

Dear TCA Families,

The 2025/2026 Season Begins August 25th! The first month's dues include a free trial week. **Returning swimmers do NOT need to re-register this year, ONLY NEW swimmers must register.** USA registration link will be available after the trial week.

TCA & Arena

Once the season officially begins in September, TCA swimmers will receive the following for joining the team

- Arena goggles
- TCA Sticker
- TCA T-shirt
- TCA Silicone Cap
- Additionally, SR Gold received a team jacket and backpack

Important Dates:

- **Monday, August 25th – First day of practice for SENIOR GOLD**
- **Monday, August 25 & Tuesday, August 26:** Group placement days for all *new* Age Group Swimmers (Pre-Senior, TBLUE, TBOLTS 1, 2, & 3).
- **Wednesday, August 27:** First full day of practice for *all* Age Group Swimmers.

Annual Fees & Obligations

- **Annual Family Registration Fee:** \$150, due by **September 1** each year.
 - This fee is *waived* if a parent becomes a certified **Stroke and Turn Official**.
- **Fundraising Obligation:** *annual Swim A Thon will be November 15th*
 - \$150 for 1 swimmer
 - \$200 for 2 swimmers
 - \$250 for 3 or more swimmers
- **Parent Volunteer Requirement:**
 - Minimum of **30 volunteer hours** per season.
 - Volunteer opportunities include home/away meets, team events, and functions.
 - Any unfulfilled hours will be billed at **\$30 per hour**.
 - *Note:* Certified Stroke and Turn Officials who work at meets will have their volunteer hours covered.
- **Leave of Absence Policy:**
 - Requires **30 days written notice**. Without notice, you will be billed.
 - Rejoining the team will incur a **\$150 re-registration fee**.

WEEKLY PRACTICE SCHEDULE @MIWOK

TBOLTS 1 - \$131 practice times 3:45-4:30pm M/W/TH - Pre Team - Water Safe
– **Minimum age 5 years old.**

TBOLTS 2 - \$184 practice times 4:15-5pm M-F -Beginning 8 and under, can swim 25 yards strong side breathing free without stopping. The other strokes will be introduced.

TBOLTS 3 - \$194 practice times 5-6pm M-F - Advanced 8 and under. Can swim all four strokes well. Swimmers have decent speed and endurance.

TBLUE - \$205 practice times 4:30-6 M-F and SATURDAYS TBA- Ages 9-11 upper elementary school. Swimmers know all the strokes and have good endurance. Practices are challenging.

PRE SENIOR - \$225 practice times 4-6pm M-F and SATURDAYS TBA- Middle School ages 11-14. Training is very challenging. *Freshman that cannot commit to SR GOLD requirements may swim pre senior with coach approval.

SENIOR GOLD - \$335 - 14 and over - **Commit to 4 practices per week (8-10 offered including dryland and Saturdays)**

4-6 pm M-TH and 4-5:30pm, Fridays SATURDAY TBA

***Gold members receive a personalized embroidered team jacket as well as team backpack, courtesy of our Arena sponsor.**

****all swimmers have to be registered with Pacific Swimming-registration. Out team specific link will be emailed out when available, sometime after September 1st.**

****\$20 SIBLING DISCOUNT PER MONTH**

Please email Coach Tom - tevers4@me.com or Coach Sarah - tcameetdirector@gmail.com with any group placement questions!

TCA Coaches

Meet our TCA coaching staff. More details and bios will be available once the season officially begins.

- **Tom Evers** – Head Coach
- **Victor Wales** – Co-Head Coach, Senior Gold
- **Eric Whitten** – Head Age Group Coach
- **Sarah Paoli** – Lead Administrator & Assistant Coach, Senior Gold
- **Michael Stompe** – Age Group Assistant Coach
- **Mike Merrill** – Senior Gold Assistant Coach
- **Bella Ferriter** – Age Group Assistant Coach
- **Rachel DeFilippis** – Age Group Assistant Coach

- **Liz Evers** – TBolt 1 & 2 Coach
 - **Lauren Lubin** – Assistant Age Group Coach
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Fall Swim Meets & Events

TCA will host several meets this season. The first is the **Senior Open (13 & Over)**, which will be available soon for sign-ups.

Important Dates

- **September 13** – Mandatory Team Meeting (after practice)
- **September 20–21** – **Senior Open (13 & Over)** – *TCA Hosted @ Miwok*
- **September 26–28** – **Age Group (14 & Under)** – *Santa Rosa JC*
- **October 11** – **Block Party Invite** (All groups: TCA, NBA, AC, SRN) – *Santa Rosa JC*
- **October 17–19** – **Age Group Travel Meet** – *Reno*
- **November 7–9** – **Senior Gold & Age Group** – *TCA Hosted @ Miwok*
- **November 15** – **Swim-A-Thon** – All groups
- **November 21–23** – **Senior Gold & Qualifiers Travel Meet** – *Senior Championships, Hawaii (Oahu)*
- **December 5–7** – **Senior Gold & Age Group** – *Santa Rosa JC*
- **December 7** – **Age Group Holiday Party** – 5:00–9:00 PM @ *McInnis Park*
- **December 12–14** – **Age Group Championships** – *San Ramon*
- **December 20** – **Senior Gold Holiday Party** – After morning practice

Best,

Tom Evers

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