**BRONZE TEAM**

**2013-2014 HYCAT SWIMMING PROGRAM**

**[UP-DATED 08/12/2013]**

**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: Sep thru May 18th**

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

w/Erin & Greg)

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

w/Aaron or Rob)

Fri/Sat/Sun OFF

**May 19th 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**

OFF OFF

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

**Coaching Staff:** Erin Biron, HYCAT Head Recreational/Developmental Coach; 304-767-

8134; 304-357-4825; [**scerin22@hotmail.com**](mailto:scerin22@hotmail.com)

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

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

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

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

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

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

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

**Fee(s):** $065.00/monthly

***plus*** $070.00/annual USA Registration Fee

$050.00/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

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**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.

An informational meeting for parents will be held on Thursday, August 22, 2013 at 07:30pm; 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.

* 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 Rec/Dev Coach ***or*** HYCAT Director and attended at least 75% of practices