lead to lifelong success.

**Our message: “Success begins with a solid foundation of commitment to excellence, championship behavior, goal setting and work ethic; these qualities are taught to our swimmers every day.”**

I firmly believe that the successes of each and every TBAC Countryside swimmer enhance the team as a whole and every fellow team member gains from the successes of their teammate. **“The Better YOU Train, the better the LANE trains, the GROUP trains, and the ENTIRE PROGRAM trains.”**

Our training regime is structured to focus on all aspects of competitive swimming, including:

* Proper technique
* Speed
* Endurance
* Strength
* Planning and preparation
* Race strategy
* Sportsmanship

The TBAC Countryside training regime includes in-water, dry land and circuit training, in conjunction with an emphasis on nutrition and healthy lifestyle choices. Swimmers, with their coach define short, mid and long-term competitive goals and develop long-term plans to achieve those goals.