

**2013 – 2014 HYCAT SWIMMING PROGRAM**

**DESCRIPTION OF “COMPETITIVE” TEAMS**

**[UP-DATED 08/12/2013 SCHEDULE]**

**Junior Varsity Team**

* **ALL** 10-under swimmers plus ***developing*** 11-12 year olds w/approval of the HCYAT Coaching Staff **AND**

part-time HYCAT Comp Team members from 2012-2013 season from the Jr Varsity & Varsity Team Programs

* introduction to beginning competitive swimming with stroke work and drills
* membership: HYCAT membership from September thru August ***required***

Y membership ***optional*** but recommended

* Coaching Staff: Cindy Hemsworth; Rob St Jean & Aaron Settle ***plus*** Chris Rogers
* practice **Sep thru May (end of Kanawha County school)**

schedule: Mon/Tue/Wed/Thu 03:50pm-0410pm (dryland conditioning)

[Session 1] 04:15pm-05:05pm (swimming w/Cindy & Rob]

[Session 2] ***OR*** 07:35pm-08:25pm (swimming w/Aaron or Rob)

\*\* **NOTE:** swimmer selects either the early practice or late practice;

there will be **NO** switching of practice groups unless

approved by HYCAT Director

Fri 04:30pm-06:00pm (swimming for 9-older swimmer w/Chris)

Sat/Sun OFF

**Late May thru Aug**

Mon thru Fri (am) 07:30am-08:30am (swimming @ UC w/Cindy & Rob)

Mon/Wed/Fri (am) ***OR*** 07:15am-08:25am (swimming @ Coonskin w/Rob)

08:50am-09:15am (dryland conditioning @ Coonskin w/Rob)

Mon/Tue/Thu/Fri (pm) 04:20pm-05:15pm (stroke work @ UC w/Greg)

Wed (pm)/Sat/Sun OFF

Sun 12:00pm-02:00pm (swimming for 9-older swimmers w/Chris)

* requirements: **NO** swim/dryland practice attendance requirements

12 month membership from Sep 2013 thru Aug 2014

HYCAT @ Charleston 3 home sponsored swim meets (Kortz; Capital City Classic & Odd Age Meets ***required***)

***PLUS*** 1 day @ HYCAT Logan Meet or HYCAT Winter Swim Meet ***required***

***PLUS*** both WV State Meets (March & August) ***required***

* HYCAT fees: $090.00/monthly swim fees (\*\*) ***plus***

\*\* 10% discount if 12 months paid no later than 11/20/2013

$070.00/annual USA Registration fee

$050.00/annual HYCAT Membership fee

$046.00/annual Y membership (14-younger = ***optional*** but recommended)

$010.00/WV LSC swim meets including HYCAT meets

$ TBA /Swimmer pays entry fees + surcharges for any non-WV LSC swim meets

**Varsity Team**

* **ALL** 11-14 year old swimmers plus ***advanced*** 10 year olds w/approval of the HCYAT Coaching Staff
* beginning to intermediate competitive swimming with stroke work and drills
* membership: HYCAT membership from September thru August ***required***

Y membership ***optional*** but strongly recommended

* Coaching Staff: Cindy Hemsworth & Rob St Jean ***plus*** Chris Rogers & Aaron Settle
* practice **Sep thru May (end of Kanawha County school)**

schedule: Mon/Tue/Wed/Thu 04:30pm-05:00pm (dryland conditioning w/Aaron)

05:10pm-06:15pm (swimming w/Cindy & Rob)

Fri 04:30pm-06:00pm (swimming w/Chris)

Sat 07:30am-09:00am (swimming w/Rob or Aaron)

Sun 12:00pm-02:00pm (swimming w/Chris)

**Late May thru Aug**

Mon thru Fri (am) 07:15am-08:40am (swimming @ Coonskin w/Rob)

08:50am-09:15am (dryland conditioning @ Coonskin w/Rob)

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**Varsity Team** **(cont) …..**

* practice **Late May thru Aug (cont) …..**

Mon/Tue/Thu/Fri (pm) 02:30pm-04:10pm (swimming @ UC w/Chris)

04:30pm-05:15pm (dryland conditioning @ UC)

Wed (pm) OFF

Sat 07:00am-09:00am (swimming @ Coonskin w/Chris)

Sun 12:00pm-02:00pm (swimming @ UC w/Chris)

* requirements: **NO** swim/dryland practice attendance requirements

12 month membership from Sep 2013 thru Aug 2014

HYCAT @ Charleston 3 home sponsored swim meets (Kortz; Capital City Classic & Odd Age Meets ***required***)

***PLUS*** 1 day @ HYCAT Logan Meet or HYCAT Winter Swim Meet ***required***

***PLUS*** both WV State Meets (March & August) ***required***

* HYCAT fees: $115.00/monthly swim fees (\*\*) ***plus***

\*\* 10% discount if 12 months paid no later than 11/20/2013

$070.00/annual USA Registration fee

$050.00/annual HYCAT Membership fee

$046.00/annual Y membership (14-younger = ***optional*** but strongly recommended)

***OR*** $093.00/annual Y membership (15-older = ***optional*** but strongly recommended)

$010.00/WV LSC swim meets including HYCAT meets

$ TBA /Swimmer pays entry fees + surcharges for any non-WV LSC swim meets

**Senior Team**

* 13-older swimmers ***ONLY***
* intermediate to advance competitive swimming
* membership: HYCAT membership from September thru February ***required***
* Coaching Staff: Chris Rogers & Aaron Settle ***plus*** Rob St Jean
* practice **Sep thru Feb**

schedule: Mon/Fri (am) 05:00am-06:30am (swimming w/Rob

Mon/Tue/Wed/Thu 05:05pm-06:10pm (dryland conditioning w/Aaron) 06:20pm-07:55pm (swimming w/Chris & Aaron & Rob)

Fri/Sat/Sun OFF

**Mar thru Aug**

Swimmer may join either the Sr Varsity or National Team Programs to continue their training.

See a member of the HYCAT Coaching Staff for further information/details.

* requirements: **NO** swim/dryland practice attendance requirements

6 month membership from Sep 2013 thru Feb 2014

**MIN** work 1 day of the HYCAT Summer Swim Camp to be held Aug 12th-16th @ UC

**MIN** work 2 HYCAT Stroke Clinics each season (Fall 2013 and Winter/Summer 2014)

HYCAT @ Charleston 2 home sponsored swim meets (Kortz & Capital City Classic Meets ***required***)

***PLUS*** 1 day @ HYCAT Logan Meet or HYCAT Winter Swim Meet ***required***

* HYCAT fees: $185.00/monthly swim fees ***plus***

$070.00/annual USA Registration fee

$050.00/annual HYCAT Membership fee

$010.00/WV LSC swim meets including HYCAT meets

$ TBA /Swimmer pays entry fees + surcharges for any non-WV LSC swim meets

**Senior Varsity Team**

* **ALL** 13-older swimmers plus ***advanced*** 12 year olds w/approval of the HCYAT Coaching Staff
* intermediate to advance competitive swimming
* membership: HYCAT membership from September thru August ***required***

Y membership ***optional*** but strongly recommended

* Coaching Staff: Chris Rogers & Aaron Settle ***plus*** Rob St Jean
* practice **Sep thru May (end of Kanawha County schools)**

schedule: Wed (am) 05:00am-06:30am (swimming w/Rob) [\*\*]

Mon/Fri (am) [\*\*] 05:00am-06:30am (swimming w/Rob if swimmer attends 6 or more

practices the previous week)

Mon/Tue/Wed/Thu 05:05pm-06:10pm (dryland conditioning w/Aaron) 06:20pm-07:55pm (swimming w/Chris & Aaron & Rob)

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**Senior Varsity** **Team (cont) …..**

* practice Fri 04:30pm-06:00pm (swimming w/Chris)

schedule Sat 07:30am-09:30am (swimming w/Rob or Aaron)

(cont) ….. Sun 12:00pm-02:00pm (swimming w/Chris)

**Late May thru Aug**

Mon thru Fri (am) 07:00am-09:00am (swimming @ Coonskin w/Chris)

Mon/Tue/Thu/Fri (pm) 02:30pm-04:10pm (swimming @ UC w/Chris)

04:30pm-06:00pm (dryland conditioning @ UC w/Aaron)

Wed (pm)/Sat OFF

Sat 07:00am-09:00am (swimming @ Coonskin w/Chris)

Sun 12:00pm-02:00pm (swimming @ UC w/Chris)

* requirements: **NO** swim/dryland practice attendance requirements

12 month membership from Sep 2013 thru Aug 2014

**MIN** work 1 day of the HYCAT Summer Swim Camp to be held Aug 12th-16th @ UC

**MIN** work 2 HYCAT Stroke Clinics each season (Fall 2013 and Winter/Summer 2014)

HYCAT @ Charleston 3 home sponsored swim meets (Kortz; Capital City Classic & Odd Age Meets ***required***)

***PLUS*** 1 day @ HYCAT Logan Meet or HYCAT Winter Swim Meet ***required***

***PLUS*** both WV State Meets (March & August) ***required***

* HYCAT fees: $140.00/monthly swim fees (\*\*) ***plus***

\*\* 10% discount if 12 months paid no later than 11/20/2013

$070.00/annual USA Registration fee

$050.00/annual HYCAT Membership fee

$046.00/annual Y membership (14-younger = ***optional*** but strongly recommended)

***OR*** $093.00/annual Y membership (15-older = ***optional*** but strongly recommended)

$010.00/WV LSC swim meets including HYCAT meets

$ TBA /Swimmer pays entry fees + surcharges for any non-WV LSC swim meets

**National** **Team**

* **ALL** 13-older swimmers plus ***advanced*** 12 year olds w/approval of the HCYAT Coaching Staff
* advance competitive swimming
* membership: HYCAT membership from September thru August ***required***

Y membership ***optional*** but strongly recommended

* Coaching Staff: Chris Rogers; Aaron Settle & Rob St Jean
* practice **Sep thru May (end of Kanawha County school)**

schedule: Mon/Wed/Fri (am) 05:00am-06:30am (swimming w/Rob)

Mon/Tue/Wed/Thu 05:05pm-06:10pm (dryland conditioning w/Aaron) 06:20pm-08:25pm (swimming w/Chris & Aaron)

Fri 04:30pm-06:00pm (swimming w/Chris)

Sat 07:30am-10:00am (swimming w/Aaron or Rob)

Sun 12:00pm-02:00pm (swimming w/Chris)

**Late May thru Aug**

Mon thru Fri (am) 07:00am-09:30am (swimming @ Coonskin w/Chris)

Mon/Tue/Thu/Fri (pm) 02:30pm-04:15pm (swimming @ UC w/Chris)

04:30pm-06:00pm (dryland conditioning @ UC w/Aaron)

Wed (pm)/Sat/Sun OFF

Sat 07:00am-09:30am (swimming @ Coonskin w/Chris)

Sun 12:00pm-02:00pm (swimming @ UC w/Chris)

* requirements: **NO** swim/dryland practice attendance requirements

12 month membership from Sep 2013 thru Aug 2014

**MIN** 6 swim practices per week to maintain National Team membership

**MIN** work 1 day of the HYCAT Summer Swim Camp to be held Aug 12th-16th @ UC

**MIN** work 2 HYCAT Stroke Clinics each season (Fall 2013 and Winter/Summer 2014)

HYCAT @ Charleston 3 home sponsored swim meets (Kortz; Capital City Classic & Odd Age

Meets ***required***)

***PLUS*** 1 day @ HYCAT Logan Meet or HYCAT Winter Swim Meet ***required***

***PLUS*** both WV State Meets (March & August) ***required***

* HYCAT fees: $165.00/monthly swim fees (\*\*) ***plus***

\*\* 10% discount if 12 months paid no later than 11/20/2013

$070.00/annual USA Registration fee

$050.00/annual HYCAT Membership fee

$046.00/annual Y membership (14-younger = ***optional*** but strongly recommended)

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**National** **Team (cont) …..**

* HYCAT ***OR*** $093.00/annual Y membership (15-older = ***optional*** but strongly recommended)

fees (cont) ….. $010.00/WV LSC swim meets including HYCAT meets

$ TBA /Swimmer pays entry fees + surcharges for any non-WV LSC swim meets

**College Team**

* **ALL** college age swimmer who return to train with HYCAT during the summer months
* advance competitive swimming
* membership: HYCAT membership from May thru August ***required***
* Coaching Staff: Chris Rogers; Rob St Jean & Aaron Settle
* practice **May (end of Kanawha County school)**

schedule: Mon/Wed/Fri (am) 05:00am-06:30am (swimming w/Rob)

Mon/Tue/Wed/Thu 04:30pm-06:05pm (dryland conditioning w/Aaron) 06:20pm-07:55pm (swimming w/Chris & Aaron or Rob)

Fri 04:30pm-06:00pm (swimming w/Chris)

Sat 07:30am-09:30am (swimming w/Chris)

Sun 12:00pm-02:00pm (swimming w/Chris)

**Late May thru Aug**

Mon thru Fri (am) 07:00am-09:00am (swimming @ Coonskin w/Chris)

Mon/Tue/Thu/Fri (pm) 02:30pm-04:15pm (swimming @ UC w/Chris)

04:30pm-06:00pm (dryland conditioning @ UC w/Aaron)

Wed (pm)/Sat/Sun OFF

Sat 07:00am-09:00am (swimming @ Coonskin w/Chris)

Sun 12:00pm-02:00pm (swimming @ UC w/Chris)

* requirements: **NO** swim/dryland practice attendance requirements

WV State LC Meet ***only***

* HYCAT fees: $025.00/week during Holiday periods ***OR*** $FREE if swimmer participated fully @

2013 WV State LC Meet ***OR*** sibling currently on the HYCAT Swimming Program

$275.00/season (May thru Aug) ***OR*** $200.00/season (Jun thru Aug) ***OR*** $125.00

(Jul thru Aug) ***plus***

\*\* **NOTE:** if swimmer participated fully @ 2013 WV State LC Meet, then the swimmer’s

fees reduced $75.00 for the 2014 Summer Season

$070.00/annual USA Registration fee

$050.00/annual HYCAT Membership fee

**Coonskin (only) Team**

* **ANY** HYCAT Gold Team member ***OR*** 16-older swimmer who wishes to train @ Coonskin (50m pool) only
* advance competitive swimming
* membership: HYCAT membership from mid May thru August ***required***
* Coaching Staff: Chris Rogers
* practice : **Late May (after Kanawha County schools are dismissed) thru August**

schedule: Mon thru Fri (am) 07:00am-08:30am (swimming @ Coonskin wChris)

Sat 07:30am-08:30am (swimming @ Coonskin w/Chris)

Sun OFF

* requirements: **NO** swim practice attendance requirements

**NO** dryland programs offered … if swimmer pays $50.00/month, swimmer may participate

If swimmer wishes to compete in swim meets, swimmer pays meet entry fees

* HYCAT fees: $250.00/season (May thru Aug) ***OR*** $200.00/season (Jun thru Aug) ***OR*** $150.00

(Jul thru Aug) ***plus***

$070.00/annual USA Registration fee

$050.00/annual HYCAT Membership fee

**HYCAT Competitive Team (except Coonskin Team) requires swimmers to participate in meets. For further details about the teams and requirements, refer to the team-specific handouts. [Note: If a swimmer takes a month off during the 2012-13 season, the swimmer must pay ¾ of monthly fees to hold the space on the team and satisfy any meet requirement during the period “off.” If the swimmer fails to compete in a required meet during the “off” month(s), the swimmer will be required to work 1.5 session per each session of the meet missed in order to return to “active” status on the team. The meet work requirement also applies to any swimmer that misses any sessions of a required swim meet]**

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**Learn-to-Swim Programs**:

* classes/programs offered

\*\* infants w/parent classes (children under the age of 3)

\*\* children classes (children between 3-15)

\*\* adult classes (adults 16 or older)

\*\* adult water exercise class (adults 16 or older)

* learn-to-swim schedule:

**Sep thru mid May**

Adult Classes 04:15pm-5:15pm (Sundays only; 10 classes; each class 60 minutes)

Infants w/Parent Classes 05:30pm-06:00pm (Sundays only; 10 classes; each class 30 minutes)

Children Classes 06:15pm; 6:45pm; 7:15pm & 7:45pm (Friday/Sunday class schedule; each class 30

minutes)

Adult Water Exercise Class 10:00am-11:00am (Mon/Wed/Fri; 5 weeks; 15 classes; each class 60 minutes)

**Late May thru early Aug**

Adult Classes 04:15pm-5:15pm (weekday afternoons; 10 classes; each class 60 minutes)

Infants w/Parent Classes 05:30pm-06:00pm (weekday afternoons; 10 classes; each class 30 minutes)

Children Classes 10:15am; 10:45am; 11:15am & 11:45am (weekday mornings; 10 classes; each class

30 minutes)

06:15pm; 6:45pm; 7:15pm & 7:45pm (weekday evenings; 10 classes; each class 30

minutes)

Adult Water Exercise Class 01:00pm-02:00pm (Tue/Thu; 5 weeks; each class 60 minutes)

* fees:

Adult Classes $115.00 1st adult; $100.00 2nd adult & $85.00 3rd adult per family

Infants W/Parents $045.00 1st child & $035.00 2nd child per family

Children $070.00 1st child; $060.00 2nd child & $050.00 3rd or more child(ren) per family

Adult Water Exercise $050.00 (Sep thru May 5 weeks)

$035.00 (Jun thru Aug 5 weeks)

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HUNTINGTON Y CHARLESTON AQUATIC TEAM

@ CHARLESTON, INC SWIMMING PROGRAM

(HYCAT)

SWIMMER’S NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ADDRESS: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Street Address City Zip

HOME PHONE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ SWIMMER’S DOB: \_\_\_\_\_\_\_/\_\_\_\_\_\_\_/\_\_\_\_\_\_\_\_

CELL PHONE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ E-MAIL: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

LOCAL SWIM TEAM: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Mother’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Father’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please return this form to the address listed below and additional information & registration form regarding the 2013-2014 HYCAT @ Charleston, Inc Swimming Program’s Fall/Winter *or* Summer Swimming Seasons will be sent to you within 5-7 working days = THANK YOU!!!

HYCAT @ Charleston, Inc Swimming Program

2300 MacCorkle Avenue, SE

Charleston, WV 25304

(304) 357-4825 / 357-4936

e-mail: [golson@hycat.org](mailto:golson@hycat.org)

HYCAT-01

Information requested [***please*** check the appropriate area(s)]

\_\_\_\_\_ HYCAT Swim Team Programs

\_\_\_\_\_ Future Stars Team

\_\_\_ Session 1/early

\_\_\_ Session 2/late

\_\_\_\_\_ Bronze Team

\_\_\_ Session 1/early

\_\_\_ Session 2/late

\_\_\_\_\_ Silver Team

\_\_\_\_\_ Gold Team

\_\_\_\_\_ HS Conditioning Team

\_\_\_\_\_ Junior Varsity Team

\_\_\_ Session 1/early

\_\_\_ Session 2/late

\_\_\_\_\_ Varsity Team

\_\_\_\_\_ Senior Varsity Team

\_\_\_\_\_ National Team

\_\_\_\_\_ HYCAT Learn-to-Swim Programs

\_\_\_\_\_ Infants w/Parents Class

\_\_\_\_\_ Children Classes

\_\_\_\_\_ Adult Classes

\_\_\_\_\_ Adult water Exercise Class