



**TBAC**  
TAMPA BAY AQUATIC CLUB



## 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."*

We firmly believe that the successes of each and every TBAC Countryside swimmer enhances the team as a whole, and that every 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 plans to achieve those goals.



Swimmer's Name \_\_\_\_\_ Birthdate \_\_\_\_\_ Age \_\_\_\_\_  
(include middle name)

Returning TBAC Countryside swimmer? (CIRCLE ONE) YES NO

Parents Names \_\_\_\_\_ Member No. \_\_\_\_\_

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 fee for new families.**

#### Monthly Payment Prices and Practice Times (Check one, or all that apply for multiple-swimmer families)

\_\_\_\_\_ **Ages 6 and Unders**  
4:45 p.m. – 6 p.m. Members: \$75  
This group is for young swimmers who are ready for more advanced stroke techniques.  
Instruction includes stokes, starts and turns combined with the introduction of interval training.

\_\_\_\_\_ **Ages 7 to 10**  
5:00 – 6:30 p.m. Members: \$85  
For committed and motivated young swimmers, this introductory-level class introduces swimmers to serious training, with stroke technique, starts, turns and race strategy.

\_\_\_\_\_ **Ages 11 to 14**  
5:00 – 7:00 p.m. Members: \$95  
Committed and motivated young swimmers enjoy an introduction of dry land combined with continued stroke technique and interval training.

\_\_\_\_\_ **Seniors (High School) Members: \$95**  
2:30 – 5 p.m., followed by 5:15 – 6 p.m. Dryland Saturdays: 6:45 a.m. – 10 a.m.  
This class for committed and motivated elite swimmers includes training for the highest level of competition at region, state and national levels.

\*Participants should consult a health care provider to determine if the camp is right for their needs. All participants must sign the required release upon enrollment. © ClubCorp USA, Inc. All rights reserved. 43965 0219 MR



## TBAC COUNTRYSIDE PAYMENT AGREEMENT (Countryside Pool Only)

Swimmer's Name \_\_\_\_\_ Age \_\_\_\_\_ Member No. \_\_\_\_\_

### PLEASE READ CAREFULLY AND SIGN BELOW

- 1) All participation fees will be charged on your Countryside Country Club Membership billing statement on the first of each month. 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.**

Swimmers must be current members of Countryside Country Club to participate on the swim team. Non Members are welcome to try out the TBAC team for a maximum of two weeks before making a decision/commitment to join the club. Once families turn in their registration form to Coach Sue, each family must register on the TBAC Countryside website.

- 2) Each swimmer **MUST BE REGISTERED** with USS-FL Swimming every year. All Countryside TBAC members will be billed before Sept 1 for the upcoming year.

**Leave of absence or resignation from the swim team must be in writing prior to the first or 1st day of the month to not be charged for the next month.**

A \$25 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 SHEET		
1 Child	100 %	\$ _____
Sibling	10% off	\$ _____
Sibling	10% off	\$ _____
Sibling	10% off	\$ _____
<b>TOTAL</b>		\$ _____ <b>NO REFUNDS</b>