**CATO PARK (only) TEAM**

**2016-2017 HYCAT SWIMMING PROGRAM**

**Ages:** **ALL** college swimmers ***plus*** any swimmer 13-OV who was not a member of the HYCAT Swimming Program during the 2016—2017 season

**Description:** Advanced competitive swimming training with limited stroke work and drills.

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

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

 w/Rob)

Wed(pm) OFF

Sat 07:00am-09:00am (swimming @ Cato w/

 Rob & Emily or Kristi)

Sun OFF

**Aug 01st thru Aug 13th**

OFF OFF

**Mon, Aug 14th**

2017 HYCAT Fall Season begins

**Dryland:** Separate program and/or incorporated with the swimmer’s swim practice ….. see above for practice details/info. If the swimmer wishes to participate in the Dryland Program, there will be an additional cost of $50.00/month.

**Attendance:** **NO** requirements; recommend attend any 3-4 days/practices per week if

 possible

**Equipment:** swimmer will receive ½ kickboard & pipe from HYCAT; swimmer will need to purchase their own flippers/fins and paddles ***plus*** any other additional

equipment as required by the HYCAT Coaching Staff

**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**

Erin Biron, HYCAT LTS Supervisor/Coordinator & HYCAT Assistant Age

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

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

Cindy Hemsworth, HYCAT Age Group Coach & HYCAT Assistant Senior

Coach; 304-746-7862 (C); **cah32676@hotmail.com**

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

 Coach; 304-343-1315 (C); **robstjean@yahoo.com**

Kristi Walter, HYCAT Age Group Coach HYCAT Assistant Senior Coach

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

**Swim Meets:** **Optional** attendance; strongly recommend participation in the WV State Long Course Swimming Championships (mid-July) and the Annual HYCAT City Swim Meet

**PAGE 02**

**Fee(s):** $200.00/May-Jul; or $150.00/Jun-Jul or %100.00/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 sponsored meets

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

 swim meets entered