**COLLEGE TEAM**

**2015-2016 HYCAT SWIMMING PROGRAM**

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

**Ages:** **ALL** college swimmers

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

**Practices: May 01st thru May 24th (or end of Kanawha County School year)**

Mon/Wed/Fri (am) 05:00am-06:30am (swimming @ UC w/Rob)

Mon/Tue/Wed/Thu 05:30pm-06:10pm (dryland conditioning @ UC w/Aaron)

06:20pm-08:25pm (swimming @ UC w/Chris)

Fri 04:30pm-06:00pm (swimming @ UC w/Cindy)

Sat 07:30am-10:00am (swimming @ UC w/Aaron)

Sun OFF

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

Mon thru Fri (am) 07:00am-09:30am (swimming @ Cato Park w/Chris)

Mon/Tue/Thu/Fri (pm)01:30pm-02:10pm (dryland conditioning @ UC w/Aaron)

02:15pm-04:10pm (swimming @ UC w/Aaron)

Wed (pm) OFF / **NO** practices scheduled

Sat 07:00am-09:30am (swimming @ Cato Park w/Aaron)

Sun OFF

**Aug 01st thru Aug 14th**

Summer Break

**Mon, Aug 14th**

2016 HYCAT Fall Season begins

**Attendance:** **NO** swim/dryland practice attendance requirements ….. ***strongly*** recommend **MIN** 4-5 days/practices per week

**Equipment:** Club will provide kickboard; swimmer will need to purchase flippers/fins;paddles; pull buoy & snorkel + additional equipment as required by HYCAT Coaching Staff

**Dryland:** Separate program and/or incorporated with the swimmer’s swim practice ….. see above for practice details/info

**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)

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)

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

[**scerin22@hotmail.com**](mailto:scerin22@hotmail.com)

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**Swim Meets:** WV State Swim Long Course Meet (Jul 15th-17th ***or*** Jul 22nd-24th in Christians-

burg, VA)

**Fees:** $315.00/season (May thru Aug); $275.00/season (Jun thru Aug) or $215.00/

season (Jul thru Aug)

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

***plus*** $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

$TBA /HYCAT Select swim meet fees (swimmer reimburses HYCAT for entry

fees + motel & transportation expenses if traveling w/team + the

expenses to send HYCAT Coach to meet)

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.