**GOLD TEAM**

**2017-2018 HYCAT SWIMMING PROGRAM**

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

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

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

**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 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-07:40pm (swimming @ UC w/Kristi)

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

 Kristi; Rob; Cindy or Greg)

Sat 07:00am-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 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**

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

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

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**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):** $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

$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

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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 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