**HYCAT ELITE TEAM**

**2016-2017 HYCAT SWIMMING PROGRAM**

**Ages:** **ONLY** 13-OV year olds who are willing to sign an agreement & adhere to the requirements for membership on the HYCAT Elite Team as developed by the HYCAT Coaching Staff

**Description:** Limited emphasis on proper development of the 4 competitive strokes by means of various stroke skills/drills & very strong emphasis on advanced swim training concepts that create an enjoyable competitive training atmosphere for learning.

**Practice schedule: Aug 15th thru May 23rd (or end of Kanawha County School year)**

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

Monday thru Thursday 04:45pm-05:25pm (dryland programs @ UC

w/Rob)

05:35pm-08:00pm (swimming @ UC

w/Rob)

Fri 04:00pm-05:00pm (spring practice @ UC w/

Greg; Cindy & Emily or

Kristi)

Sat 07:00am-09:30am (swimming @ UC w/Rob

& Emily or Kristi)

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

@ UC w/Greg)

**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

**Swim Attendance:** 2016 Fall Season thru end of the school year

**MIN** 2 weekday morning swim practices per week

**MIN** 3 weekday afternoon dryland practices per week

**MIN** 5 weekday afternoon + Sat/Sun morning practices per week

2017 Summer Season (after school is dismissed)

**MIN** 9 weekday/weekend morning/afternoon swim practices per week

**MIN** 3 weekday afternoon dryland practices per week

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**Swim Meet Req:** 2016 Fall thru 2017 Summer Seasons

**ALL** 3 HYCAT home sponsored meets

**ANY** 4 days at the three (3) other HYCAT Meets

**BOTH** WV LSC State Swim Meets (mid-March and mid-July)

**SELECT** meets at the discretion of the swimmer’s coach ... under-

standing that swimmer will attend Southern Zones if no other

summer meet selected

refer to HYCAT Swim Meet schedule info; dates & location of meets

**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)

**HYCAT Community** **ALL** members of the HYCAT Elite Team are **required** to volunteer and

**Service:** work at four (4) HYCAT Stroke clinics during the 2016 Fall Season and

four (4) HYCAT Stroke Clinics during the 2017 Winter Season. The HYCAT Swimming Office will make the work assignments.

\*\* refer to HYCAT Stroke Clinic Work Assignment schedule for info &

dates that the swimmers have been assigned

**Fee(s):** $175.00/monthly

***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

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A Parent Orientation/Educational meeting will be held on Sunday, August 14, 2016 at 07:00pm; 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.

Upon reading the HYCAT Elite Team outline; attendance & swim meet requirements, I agree adhere to the requirements with the understanding that if I fail to meet the requirements for any given month that I will be re-assigned to the Gold Team until such time that the swimmer has demonstrated for a period not to exceed three (3) months that they are willing to adhere to the requirements listed for the HYCAT Elite Team.

With the signature of the swimmer, and at least one of the swimmer’s parents, I acknowledge that I have read & understand the requirements and consequences for failing to adhere to the requirements as listed on pages 1-2.

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Swimmer Date

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