

**2013 – 2014 HYCAT SWIMMING PROGRAM**

**DESCRIPTION OF “RECREATIONAL/DEVELOPMENTAL” TEAMS**

**[UP-DATED 07/16/2013 SCHEDULE]**

**Future Stars Team:**

* **ALL** 6-unders plus ***developing*** 7-10 year olds w/approval of HYCAT Coaching Staff
* basic techniques of the four competitive strokes ***plus*** starts and turns
* swim meet competition ***optional*** …participation in HYCAT local and Novice Swim Meets strongly recommended
* Coaching Staff: Greg Olson; Erin Biron; Aaron Settle & Rob St Jean
* practice **Sep thru May (end of Kanawha County school)**

schedule: Mon/Tue/Wed/Thu [Session 1] 04:00pm-04:30pm (swimming @ UC w/Greg & Erin)

[Session 2] ***OR*** 07:35pm-08:05pm (swimming @ UC w/Aaron & 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/Sat/Sun OFF

**May thru Jul**

Mon thru Fri (am) 09:30am-10:00am (swimming @ UC w/Greg)

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

Wed (pm)/Sat/Sun OFF

**Aug**

OFF OFF

* HYCAT fees: $055.00/monthly swim fees ***plus***

$070.00/annual USA Registration fee

$050.00/annual HYCAT Membership fee

$010.00/meet for **ALL** WV LSC swim meets, including HYCAT meets, a swimmer attends

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

swim meets

**Bronze Team:**

* **ALL** 7-8 year olds plus ***advanced*** 6 year olds and ***developing*** 9-12 year olds w/approval of

HYCAT Coaching Staff

* basic techniques of the four competitive strokes ***plus*** starts and turns
* swim meet competition ***optional*** …participation in HYCAT local and Novice Swim Meets strongly recommended
* Coaching Staff: Erin Biron; Greg Olson; Aaron Settle & Rob St Jean
* practice **Sep thru May (end of Kanawha County school)**

schedule: Mon/Tue/Wed/Thu [Session 1] 04:35pm-05:15pm (swimming @ UC w/Erin & Greg)

[Session 2] ***OR*** 07:35pm-08:15pm (swimming @ UC w/Aaron & 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/Sat/Sun OFF

**May thru Jul**

Mon thru Fri (am) 09:20am-10:00am (swimming @ UC w/Erin)

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

Wed (pm)/Sat/Sun OFF

**Aug**

OFF OFF

* HYCAT fees: $065.00/monthly swim fees ***plus***

$070.00/annual USA Registration fee

$050.00/annual HYCAT Membership fee

$010.00/meet for **ALL** WV LSC swim meets, including HYCAT meets, a swimmer attends

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

swim meets

**Silver Team:**

* **ALL** 9-12 year olds plus ***advanced*** 8 year olds & ***developing*** 13-14 year olds w/approval of

HYCAT Coaching Staff

* basic to intermediate techniques of the four competitive strokes ***plus*** starts and turns
* swim meet competition ***optional*** …participation in HYCAT local and Novice Swim Meets strongly recommended
* Coaching Staff: Erin Biron & Greg Olson

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**Silver Team (cont) .....**

* practice **Sep thru May (end of Kanawha County school)**

schedule: Mon/Tue/Wed/Thu 05:20pm-06:10pm (swimming @ UC w/Erin & Greg)

Fri/Sat/Sun OFF

**May thru Jul**

Mon thru Fri (am) 08:35am-09:25am (swimming @ UC w/Greg)

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

Wed (pm)/Sat/Sun OFF

**Aug**

OFF OFF

* HYCAT fees: $075.00/monthly swim fees ***plus***

$070.00/annual USA Registration fee

$050.00/annual HYCAT Membership fee

$010.00/meet for **ALL** WV LSC swim meets, including HYCAT meets, a swimmer attends

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

swim meets]

**Gold Team:**

* **ALL** 13-older swimmers plus ***advanced*** 12 year olds w/approval of HYCAT Coaching Staff
* Intermediate to advanced techniques of the four competitive strokes ***plus*** starts and turns

& introduction to swim training principles

* swim meet competition ***optional*** …participation in HYCAT local and Novice Swim Meets strongly recommended
* Coaching Staff: Erin Biron
* practice **Sep thru May (end of Kanawha County school)**

schedule: Mon/Tue/Wed/Thu 06:15pm-07:30pm (swimming @ UC w/Erin)

Fri/Sat/Sun OFF

**May thru Jul**

Mon thru Fri (am) 08:00am-09:15am (swimming @ UC w/Erin)

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

Wed (pm)/Sat/Sun OFF

**Aug**

OFF OFF

* HYCAT fees: $090.00/monthly swim fees ***plus***

$070.00/annual USA Registration fee

$050.00/annual HYCAT Membership fee

$010.00/meet for **ALL** WV LSC swim meets, including HYCAT meets, a swimmer attends

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

swim meets]

**Masters Team**:

* swimmers 19 or older who still enjoy training in a team environment
* swim meet competition ***optional*** but strongly recommended
* Coaching Staff: Chris Rogers; Rob St Jean; Aaron Settle and/or Greg Olson
* practice **Sep thru May (end of Kanawha County school)**

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

Tue/Thu (am) TBA

Mon thru Fri (mid-day) TBA

Fri (pm) 04:30pm-06:00pm

Sat (am/pm) 07:30am-09:00am

Sun (pm) 12:00pm-02:00pm

**Late May thru Jul**

TBA TBA

* HYCAT fees: $025.00/monthly swim fees 3xweek ***OR*** $50.00/monthly swim fees unlimited ***plus***

$070.00/annual USA Registration fee

$010.00/meet for **ALL** WV LSC swim meets, including HYCAT meets, a swimmer attends

**Summer (May thru July**):

* swimmers 7 & older who wish to improve their swimming skills during the summer months
* basic stroke instruction and limited training
* swim meet competition ***optional*** …participation in HYCAT local and Novice Swim Meets strongly recommended
* Coaching Staff: Erin Biron & Greg Olson
* practice **May thru Jul**

schedule: swimmer will be assigned to one of the HYCAT Programs listed on pages 1 or 2 ….. either

Future Stars; Bronze; Silver of Gold Team Programs

* HYCAT fees: $150.00 (May thru July) ***OR*** $115.00 (Jun thru Jul) ***OR*** $80.00 (July) ***plus***

$040.00/seasonal USA Registration fee

$050.00/annual HYCAT Membership fee

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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