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

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

Mon thru Fri (pm) **NO** afternoon practices offered for this HYCAT program

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 practice attendance requirements ….. ***strongly*** recommend **MIN** 3-4 days 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: NONE** offered for this HYCAT program

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

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

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

 Strength & Conditioning Coach & HYCAT Athletic Trainer; 304-419-3230

 (C); **asettle1@wvstateu.edu**

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

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

Cindy Hemsworth, HYCAT Age Group Travel Coach & HYCAT Assistant Senior

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

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

 **scerin22@hotmail.com**

**Swim Meets:** **NONE** required for this HYCAT Program

**Fees:** $275.00/season (May 25th thru Jul 31st); $250/season (Jun 01st thru Jul 31st);

$125/season (Jul 01st thru Jul 31st)

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

***plus*** $060.00/annual HYCAT Membership Fee

**PAGE 02**

**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)