**BLUE 2 TEAM**

**2017-2018 HYCAT SWIMMING PROGRAM**

**[UP-DATED 08/08/17]**

**Ages:** “advanced” 09-10 year olds w/coach permission; “intermediate/advanced” 11-12 year olds; “developing” 13-OV year olds & HYCAT LTS graduates [13-15]

**Coaches:** Cindy Hemsworth & Rob St Jean

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

**Practice schedule: Aug 14th thru May 21st (or end of Kanawha County School year)**

Monday thru Thursday 06:40pm-07:55pm (beginning/intermediate

swim training w/stroke

work/drills @ UC w/Cindy

& Rob)

***OR*** 06:40pm-07:25pm (stroke work/drills @ UC

Fri/Sat/Sun OFF

**May 21st (or end of Kanawha County School year) thru Jul 27th**

Mon thru Fri (am) 07:30am-08:45am (beginning/intermediate

swim training w/stroke

work/drills @ UC w/TBA)

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

w/Greg)

Wed(pm)/Sat/Sun OFF

**Jul 28th thru Aug 12th**

OFF OFF

**Mon, Aug 13th**

2018 HYCAT Fall Season begins

**Attendance:** **NO** requirements; recommend attend any 2-3 days per week if possible

**Equipment:** HYCAT will provide all swim training equipment

**Coaching Staff:** Greg Olson, HYCAT Director/Coach; HYCAT Age Group Coach &

HYCAT Assistant Senior Coach; 304-357-4825 (W); 304-415-

3465 (C); [**golson@hycat.org**](mailto:golson@hycat.org)

Erin Ballard, HYCAT LTS Supervisor/Coordinator & HYCAT Age Group;

304-767-8134 (C); [**scerin22@hotmail.com**](mailto:scerin22@hotmail.com)

Cindy Hemsworth, HYCAT Age Group Coach & HYCAT Assistant Senior

Coach; 304-746-7862 (C); [**cah32676@hotmail.com**](mailto:cah32676@hotmail.com)

Rob St Jean, HYCAT Assistant Senior Coach & HYCAT Assistant Age

Group Coach; 304-343-1315 (C); [**robstjean@yahoo.com**](mailto:robstjean@yahoo.com)

Kristi Walter, HYCAT Head Coach; HYCAT Senior Coach & HYCAT

Assistant Age Group Coach HYCAT Assistant Senior Coach

804-337-2137 (C); [**kwalter@mail.kana.k12.wv.us**](mailto:kwalter@mail.kana.k12.wv.us)

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**Swim Meets:** **Optional** attendance; recommend participation in HYCAT Novice Swim Meets and HYCAT “home” sponsored swim meets ***plus*** strongly consider the WV State Short Course Swimming Championships

\*\* refer to HYCAT Novice Swim Meet schedule for info & dates

\*\* refer to HYCAT Swim Meet schedule info; dates & location of meets

**Fee(s):** $080.00/monthly … August monthly fee is one-half regular monthly fees

***plus*** $075.00/annual USA Registration Fee … ***please*** pay beginning Sep 01st

$060.00/annual HYCAT Membership Fee … ***please*** pay beginning Sep 01st

**Additional Fees:**

$TBA / swimmer pays entry fees + surcharges for any HYCAT

sponsored meet and all other swim meets entered

**Stroke Clinics: ALL** HYCAT Stroke Clinics/Camps held on designated Saturdays from 09:45am-11:00am. Refer to separate schedule for details/info.

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

09:45am-11:00am except where indicate. Refer to separate schedule for

details/info.

**Bring-A-Friend** **ALL** HYCAT Bring-A-Friend to Pool Days held on designated Saturdays

**To Pool Day:** from 11:15am-12:30pm except where indicate. Refer to separate

schedule for details/info.

A Parent Orientation/Educational meeting will be held on Sunday, August 13, 2017 at 04:00pm; Clay Tower Building; 1st floor; room #101; 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 within 10 days of joining the HYCAT Swimming Program.

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

* Age appropriate for White (W); Red (R) or Gold (G) Teams
* Swim minimum 100 (W)/150 (R)/200 (G) yards proper free with proper breathing techniques
* Swim minimum 100 (W)/150 (R)/200 (G) yards proper back
* Swim minimum 100 (W)/150 (R)/200 (G) yards proper breast
* Swim minimum 100 (W)/150 (R)/200 (G) yards proper fly
* Swim minimum 200 (W)/300 (R)/400 (G) yards proper IM
* Knowledge of proper departure from wall in streamline position
* Advance knowledge of reading the pace clock
* Proper performance of starts & turns for all strokes
* Attend 2 HYCAT “home” sponsored swim meets