**GOLD TEAM**

**2017-2018 HYCAT SWIMMING PROGRAM**

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

**Ages:** “intermediate/advanced” 13 or older swimmers

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

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

**Practice schedule: Aug 13th thru Jun 04th (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-07:40pm (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 or 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 5-6 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):** $150.00/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

$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

$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 indicated. Refer to separate

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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 wishes to be considered for promotion to the Elite Team, the swimmer must be able to perform the skills listed below to the satisfaction of the HYCAT Coaching Staff.

* Age appropriate for Elite Team
* Swim minimum 800 yards proper free with proper breathing techniques
* Swim minimum 250 yards proper back
* Swim minimum 250 yards proper breast
* Swim minimum 250 yards proper fly
* Swim minimum 400 yards proper IM
* Knowledge of proper departure from wall in streamline position
* Advance knowledge of reading the pace clock
* Proper performance of starts & turns for all strokes
* Fulfilled Red Team swim meet attendance requirements
* attended at least 75% of swim practices
* approval of the Gold Team coach