**ELITE TEAM**

**2017-2018 HYCAT SWIMMING PROGRAM**

**[UP-DATED 04/18/2018]**

**Ages:** “advanced” 13 or older swimmers w/approval of Gold Team Coach

**Coaches:** Chris Rogers ***plus*** Rob St Jean; Kristi Walter; Melissa McGlothen & Erin Ballard

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

**Practice schedule: Aug 13th thru Jun 4th (or end of Kanawha County School year)**

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

\*\* starts Wed, Sep 06th

Monday thru Thursday 05:00pm-05:40pm (dryland programs @ UC

w/Rob)

05:40pm-08:00pm (swimming @ UC w/Chris)

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

Kristi; Melissa; Rob; Erin or

Chris)

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

Melissa; Rob; Erin or Chris)

Sun OFF

**Jun 05th (or end of Kanawha County School year) thru Jul 27th**

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

Kristi & Melissa)

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

w/Rob)

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

Kristi or Melissa)

Wed(pm) OFF

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

Kristi; Melissa or Rob)

Sun OFF

**Jul 28th thru Aug 12th**

OFF OFF

**Mon, Aug 13th**

2018 HYCAT Fall Season begins

**Attendance:** **NO** requirements; recommend attend any 6-7 practices/days per week

**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/Coach; HYCAT Age Group Coach &

HYCAT Assistant Senior Coach; 304-357-4825 (W); 304-415-

3465 (C); [**golson@hycat.org**](mailto:golson@hycat.org)

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**Coaching Staff** Erin Ballard, HYCAT LTS Supervisor/Coordinator; HYCAT Age Group &

**(cont) …..** Assistant Senior Coach; 304-767-8134 (C); [**scerin22@hotmail.com**](mailto:scerin22@hotmail.com)

Melissa McGlothen, HYCAT Age Group Coach & Assistant Senior Coach;

304-552-9839 (C); [**ukcatfish@hotmail.com**](mailto:ukcatfish@hotmail.com)

Chris Rogers, HYCAT Senior Coach; Dryland Coach & Assistant Age

Group Coach; 304-415-2591 (C); [**cwrogers@g.cofc.edu**](mailto:cwrogers@g.cofc.edu)

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

HYCAT Dryland Coach; 304-343-1315 (C); [**robstjean@yahoo.com**](mailto:robstjean@yahoo.com)

Kristi Walter, HYCAT Head Coach; HYCAT Senior Coach & HYCAT

Assistant Age Group Coach HYCAT Assistant Senior Coach

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

**Swim Meets:** **Required** swim meet attendance; refer to the 2017-18 HYCAT Swim

Meet schedule info; dates & location of meets as listed below …..

[1] attend all sessions/days at all HYCAT “home” sponsored swim meets

[2] attend three (3) of the following three (3) swim meets at HYCAT @

Logan (Sep 2017); HYCAT @ Huntington (Dec 217) or HYCAT @

Huntington (Jan 2018)

[3] attend all sessions/days & compete fully at both WV LSC State Swim-

ming Championships in mid-March and mid-July

[4] strongly encourage/recommend to attend other WV LSC scheduled

swim meets and other meets outside the WV LSC as recommended

by the HYCAT Coaching Staff

**Fee(s):** $175.00/monthly … August monthly fee is one-half regular monthly fees

***plus*** $075.00/annual USA Registration Fee … ***please*** pay beginning Sep 01st

$060.00/annual HYCAT Membership Fee … ***please*** pay beginning Sep 01st

**Additional Fees:**

$010.00/for each of the 4 HYCAT “home” sponsored swim meets **required**

$050.00/for any part of any day/session missed at WV State Swimming Cham-

pionships in mid-March and mid-July **required**; failure to pay will result in the

swimmer being assigned to the Blue 2 Team for a period not to exceed 12

months

$010.00/meet for **ALL** of the other WV LSC swim meets

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

swim meets entered

$TBA /swimmer pays entry fees + surcharges + coach attending meet

expenses for any of the HYCAT meets designated as “Select

Meet”

**Stroke Clinics: NOT** eligible to attend

**Novice Meets:** **NOT** eligible to attend

**Bring-A-Friend** **ALL** HYCAT Bring-A-Friend to Pool Days held on designated Saturdays

**To Pool Day:** from 11:15am-12:30pm except where indicate. Refer to separate

schedule for details/info.

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**Community Service:** **REQUIRED** to work 2-3 HYCAT Stroke Clinics during 2017 Fall Season

and 2-3 HYCAT Stroke Clinics during the 2018 Winter Season as

assigned; scheduled on Saturdays from 09:45am-11:00am; refer to

handout for further details/info

A Parent Orientation/Educational meeting will be held on Sunday, August 12, 2018 at 06:00pm; 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.

If a swimmer fails to uphold the standards of excellence expected from a member of the HYCAT Elite Team, the swimmer will be placed on “probation” for two (2) weeks and if the swimmer’s behavior has not improved, the swimmer will be removed from the Elite Team and assigned to the HYCAT Blue 2 Team for a minimum period of three (3) months before reinstatement is considered..