**GOLD TEAM**

**2016-2017 HYCAT SWIMMING PROGRAM**

**[UP-DATED AS OF 08/15/2016]**

**Ages:** **ALL** 15-OV year olds ***plus*** “advanced” 12-14 year olds & 11 year olds w/Director & Coach approval

\*\* 11 year old **MUST** have minimum 6 AAAA times in 3 different strokes

and at least 1 in 100 & 1 in 200 events

\*\* 12 year old **MUST** have minimum 8 AAA times in 4 different strokes

and at least 2 in 100 & 2 in 200 events

**Description:** Limited emphasis on proper development of the 4 competitive strokes by means of various stroke skills/drills & strong emphasis on intermediate & advanced swim training concepts that create an enjoyable 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-07:35pm (swimming @ UC

w/Rob)

Fri 04:00pm-05:00pm (sprint 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

**Attendance:** **NO** requirements; recommend attend any 4-5 days/practices per week if

possible

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**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 Gold Team are **required** to volunteer and

**Service:** work at three (3) HYCAT Stroke clinics during the 2016 Fall Season and

three (3) 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

**Swim Meets:** **Optional** attendance; strongly recommend participation in HYCAT home sponsored swim meets (3) ***plus*** strongly recommend participation at both WV State Swimming Championships (mid-March & mid-July) and recommend participation at additional WV LSC Swim Meets throughout the state & region

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

**Fee(s):** $150.00/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

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.