**BLUE TEAM**

**2016-2017 HYCAT SWIMMING PROGRAM**

**[UP-DATED 08/31/16]**

**Ages:** **ALL** 6-unders ***plus*** “developing” 7-8 year olds; “beginning” 9-10 year olds & all HYCAT LTS learn-to-swim graduates

**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 15th thru May 23rd (or end of Kanawha County School year)**

Monday thru Thursday 04:15pm-05:00pm (stroke work/drills @ UC

w/Emily & Kristi)

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

w/Cindy + other staff

members when avail-

able)

\*\* **NOTE:** swimmer selects either the ”early” practice or “late” practice for the

month without changing times during the month

Fri/Sat/Sun OFF

**May 24th (or end of Kanawha County School year) thru Jul 31st**

Mon thru Fri (am) 09:00am-09:45am (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 01st thru Aug 13th**

OFF OFF

**Mon, Aug 14th**

2017 HYCAT Fall Season begins

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

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

**Coaching Staff:** Greg Olson, HYCAT Director/Head 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 Biron, HYCAT LTS Supervisor/Coordinator & HYCAT Assistant Age

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

Emily Dent, HYCAT Age Group Coach & HYCAT Assistant Senior Coach 540-220-1427 (C); [**emjdent@gmail.com**](mailto:emjdent@gmail.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 Senior Coach & HYCAT Assistant Age Group

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

Kristi Walter, HYCAT 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):** $075.00/monthly

***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 sponsored meets

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

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.

A Parent Orientation/Educational meeting will be held on Sunday, August 14, 2016 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 Team, the swimmer must be able to perform the skills listed below to the satisfaction of the HYCAT Coaching Staff.

* Age appropriate for White Team
* Swim minimum 50 yards proper free with proper breathing techniques
* Swim minimum 50 yards proper back
* Swim minimum 50 yards proper breast
* Swim minimum 50 yards proper fly
* Swim minimum 100 yards proper IM
* Knowledge of proper departure from wall in streamline position
* Beginning knowledge of reading the pace clock
* Perform a somersault in the water w/out holding their nose
* Attend 2 HYCAT Stroke Clinics
* Attend 1 HYCAT Novice Swim Meet
* If 6-under, must have approval of HYCAT Director/Head Coach and attended at least 75% of swim practices