**BRONZE TEAM**

**2015-2016 HYCAT SWIMMING PROGRAM**

**[UP-DATED 08/03/2015]**

**Ages:** **ALL** 7-8 year olds ***plus*** “advanced” 6 year olds and “developing” 9-11 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: Aug 17th thru May 24th (or end of Kanawha County School year)**

Monday thru Thursday 04:35pm-05:15pm (stroke work/drills @ UC

w/Greg & Erin)

***OR*** 07:35pm-08:15pm (stroke work/drills @ UC

w/Erin or Cindy)

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

without changing times during the month

Fri/Sat/Sun OFF

**May 25th (or end of Kanawha County School year) thru Jul 31st**

Mon thru Fri (am) 09:20am-10:00am (stroke work/drills @ UC

w/Erin)

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

w/Greg)

Wed(pm)/Sat/Sun OFF

**Aug 01st thru Aug 14th**

OFF OFF

**Mon, Aug 15th**

2016 HYCAT Fall Season begins

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

**Coaching Staff:** Greg Olson, HYCAT Director/Head Coach & HYCAT Assistant

Recreational Coach; 304-357-4825 (W); 304-415-3465 (C);

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

Erin Biron, HYCAT Head Recreational Coach; 304-767-8134 (C); 304-

357-4825 (W); [**scerin22@hotmail.com**](mailto:scerin22@hotmail.com)

Chris Rogers, HYCAT Head Travel Coach & HYCAT Senior Travel

Coach; 304-415-2591 (C); 304-347-8972 ext 220 (W);

[**crogers@garlowinsurance.com**](mailto:crogers@garlowinsurance.com)

Aaron Settle, HYCAT Assistant Senior & Age Group Travel Coach;

HYCAT Strength & Conditioning Coach & HYCAT Athletic Trainer;

304-419-3230 (C); [**asettle1@wvstateu.edu**](mailto:asettle1@wvstateu.edu)

Rob St Jean, HYCAT Age Group Travel Coach & HYCAT Assistant

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

Cindy Hemsworth, HYCAT Age Group Travel Coach & HYCAT Assistant

Senior Travel Coach; 304-746-7862 (C);

[**cah32676@hotmail.com**](mailto:cah32676@hotmail.com)

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

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**Fee(s):** $070.00/monthly

***plus*** $070.00/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 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.

A Parent Orientation/Educational meeting will be held on Sunday, August 16, 2015 at 07:00pm; 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 Silver Team, the swimmer must be able to perform the skills listed below to the satisfaction of the HYCAT Coaching Staff. Also, if the swimmer wishes to join one of the HYCAT Travel Teams, please see/speak to Greg Olson.

* Age appropriate for Silver 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
* Somersault in water w/out holding their nose
* Perform proper freestyle turn w/proper push-off the wall
* Perform proper backstroke turn w/proper push-off the wall
* Perform proper breaststroke turn w/proper push-off the wall
* Perform proper butterfly turn w/proper push-off the wall
* Perform proper start from the starting block for all 4 strokes
* Proper departure from wall for all 4 strokes in streamline body position
* Attend 2 HYCAT Stroke Clinics
* Attend 1 HYCAT Novice Swim Meet
* If 7-8, must have approval of Head Recreational Coach ***or*** HYCAT Director and attended at least 75% of practices