**FUTURE STARS TEAM**

**2013-2014 HYCAT SWIMMING PROGRAM**

**[UP-DATED 08/12/2013]**

**Ages:** **ALL** 6-unders ***plus*** “developing” 7-9 year olds with approval of HYCAT Coaching Staff

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

**Practice schedule: Sep thru May 18th**

Monday thru Thursday 04:00pm-04:30pm (stroke work/drills @ UC

w/Greg & Erin)

***OR*** 07:35pm-08:05pm (stroke work/drills @ UC

w/Aaron or Rob)

Fri/Sat/Sun OFF

**May 19th thru Jul 31st**

Mon thru Fri [am] 09:30am-10:00am (stroke work/drills @ UC

w/Greg)

Mon/Tue/Thu/Fri [pm] 04:20pm-05:15pm (stroke work/drills @ UC

w/Greg)

Wed(pm)/Sat/Sun OFF

**Aug**

OFF OFF

**Attendance:** **NO** requirements; recommend attend any 2 days per week if possible

**Coaching Staff:** Erin Biron, HYCAT Head Recreational/Developmental Coach; 304-767-

8134; 304-357-4825; [**scerin22@hotmail.com**](mailto:scerin22@hotmail.com)

Greg Olson, HYCAT Director/Head Coach; 304-357-4825; 304-415-

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

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

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

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

304- 419-3230; [**asettle1@wvstateu.edu**](mailto:asettle1@wvstateu.edu)

**Swim Meets:** **Optional** attendance; recommend participation in HYCAT Novice Swim Meets and HYCAT home sponsored swim meets

**Fee(s):** $055.00/monthly

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

$050.00/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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**Stroke Clinics: ALL** HYCAT Stroke Clinics/Camps held on designated Saturdays from 10:10am-11:00am. Refer to separate schedule for details/info.

**Novice Meets:** **ALL** HYCAT Novice Swim Meets held on designated Saturdays from

10:10am-11:45am except where indicate. Refer to separate schedule for

details/info.

An informational meeting for parents will be held on Thursday, August 22, 2013 at 07:30pm; 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 wishes to be considered for promotion to the HYCAT Bronze Team, the swimmer must be able to perform the skills listed below to the satisfaction of the HYCAT Coaching Staff.

* Age appropriate for Bronze Team
* Swim minimum 25 yards proper free with proper breathing techniques
* Swim minimum 25 yards proper back
* Swim minimum 25 yards proper breast
* Swim minimum 25 yards proper fly
* Swim minimum 100 yards proper IM
* Knowledge of proper departure from wall in streamline position
* Perform a somersault in the water w/out holding their nose
* Attend 2 HYCAT Stroke Clinics
* Attend 1 HYCAT Novice Swim Meet
* If 6-under, must have approval of Head Rec/Dev Coach ***or*** HYCAT Director and attended at least 75% of practices