**COLLEGE TEAM**

**2016-2017 HYCAT SWIMMING PROGRAM**

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

**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)

Mon/Tue/Thu/Fri (pm) 01:30pm-02:05pm (dryland programs @ UC

w/Rob)

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

& Emily or Kristi)

Wed(pm) OFF

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

Rob & Emily or Kristi)

Sun 07:00am-09:00am (swimming & stroke work

@ UC w/Greg)

**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

**Attendance:** **NO** requirements; recommend attend any 4-5 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**](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)**

**PAGE 02**

**Swim Meets:** **Optional** attendance; strongly recommend participation in the 2017 WV

State Long Course Swimming Championships (md-July) and the HYCAT Annual City Swim Meet

**Fee(s):** $300.00/May-Jul; ***or*** $200.00/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

**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)

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.