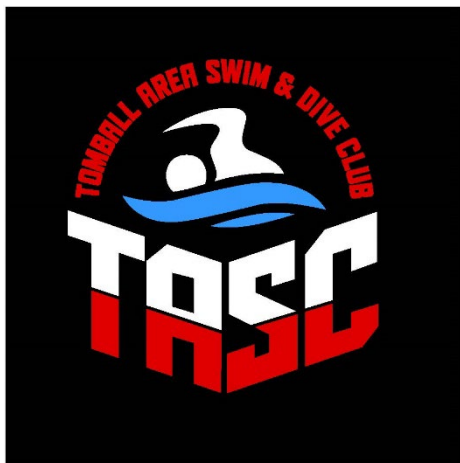


WELCOME TO TOMBALL AREA SWIM & DIVE CLUB



We look forward to a fun and exciting year with all our programs. This year our administration staff is hoping to provide as much information to all our members whether new or returning.

The wide world of swimming can be challenging to navigate, and we are here to help. This season will be unlike any other and one for the history books.



Please know our staff may not have all the answers you are looking for at this very moment, but we are doing our absolute best to keep you up to date on developing news for the season.

Got Questions?

New to TASC and have lots of questions? Check these locations.



TASC Programs

Find information about all of our competitive and non-competitive programs.



Frequently Asked Questions

Our most common Q&A's all in one place.



Social Media

Best place for quick updates on what is happening on the pool deck.



Coaches

Need to ask your swimmer's coach a question, check out their bio page.

Keeping you in the know

Here are ways we get in touch with our members.



Email

Most of our communication is sent through email. Meet information, practice times, billing and team news



Team Feed

Any updates on the website can be found on our Team Feed or Latest News pages along with team accomplishments.



Facebook & Instagram

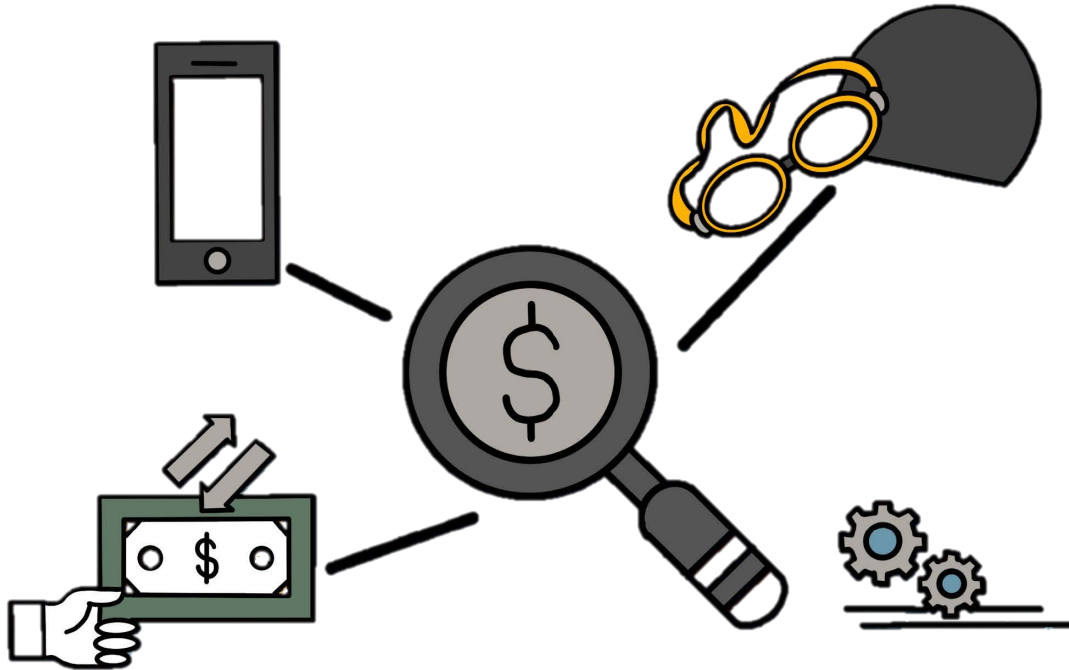
Check out highlights from swim practice, meets and behind the scenes. The best place for practice cancelations due to bad weather too.



OnDeck App

How we get you last-minute information about practices and meets based on your swimmer's practice location.

Billing, Invoices and Payments



Talking money is never easy. Here at Tomball Area Swim and Dive Club, we want to be upfront and open with you about our pricing and fees. Below we will show you where to find our monthly and annual fees, how to find meet fees, where and how to read your invoice for an upcoming billing cycle, and where to change your payment setup.

[Check out our Monthly Prices and Annal Fees](#)

How to Find and read your monthly invoices

1. Sign into our team's website
2. From the side menu click **My Account > Invoices and Payments**
3. Here you will find one billing summary box and 4 dropdown options
4. **Account Charges Summary** box
 - a. Shows how much in total you owe for the month
5. The first dropdown at the top of the page is **Account Recurring Charges Summary**
 - a. Shows your swimmer's group monthly fee
6. The second dropdown is **Current Invoice Summary**
 - a. This will be a breakdown of your current monthly bill
 - b. Great place to view meet fees, travel dues, and other one-time fees
7. The third dropdown is **Your Total Projected Amount Owed**
 - a. This will be a breakdown of your upcoming monthly bill
 - b. The amount is not what you owe now, but a projection of what you will owe in the upcoming month
 - c. This includes unpaid invoices from the current month
8. The final dropdown is **Billing History**
 - a. Here you can view the previous month's invoices and payments

We bill on the **first of every month** through our website using their auto billing system. If the system cannot run the credit card on file for any reason you will receive an email from TeamUnify (our website host). If this happens, please head to your account and update the card on file. Send us an email following the update so we can manually run your monthly bill. Failure to do so will result in a late fee. Late fees are added on the 21st of each month.

How to Change or add a credit card to your account

1. Sign into our Team's website
2. From the side menu click **My Account > Account Info**
3. Click the **Payment Setup** tab on the top menu

To add a new card:

1. Click **+Add Card**
2. Fill in the credit card and billing information
3. Click **Next**
4. Select which fees you would like to be associated with the appropriate card
5. Click **Update Card** and click **OK** to confirm
6. Click **Save Payment Setup**

To delete an old card:

1. Click **Delete**
2. Click **Save Payment Setup**

As a reminder

If you receive an email from TeamUnify about your credit card, please let us know via email when you have updated your credit card on file so we can run your monthly bill before a late fee is attached.

How to Find the cost of a swim or dive meet

Meet Host Fees:

1. Head to the Team's website
2. Click **Meets & Events** on the top menu
3. Click on the desired event
4. Scroll to the bottom of the popup screen
5. Under *Forms/Documents* click the meet announcement file
6. Browse the meet announcement for **FEES**
 - a. Here you will find the **Individual Event Fee, Relay Fee, and Athlete Surcharge Fees**

Additional TASC Fees:

Swim meets:

- Local & State meets are \$10 per swimmer

Dive meets:

- Local meet & State meet are \$25 for one event (example one meter only) or \$40 for the meet which includes 1m, 3m, platform and additional work practice.
- Qualifiers for national events will be percentage based. This amount is based on the number of athletes attending.

This fee will help offset Coaches' travel and costs for every meet.

How to Decline from a Swim Meet

It is the policy of Tomball Area Swim Club that all competitive group swimmers will default to being committed to attend each swim meet throughout the season. It is your responsibility as a parent to decline your swimmer if they are unable to attend.

Competitive group swimmers are required to attend four swim meets per year (intrasquad, winter champs, short course champs and summer champs). Depending on group placement other meets may be required or expected.

All meet fees are billed to your card on file the day after the registration deadline. Meet fees are **NOT REFUNDABLE**. In order to avoid being billed for a meet that your swimmer can not attend you must decline from the meet.

1. Sign into our team's website
2. Go to our Meets/Events page
 - a. From the Home page click **More Events** under the events listed
3. Click your desired event's **Attend/Decline** button
4. Click the name of the athlete you wish to attend
5. Click the *Declaration* drop-down and select **Yes, commit** or **No, decline**.
6. Below, enter any **Notes** you want the coach to see
 - a. What day(s) your swimmer can/cannot participate
 - b. Whether or not your swimmer can participate in relays
 - c. Limited to a certain number of events per day
 - d. If declining the meet please state why
7. If allowed, you can select events for the meet by checking the boxes next to the desired event
 - a. Times in red indicate your swimmer is not qualified to enter those events
 - b. Events can and may be modified by the swimmer's coach**
 - c. Events can be left unchecked. This lets coaches know to pick events
8. When finished, click **Save Changes**.

How to Sign-Up/Decline for a Dive Meet

In order to commit to a dive meet there are two websites you must visit. Divers should be committed to attend on the team website and then must be entered into the dive meet through www.divemeets.com

To Commit or Decline on the Team Website:

1. Sign into our team's website
2. Go to our Meets/Events page
3. From the Home page click **More Events** under the events listed
4. Click your desired event's **Attend/Decline** button
5. Click the name of the athlete you wish to attend
6. Click the *Declaration* drop-down and select **Yes, commit** or **No, decline**.
7. Below, enter any **Notes** you want the coach to see
 - a. What day(s) your diver can/cannot participate
 - b. Limited to a certain number of events per day
8. When finished, click **Save Changes**.

If your diver will be attending the meet you now need to visit www.divemeets.com

1. Visit www.divemeets.com
2. Login or create a new account for your diver. Accounts are free.
3. Select the meet that your diver will be attending
4. Register for the event(s) that have been discussed with your coach
5. Enter your dive list for the event
6. Click Save
7. Pay any associated entry fees for the events.

To find out more information on a particular meet or event, go to our **Meets & Events** page click on the name of the event. This will provide a pop-up screen with the event information and possible links/documents related to the event.

How to Find your swimmer's best times

1. Sign into our Team's website
2. Go to **My Account**
 - a. From the Home page click your account name in the top left corner of the screen > **My Account**
 - b. From the side menu click **My Account > Account Info**
3. Click the **Members** tab on the top menu
4. Click the name of the desired swimmer
5. Click the **Best Times** tab on the top menu



How to Find your swimmer's USA Motivational Times

Some meets require swimmers to have specific USA Swimming Motivational Times in order to attend the event. USAS created these standards for swimmers of every age group that range from B to AAAA to give them benchmarks for goal setting and to track improvement.

From TASC's website:

1. Sign in to our Team's website
2. Scroll down and click **TIME STANDARDS** command button on the home page
3. Click **2021-2024 USA Swimming Motivational Time Standards**
4. Compare your swimmer's times to the USAS Motivational Times Standards

From USA Swimming's website:

1. Go to www.usaswimming.org in your web browser
2. Click **Times** on their top menu bar
3. Under Time Search: Search for all your times, best times, and event ranks, click **View More**
4. In the boxes provided type in your swimmer's first and last name
5. Click **Search**
6. Under the Time Standard column view what USA Motivational Time Standard your swimmer has achieved for each event.

How to Cancel or Pause Your Membership

There are times when it becomes necessary to pause or cancel your membership with your swim club. Moving, vacations, and injury are just a few examples. At Tomball Area Swim Club we do not want you to pay for time that your athlete is not participating in practices. Therefore, if there is a time when your athlete will miss 3 weeks or more of practice within one month we ask that you complete the Athlete Withdrawal Form to avoid billing during this time.

Withdrawal forms **MUST be submitted before the 21st of the month** to avoid the auto draft billing on the 1st of the coming month.

The Athlete Withdrawal Form can be found on our team website.

1. Log in to the team website
2. From the homepage use the drop-down menu under the **Parent's Corner** on the top menu bar.
 - a. From there click **Athlete Withdrawal Form**
3. Complete the form.
 - a. Be sure to fill out all fields that relate to your athlete
4. Click **Submit**

Reminder that all withdrawal forms **MUST be received before the 21st** of the month prior to when you want to stop billing. Forms completed after that time will not be processed before auto-billing takes place on the 1st of the month.

How to Schedule a Makeup Swim Lesson

Each athlete in the swim lessons program is allotted **ONE** makeup lesson or lesson credit per month due to sickness, schedule conflicts or emergency.

Occasionally we have days where we will have to cancel swim lessons at both locations due to severe weather or school district events. On these rare occasions notices will be sent out to parents letting you know that we will not have lessons on that day. This is the only time that more than one makeup swim lesson per month will be allowed.

These additional makeup swim lessons will be granted to swimmers only when lessons are cancelled at both locations on the same day.

All makeup lessons must be scheduled within two weeks of the cancelled day.

To schedule a makeup swim lesson, parents must submit a makeup request by using the makeup request form located under the parent's corner of the team website. Every effort will be made to find a day and time that is most convenient for you.

If you have a scheduling conflict arise and need to change your existing lessons schedule you will need to make the request a **minimum of 24 hours in advance**. Schedule change requests cannot be granted the day of.

For athletes who will be absent for three weeks or more we suggest completing a temporary withdrawal form to pause your membership during the time that you will be away.

Makeup swim lessons will not be granted if only one facility is closed for the day. When one facility is closed all lessons will be offered at our second nearby location at regularly scheduled times.



Tomball Area Swim Club

Group Progression Structure

Swim Lessons

<i>Bronze I</i>		<i>Bronze II</i>	
M/W or T/Th		M-Th	
30 min	\$95/mo	30 min	\$160/mo

Stroke Development

<i>Silver I</i>	<i>Silver II</i>	<i>Silver III</i>
8&Under	9-12yrs	13&Over
45 min	45 min	45 min
M-Th	M-Th	M-Th
\$115/mo	\$115/mo	\$115/mo

Developmental Age Group

Developmental Senior

<i>Gold I</i>	<i>Gold II</i>	<i>Gold III</i>
10&Under	11-12yrs	13&Over
1hr	1hr	1hr
Mon-Fri	Mon-Fri	Mon-Fri
\$125/mo	\$125/mo	\$125/mo

Age Group Swimming

<i>Age Group I</i>	<i>Age Group II</i>	<i>Age Group Elite</i>
10&Under	11-12yrs	9-12yrs
5X100 @ 2:00 legal 50s	5X100 @ 2:00 legal 50s	9/10 2+ A times 11/12 3+ BB times
1hr 15 min	1.5hrs	2hrs
Mon-Sat	Mon-Sat	Mon-Sat
\$135/mo	\$140/mo	\$150/mo

Senior Swimming

<i>Pre-Senior</i>	<i>Senior (TMAC ONLY)</i>	<i>National (TMAC ONLY)</i>
13&Over	13&Over	15&Over
5x100 @ 2:00	3+ BB times	Sectional Cut/2+ AA times*
1.5hrs	2hrs	2.5hrs
Mon-Fri	Mon-Sat	Mon-Sat
\$135/mo	\$160/mo	\$170/mo



Tomball Area Swim Club Group Descriptions and Requirements for Progression

Stroke Development

Bronze I & Bronze II

- Swim Lessons for Beginners
- Bronze I – 2 days/week (M/W or T/Th)
- Bronze II – 4 days/week (M-Th)
- 30-minute practice
- 100% stroke development
- Required Equipment
 - Kickboard
 - Goggles
 - Swim Cap
- **Fees**
 - Annual Team Registration Fee: \$29
 - Annual AAU Registration Fee: \$14
 - Monthly Tuition:
 - Bronze I: \$95
 - Bronze II: \$160

Silver I (ages 8&U)

Silver II (ages 9-12)

Silver III (ages 13&O)

- **Prerequisites**
 - Proficient in both freestyle and backstroke minimum 25 yards
 - Bi-lateral side breathing in freestyle required.
- **Group Details**
 - 4 days/week (M-Th)
 - 45-minute practice
 - 90% stroke development/10% conditioning
 - Focus: introduction to breaststroke and butterfly, IM, turns, and race starts.
 - Swim Meets are encouraged.
 - Required Equipment
 - Kickboard
 - Goggles
 - Swim Cap
 - Fins
 - Equipment bag
- **Fees**
 - Annual Team Registration Fee: \$29
 - Annual USA Swimming Registration Fee: \$98
 - Monthly Tuition: \$115

Age Group and Senior Development

Gold I (ages 10&U)

Gold II (ages 11-12)

Gold III (ages 13&O)

- **Prerequisites**
 - Legal 25 yds of each stroke
 - Legal 100 IM
 - Basic understanding of flip turns and race starts.

- **Group Details**
 - 5 practices/week offered (Mon-Fri)
 - 1 hour practice
 - 75-80% stroke development/20-25% conditioning
 - Focus: refinement of technique, turns, introduction to longer swims. Race prep through streamline, kicking, drilling and beginner sets
 - Monthly meet attendance strongly encouraged.
 - Intrasquad and champs meets required.
 - Required Equipment
 - Kickboard
 - Goggles
 - Swim Cap
 - Fins
 - Pull Bouy
 - Equipment bag
 - Waterbottle
 - Team suit
 - Team cap
 - 4 team shirts
- **Fees**
 - Annual Team Registration Fee: \$75
 - Annual USA Swimming Registration Fee: \$98
 - Monthly Tuition: \$125

Age Group Swimming

Age Group I (ages 10&U)

Age Group II (ages 11-12)

- **Prerequisites**
 - 5X100 Free @ 2:00
 - 6X100 Kick @ 2:30
 - Legal 50 yds of each stroke achieved in a sanctioned meet.
 - Legal 200 IM achieved in a sanctioned meet.
- **Group Details**
 - 6 practices/week offered.
 - 1.25-1.5-hour practice (includes Dryland approx. 2 days/wk.)
 - 50-60% stroke development/40-50% conditioning
 - Focus: Refinement of technique, turns, introduction to race strategy, championship training through streamline, kicking, drilling, breath control and endurance using more interval training sets
 - Monthly meet attendance strongly encouraged.
 - Intrasquad and champs meets required.
 - Subject to coach approval
 - Required Equipment
 - Hand Paddles
 - Kickboard
 - Goggles
 - Swim Cap
 - Fins
 - Pull Bouy
 - Equipment bag
 - Waterbottle
 - Team suit
 - Team cap
 - 4 team shirts
- **Fees**
 - Annual Team Registration Fee: \$75

- Annual USA Swimming Registration Fee: \$98
- Monthly Tuition: \$135-140

Age Group Elite (ages 9-12)

- **Prerequisites**
 - 5X100 Free @ 1:30
 - 6X100 Kick @ 2:00
 - Legal 100 yds of each stroke achieved in a sanctioned meet
 - Legal 200 IM (9-10) 400 IM (11-12) achieved in a sanctioned meet
- **Group Details**
 - 6 to 9 practices/week offered depending on season.
 - 2 hour practice (includes dryland 3 days/wk.)
 - 30% stroke development/70% conditioning
 - 3 or more BB times (ages 11-12)
 - 3 or more A times (ages 9-10)
 - 70% monthly practice attendance requirement
 - Focus: championship training for Gulf Age Group Champs and TAGS. A year-round commitment to swimming both short course and long course is required to be placed in this group.
 - Monthly meet attendance expected.
 - Intrasquad and champs meets required.
 - Subject to coach approval
 - Required Equipment
 - Snorkel
 - Hand Paddles
 - Kickboard
 - Goggles
 - Swim Cap
 - Fins
 - Pull Bouy
 - Equipment bag
 - Waterbottle
 - Team suit
 - Team cap
 - 4 team shirts
- **Fees**
 - Annual Team Registration Fee: \$75
 - Annual USA Swimming Registration Fee: \$98
 - Monthly Tuition: \$150

Senior Swimming

Pre-Senior

- **Prerequisites**
 - Minimum age of 13
 - 5X100 Free @ 2:00
 - 6X100 Kick @ 2:30
 - Legal 50 yds of each stroke
 - Legal 200 IM
- **Group Details**
 - 5 practices offered/week
 - 1.5-hour practice
 - 50-60% stroke development/30-40% conditioning
 - Focus: for athletes wanting to prepare for and compete at the High School level or is looking for an approved activity for off camps PE. Refinement of technique, turns, more

race strategy, championship season training through streamline, kicking drilling breath control and endurance utilizing more advanced interval training sets.

- No minimum practice attendance required.
- Monthly meet attendance encouraged but not required.
- Subject to coach approval
- Required Equipment
 - Snorkel
 - Hand Paddles
 - Kickboard
 - Goggles
 - Swim Cap
 - Fins
 - Pull Bouy
 - Equipment bag
 - Waterbottle
- **Fees**
 - Annual Team Registration Fee: \$75
 - Annual USA Swimming Registration Fee: \$98
 - Monthly Tuition: \$130

Senior

- **Prerequisites**
 - Minimum age of 13
 - 5X100 Free @ 1:20
 - 6X100 Kick @ 1:50
 - Legal 100 yds of each stroke achieved in a sanctioned meet
 - Legal 400 IM achieved in a sanctioned meet
- **Group Details**
 - 6 to 9 practices/week offered depending on season.
 - 2-hour practice (additional 30 min dryland 3 days/wk)
 - 20% stroke development/80% conditioning – not including technique focus in early season.
 - Focus is on championship training for Gulf Champs and qualifying for Sectionals. A year round commitment to swimming both short course and long course is required to be placed in this group.
 - 70% monthly practice attendance requirement
 - Monthly meet attendance required.
 - 3 or more BB times required.
 - Subject to coach approval
 - Required Equipment
 - Snorkel
 - Hand Paddles
 - Kickboard
 - Goggles
 - Swim Cap
 - Fins
 - Pull Bouy
 - Equipment bag
 - Waterbottle
 - Team suit
 - Team cap
 - 4 team shirts
- **Fees**
 - Annual Team Registration Fee: \$75
 - Annual USA Swimming Registration Fee: \$98
 - Monthly Tuition: \$160

National

- **Prerequisites**
 - Minimum age of 15
 - 1 or more 15-16 "AA" Motivational Times Required
- **Group Details**
 - 6 to 9 practices/week offered depending on season.
 - 2.5 – 3-hour practice (additional 30 min dryland 4 days/wk)
 - 10% stroke development/90% conditioning – not including technique focus in early season.
 - Focus is on championship training for Sectionals and Nationals. A year round commitment to swimming both short course and long course is required to be placed in this group.
 - 80% monthly attendance requirement
 - Monthly meet attendance required.
 - Subject to coach approval
 - Required Equipment Snorkel
 - Hand Paddles
 - Kickboard
 - Goggles
 - Swim Cap
 - Fins
 - Pull Bouy
 - Equipment bag
 - Waterbottle
 - Team suit
 - Team cap
 - 4 team shirts
- **Fees**
 - Annual Team Registration Fee: \$75
 - Annual USA Swimming Registration Fee: \$98
 - Monthly Tuition: \$170