Upgrade Premium:

Login to USAS account

From the Dashboard, under My Family, select "View" beside your swimmer's name

Select "General Info"

Select "Upgrade"

Select "Premium Athlete" from the list of Available Membership(s) for Upgrade section at the bottom of the screen

For Individual Season memberships, if you don’t upgrade BEFORE it expires, you will have to pay full price for a Premium Athlete Membership.