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**2016 – 2017 HYCAT SWIMMING PROGRAM**

**[UP-DATED 08/15/2016 SCHEDULE]**

**Blue Team**

* **ALL** 06-under swimmers plus ***developing*** 07-08 year olds; ***beginning*** 09-10 year olds & all HYCAT learn-to-swim graduates
* stroke work drills & skills ***plus*** introduction to swim training concepts
* membership: mid-August 2016 thru mid-August 2017
* Coaching Staff: Cindy Hemsworth; Emily Dent & Greg Olson
* practice **Aug 15th thru May (end of Kanawha County school year)**

schedule: Mon/Tue/Wed/Thu

[Session 1] 04:15pm-05:00pm (swimming w/Greg & Emily)

[Session 2] ***OR*** 06:40pm-07:25pm (swimming w/Cindy)

\*\* **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 (Kanawha County schools dismissed) thru Jul 31st**

Mon thru Fri (am) 09:00am-09:45am (stroke work @ UC w/Greg & Emily)

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

Wed (pm)/Sat/Sun OFF

* equipment HYCAT will provide all swim practice related equipment
* requirements: **NO** swim practice attendance requirements ….. strongly recommend minimum 2 practices per

week

program offered from mid-August 2016 thru mid-August 2017

* swim meets: **NO** swim meet competition requirements ….. strongly recommend the HYCAT Novice Swim

Meets ***plus*** the HYCAT home sponsored meets & WV State Short Course Meet

* HYCAT fees: $075.00/monthly swim fees (\*\*) ***plus***

\*\* 10% discount if 12 months paid no later than 11/10/2016 refer to handout for details/info

$075.00/annual USA Registration fee

$060.00/annual HYCAT Membership fee

* Additional fees: $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

**White Team**

* ***advanced*** 07-08 year olds; ***developing*** 09-10 year olds & ***beginning*** 11-14 year olds
* stroke work drills & skills ***plus*** beginning swim training concepts
* membership: mid-August 2016 thru mid-August 2017
* Coaching Staff: Cindy Hemsworth & Kristi Walter with assistance from Emily Dent
* practice **Aug 15th thru May (end of Kanawha County school year)**

schedule: Mon/Tue/Wed/Thu

[Session 1] 04:15pm-05:25pm (swimming w/Cindy & Kristi)

[Session 2] ***OR*** 06:40pm-07:45pm (swimming w/Cindy)

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

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

approved by HYCAT Director

Fri 04:00pm-05:00pm (sprint practice w/Cindy & Emily or Kristi

w/approval of Coaching Staff)

Sat 08:15am-09:30am (swimming w/Emily or Kristi)

Sun OFF

**May (Kanawha County schools dismissed) thru Jul 31st**

Mon thru Fri (am) 07:15am-08:30am (swimming @ Cato Park w/Cindy)

***OR*** 07:15am-08:30am (swimming @ UC w/Emily or Kristi)

Mon/Tue/Thu/Fri (pm) 02:15pm-04:10pm (swimming @ UC w/Emily or Kristi)

Wed (pm)/Sun OFF

**PAGE 02**

**White Team** **(cont) …..**

* practice **May (Kanawha County schools dismissed) thru Jul 31st**

schedule Sat 07:00am-08:30am (swimming @ Cato Park w/Cindy or Emily or

(cont) ….. Kristi)

Sun OFF

* equipment ½ kick board & pipe will be given to each HYCAT registered swimmer; swimmer will need to

purchase their own flippers/fins & paddles ***plus*** any other equipment required by the HYCAT

Coaching Staff

* requirements: **NO** swim practice attendance requirements ….. strongly recommend minimum 3-4 practices

per week

program offered from mid-August 2016 thru mid-August 2017

* swim meets: **NO** swim meet competition requirements ….. strongly recommend the HYCAT Novice Swim

Meets ***plus*** the HYCAT home sponsored meets & WV State Short Course Meet

* HYCAT fees: $100.00/monthly swim fees (\*\*) ***plus***

\*\* 10% discount if 12 months paid no later than 11/10/2016 refer to handout for details/info

$075.00/annual USA Registration fee

$060.00/annual HYCAT Membership fee

* Additional fees: $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

**Red Team**

* ***advanced*** 09-10 year olds; ***developing*** 11-12 year olds & ***beginning*** 13-OV year olds
* stroke work drills & skills ***plus*** beginning to intermediate/advance swim training concepts
* membership: mid-August 2016 thru mid-August 2017
* Coaching Staff: Emily Dent & Kristi Walter with assistance from Greg Olson; Cindy Hemsworth & Rob St Jean
* practice **Aug 15th thru May (end of Kanawha County school year)**

schedule: Mon/Tue/Wed/Thu 04:15pm-04:40pm (dryland training w/Rob)

05:05pm-06:35pm (swimming w/Emily & Kristi)

Fri 04:00pm-05:00pm (sprint practice w/Cindy & Emily or Kristi)

Sat 07:30am-09:30am (swimming w/Rob & Emily or Kristi)

Sun 07:00am-09:00am (swimming & stroke work w/Greg)

**May (Kanawha County schools dismissed) thru Jul 31st**

Mon thru Fri (am) 07:15am-08:55am (swimming @ Cato Park w/Cindy)

***OR*** 07:15am-08:55am (swimming @ UC w/Emily or Kristi)

Mon/Tue/Thu/Fri (pm) 01:30pm-02:05pm (dryland programs @ UC w/Rob)

02:15pm-04:10pm (swimming @ UC w/Emily or Kristi)

Wed (pm)/Sun OFF

Sat 07:00am-08:30am (swimming @ Cato Park w/Cindy or Emily or

Kristi)

Sun 07:00am-09:00am (swimming & stroke work @ UC w/Greg)

* equipment ½ kick board & pipe will be given to each HYCAT registered swimmer; swimmer will need to

purchase their own flippers/fins & paddles ***plus*** any other equipment required by the HYCAT

Coaching Staff

* requirements: **NO** swim practice attendance requirements ….. strongly recommend minimum 4-5 practices

per week

**NO** dryland practice attendance requirements ….. strongly recommend minimum 2-3 practices

per week

program offered from mid-August 2016 thru mid-August 2017

* swim meets: **NO** swim meet competition requirements ….. strongly recommend the HYCAT home sponsored

meets & WV State Short Course Meet

* HYCAT fees: $125.00/monthly swim fees (\*\*) ***plus***

\*\* 10% discount if 12 months paid no later than 11/10/2016 refer to handout for details/info

$075.00/annual USA Registration fee

$060.00/annual HYCAT Membership fee

* Additional fees: $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

**PAGE 03**

**Gold Team**

* **ALL** 15-OV year olds ***plus*** ***advanced*** 12-14 year olds & 11 year olds w/coach approval

\*\* 11 year old **MUST** have minimum 6 AAAA times in 3 different strokes and at least 1 in 100 & 1 in 200 events

\*\* 12 year old **MUST** have minimum 8 AAA times in 4 different strokes and at least 2 in 100 & 2 in 200 events

* limited stroke work drills & skills ***plus*** intermediate to advance swim training concepts
* membership: mid-August 2016 thru mid-August 2017
* Coaching Staff: Rob St Jean with assistance from Greg Olson; Cindy Hemsworth; Emily Dent & Kristi Walter
* practice **Aug 15th thru May (end of Kanawha County school year)**

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

Mon/Tue/Wed/Thu 04:45pm-05:25pm (dryland training w/Rob)

05:35pm-07:35pm (swimming w/Rob)

Fri 04:00pm-05:00pm (sprint practice w/Cindy & Emily or Kristi)

Sat 07:00am-09:30am (swimming w/Rob & Emily or Kristi)

Sun 07:00am-09:00am (swimming & stroke work w/Greg)

**May (Kanawha County schools dismissed) thru Jul 31st**

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

Mon/Wed/Thu/Fri (pm) 01:30pm-02:05pm (dryland program @ UC w/Rob)

Mon/Tue/Thu/Fri (pm) 02:15pm-04:10pm (swimming @ UC w/Rob)

Wed (pm) OFF

Sat 07:00am-09:30am (swimming @ Cato Park w/Rob; Cindy or Emily

or Kristi)

Sun 07:00am-09:00am (swimming & stroke work @ UC w/Greg)

* equipment ½ kick board & pipe will be given to each HYCAT registered swimmer; swimmer will need to

purchase their own flippers/fins & paddles ***plus*** any other equipment required by the HYCAT

Coaching Staff

* requirements: **NO** swim practice attendance requirements ….. strongly recommend minimum 5-7 practices

per week

**NO** dryland practice attendance requirements ….. strongly recommend minimum 3-4 practices

per week

program offered from mid-August 2016 thru mid-August 2017

* swim meets: **NO** swim meet competition requirements ….. strongly recommend the HYCAT home sponsored

meets & WV State Short Course Meet

* HYCAT fees: $150.00/monthly swim fees (\*\*) ***plus***

\*\* 10% discount if 12 months paid no later than 11/10/2016 refer to handout for details/info

$075.00/annual USA Registration fee

$060.00/annual HYCAT Membership fee

* Additional fees: $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**

* **ALL** 19-older swimmers
* limited stroke work drills & skills ***plus*** intermediate to advance swim training concepts
* membership: mid-August 2016 thru mid-August 2017
* Coaching Staff: Rob St Jean with assistance from Greg Olson; Cindy Hemsworth; Emily Dent & Kristi Walter
* practice **Aug 15th thru May (end of Kanawha County school year)**

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

Mon/Tue/Wed/Thu 04:45pm-05:25pm (dryland training w/Rob)

05:35pm-07:35pm (swimming w/Rob)

Fri 04:00pm-05:00pm (sprint practice w/Cindy & Emily or Kristi)

Sat 07:00am-09:30am (swimming w/Rob & Emily or Kristi)

Sun 07:00am-09:00am (swimming & stroke work w/Greg)

**May (Kanawha County schools dismissed) thru Jul 31st**

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

Mon/Wed/Thu/Fri (pm) 01:30pm-02:05pm (dryland program @ UC w/Rob)

Mon/Tue/Thu/Fri (pm) 02:15pm-04:10pm (swimming @ UC w/Rob)

Wed (pm) OFF

Sat 07:00am-09:30am (swimming @ Cato Park w/Rob; Cindy or Emily

or Kristi)

Sun 07:00am-09:00am (swimming & stroke work @ UC w/Greg)

**PAGE 04**

**Masters Team** **(cont) …..**

* equipment ½ kick board & pipe will be given to each HYCAT registered swimmer; swimmer will need to

purchase their own flippers/fins & paddles ***plus*** any other equipment required by the HYCAT

Coaching Staff

* requirements: **NO** swim practice attendance requirements ….. strongly recommend minimum 5-7 practices

per week

**NO** dryland practice attendance requirements ….. strongly recommend minimum 3-4 practices

per week

program offered from mid-August 2016 thru mid-August 2017

* swim meets: **NO** swim meet competition requirements ….. strongly recommend the HYCAT home sponsored

meets & WV State Short Course Meet

* HYCAT fees: $030.00/monthly swim fees (max 3 practices per week)

***OR*** $050.00/monthly swim fees (unlimited practice attendance) (\*\*) ***plus***

$075.00/annual USA Registration fee

$060.00/annual HYCAT Membership fee

* Additional fees: $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

**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 July
* Coaching Staff: Rob St Jean with assistance from Greg Olson; Cindy Hemsworth; Emil Dent & Kristi Walter
* practice **May thru May (end of Kanawha County school)**

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

Mon/Tue/Wed/Thu 04:45pm-05:25pm (dryland program w/Rob)

05:35pm-07:35pm (swimming w/Rob)

Fri 04:00pm-05:00pm (sprint practice w/Cindy & Emily or Kristi)

Sat 07:00am-09:30am (swimming w/Rob & Emily or Kristi)

Sun 07:00am-09:00am (swimming & stroke work w/Greg)

**May (Kanawha County schools dismissed) thru Jul 31st**

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

Mon/Wed/Thu/Fri (pm) 01:30pm-02:05pm (dryland program @ UC w/Rob)

Mon/Tue/Thu/Fri (pm) 02:15pm-04:10pm (swimming @ UC w/Rob)

Wed (pm) OFF

Sat 07:00am-09:30am (swimming @ Cato Park w/Rob; Cindy or Emily

or Kristi)

Sun 07:00am-09:00am (swimming & stroke work @ UC w/Greg)

* equipment ½ kick board & pipe will be given to each HYCAT registered swimmer; swimmer will need to

purchase their own flippers/fins & paddles ***plus*** any other equipment required by the HYCAT

Coaching Staff

* requirements: **NO** swim practice attendance requirements ….. strongly recommend minimum 5-7 practices

per week

**NO** dryland practice attendance requirements ….. strongly recommend minimum 3-4 practices

per week

program offered from mid-August 2016 thru mid-August 2017

* swim meets: **NO** swim meet competition requirements ….. strongly recommend the HYCAT home sponsored

meets & WV State Short Course Meet

* HYCAT fees: $300.00/May thru Jul or $200.00/Jun thru Jul or $100/Jul ***plus***

$075.00/annual USA Registration fee

$060.00/annual HYCAT Membership fee

* Additional fees: $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

**Cato Park (only) Team**

* **ANY** 16-older swimmer who wishes to train @ Cato Park (50m pool) only during the summer months and open to only “new” HYCAT swimmers who join May 2017 thru Jul 2017
* Intermediate to advance competitive training concepts
* membership: HYCAT membership from mid-May (end of Kanawha County schools thru July 31st

**PAGE 05**

**Cato Park (only) Team** **(cont) …..**

* Coaching Staff: Rob St Jean with assistance from Cindy Hemsworth; Emily Dent or Kristi Walter
* practice : **Late May (after Kanawha County schools are dismissed) thru August**

schedule: Mon thru Fri (am) 07:00am-08:30am (swimming @ Cato w/Rob)

Sat 07:00am-08:30am (swimming @ Cato w/Rob)

Sun OFF

* equipment ½ kick board & pipe will be given to each HYCAT registered swimmer; swimmer will need to

purchase their own flippers/fins & paddles ***plus*** any other equipment required by the HYCAT

Coaching Staff

* 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: $200.00/season (May thru Jul) ***OR*** $150.00/season (Jun thru Jul) ***OR*** $100.00 (Jul) ***plus***

$040.00/annual USA Registration fee

$060.00/annual HYCAT Membership fee

**For additional (more detailed) information about the teams and requirements, refer to the team-specific handouts.**

**For information, or registration info, please contact the HYCAT Swimming Office at 304-357-4825 (weekdays from 8:00am-11:30am or 2:00pm-4:00pm); or the swimming pool at 304-341-0444 (weekdays from 4:15pm-7:00pm); there are NO weekend office/pool hours.**

**PAGE 06**

**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:

**Aug thru mid May**

Adult Classes 07:00pm-08:00pm (Sundays only; 10 classes; each class 60 minutes)

Infants w/Parent Classes 04:30pm-05:00pm (Sundays only; 10 classes; each class 30 minutes)

Children Classes 05:15pm; 5:45pm & 6:15pm (Friday & Sunday class schedule; 10 classes;

each class 30 minutes)

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

**Early Jun thru early Aug**

Adult Classes 04:15pm-05:15pm (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 (Mon/Wed/Fri; 5 weeks; each class 60 minutes)

* fees:

Adult Classes $125.00 1st adult; $110.00 2nd adult & $95.00 3rd adult per family

Infants W/Parents $050.00 1st child & $040.00 2nd or more child(ren) per family

Children $080.00 1st child; $070.00 2nd child & $060.00 3rd or more child(ren) per family

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

**For information, or registration info, please contact the HYCAT Swimming Office at 304-357-4825 (weekdays from 8:00am-11:30am or 2:00pm-4:00pm); or the swimming pool at 304-341-0444 (weekdays from 4:15pm-7:00pm); there are NO weekend office/pool hours**

**PAGE 07**

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 2016-2017 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-CITY MEET

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

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

\_\_\_\_\_ Blue Team

\_\_\_ Session 1/early

\_\_\_ Session 2/late

\_\_\_\_\_ White Team

\_\_\_ Session 1/early

\_\_\_ Session 2/late

\_\_\_\_\_ Red Team

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

\_\_\_\_\_ College Team

\_\_\_\_\_ Cato Park only Team

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

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

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

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

\_\_\_\_\_ Adult Water Exercise Class