**ELITE TEAM**

**2017-2018 HYCAT SWIMMING PROGRAM**

**[UP-DATED 08/08/17]**

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

**Coaches:** Kristi Walter ***plus*** Rob St Jean; Cindy Hemsworth & Greg Olson

**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 May 21st (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/Kristi)

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

 Kristi; Rob; Cindy or Greg)

Sat 06:30am-09:30am (swimming @ UC w/Rob;

 Kristi; Cindy or Greg)

Sun OFF

**May 22nd (or end of Kanawha County School year) thru Jul 27th**

Mon thru Fri (am) 06:30am-09:00am (swimming @ Cato w/

 Kristi or Rob)

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

 w/Rob)

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

 or Kristi)

Wed(pm) OFF

Sat 06:30am-09:00am (swimming @ Cato w/

 Kristi 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**

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

 304-767-8134 (C); **scerin22@hotmail.com**

**PAGE 02**

**Coaching Staff** Cindy Hemsworth, HYCAT Age Group Coach & HYCAT Assistant Senior

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

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

 Group Coach; 304-343-1315 (C); **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**

**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 at both WV LSC State Swimming Champion-

 ships 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**

$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.

**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

**PAGE 03**

A Parent Orientation/Educational meeting will be held on Sunday, August 13, 2017 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 Gold Team for a minimum period of three (3) months.