**SILVER TEAM**

**2012-2013 HYCAT SWIMMING PROGRAM**

**Ages:** **ALL** 9-12 year olds ***plus*** “advanced” 8 year olds and “developing” 13-14 year olds with approval of HYCAT Coaching Staff

**Description:** Emphasis on proper development of the 4 competitive strokes by means of various stroke skills/drills that create an enjoyable atmosphere for learning.

**Practice schedule: Sep thru May**

Monday thru Thursday 05:20pm-06:10pm (stroke work/drills @ UC

 w/Erin & Greg)

Fri/Sat/Sun OFF

**Jun thru Jul**

Mon thru Fri (am) 08:35am-09:25am (stroke work/drills @ UC

 w/Greg)

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

 w/Greg)

Wed(pm)/Sat/Sun OFF

**Aug**

OFF OFF

**Attendance:** **NO** requirements

**Coaching Staff:** Erin Biron, HYCAT Head Recreational/Developmental Coach; 304-767-8134; 304-357-4825; **scerin22@hotmail.com**

 Greg Olson, HYCAT Director/Head Coach; 304-357-4825; 304-415-

 3465; **golson@hycat.org**

**Swim Meets:** **Optional** attendance; recommend participation in HYCAT Novice Swim Meets and HYCAT home sponsored swim meets

**Fee(s):** $075.00/monthly

***plus*** $067.50/annual USA Registration Fee

$050.00/annual HYCAT Membership Fee

$010.00/WV LSC swim meets including HYCAT sponsored meets

$TBA /swimmer pays entry fees + surcharges for any non-WV LSC

 swim meets

**Stroke Clinics: ALL** HYCAT Stroke Clinics/Camps held on designated Saturdays from 10:10am-11:00am. Refer to separate schedule for details/info.

**Novice Meets:** **ALL** HYCAT Novice Swim Meets held on designated Saturdays from

 10:10am-11:45am except where indicate. Refer to separate schedule for

 details/info.

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An informational meeting for parents will be held on Thursday, August 23, 2012 at 07:30pm; Riggelman Hall; 3rd floor; room #346; University of Charleston campus.

When joining the HYCAT Swimming Program, please pick-up the “new” member packet from Greg Olson, HYCAT Director. Please complete & return the required forms to the HYCAT Swimming.

If a swimmer wishes to be considered for promotion to the Gold Team, the swimmer must be able to perform the skills listed below to the satisfaction of the HYCAT Coaching Staff.

* Age appropriate for Gold Team
* Swim minimum 100 yards proper free with proper breathing techniques
* Swim minimum 100 yards proper back
* Swim minimum 100 yards proper breast
* Swim minimum 100 yards proper fly
* Swim minimum 200 yards proper IM
* Streamline on push-offs from wall on stomach and back
* Proper starts; turns and departure from wall for all 4 strokes
* Attend 2 HYCAT Stroke Clinics
* Attend 1 HYCAT Novice Swim Meet
* If 11-12 years of age, must have approval of Head Rec/Dev Coach ***or*** HYCAT Director and attended at least 75% of practices