**JUNIOR VARSITY TEAM**

**2015-2016 HYCAT SWIMMING PROGRAM**

**[UP-DATED 08/03/2015]**

**Ages:** **ALL** 10-younger swimmers ***plus*** “developing” 11-12 year olds **AND** part-time HYCAT Travel Team members from the 2014-2015 season with approval of the HYCAT Coaching Staff

**Description:** Introduction to competitive swimming with stroke work and drills & beginning level of competitive training practices

**Practices: Aug 17th thru May 24th (or end of Kanawha County School year)**

Mon/Tue/Wed/Thu 04:00pm-05:00pm (swimming @ UC w/Rob & Cindy)

***OR*** 07:35pm-08:25pm (swimming @ UC w/Erin or Cindy)

\*\* **NOTE:** swimmer selects either the early practice or late practice for the month

without changing

Fri 04:30pm-06:00pm (swimming @ UC w/Cindy for 9-older

swimmers ***only***)

Fri/Sat/Sun OFF / **NO** practices scheduled

**May 25th (or end of Kanawha County School year) thru Jul 31st**

Mon/Wed/Fri (am) 07:35am-08:45am (swimming @ Cato Park w/Rob & Cindy)

Tue/Thu (am) 07:30am-08:30am (stroke work/drills @ UC w/Rob & Cindy)

Mon/Tue/Thu/Fri(pm) 04:20pm-05:15pm (stroke work drills/skills @ UC w/Greg)

Wed (pm) OFF / **NO** practices scheduled

Sat/Sun OFF / **NO** practices scheduled

**Aug 01st thru Aug 14th**

Summer Break

**Mon, Aug 14th**

2016 HYCAT Fall Season begins

**Attendance:** **NO** swim practice attendance requirements ….. ***strongly*** recommend **MIN** 2 days per week

**Enrollment:** HYCAT membership from Sep 2015 thru Aug 2016 **required**

\*\* if a swimmer elects to take a month(s) “off,” the swimmer/parent agrees to pay 3/4 of

the regular monthly swim team fees ***plus*** must fulfill any swim meet participation as

listed below:

[A] swimmer must work 2 sessions for each session/day missed at future HYCAT swim

meets or activities and has 6 months to complete the work; **OR**

[B] swimmer/parent pays $25.00 per session/day missed for each swim meet session/

day missed

**Equipment:** Club will provide kickboard w/strap; swimmer will need to purchase flippers/fins

**Dryland: NONE** offered for this HYCAT Travel Program/Team

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**Coaching Staff:** Greg Olson, HYCAT Director/Head Coach & HYCAT Assistant Recreational

Coach; 304-357-4825 (W); 304-415-3465 (C); [**golson@hycat.org**](mailto:golson@hycat.org)

Chris Rogers, HYCAT Head Travel Coach & HYCAT Senior Travel Coach; 304-

415-2591 (C); 304-347-8972 ext 220 (W);

[**crogers@garlowinsurance.com**](mailto:crogers@garlowinsurance.com)

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

Strength & Conditioning Coach & HYCAT Athletic Trainer; 304-419-3230

(C); [**asettle1@wvstateu.edu**](mailto:asettle1@wvstateu.edu)

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

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

Cindy Hemsworth, HYCAT Age Group Travel Coach & HYCAT Assistant Senior

Travel Coach; 304-746-7862 (C); [**cah32676@hotmail.com**](mailto:cah32676@hotmail.com)

Erin Biron, HYCAT Head Recreational Coach; 304-767-8134 (C);

[**scerin22@hotmail.com**](mailto:scerin22@hotmail.com)

**Swim Meets:** HYCAT (Charleston) sponsored swim meets (Kortz/Oct 2015; Capital City/Nov 2015

& Odd Age/Apr 2016) ….. **ALL** sessions ***required***

***plus*** WV State Swim Meets (March 2016 & July 2016) ….. **ALL** sessions ***required***

***plus*** attend 2 days at any of the following meets: HYCAT Logan Meet/Oct 2015; HYCAT

@ Huntington Fall Classic Meet/Dec 2015 or HYCAT @ Huntington Winter

Meet/Jan 2016 ***required***

**Fees:** $100.00/monthly

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

***plus*** $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

$TBA /HYCAT Select swim meet fees (swimmer reimburses HYCAT for entry fees

+ motel & transportation expenses if traveling w/team + the expenses to

send HYCAT Coach to meet)

***REQUIRED*** Parent Orientation/Educational meeting will be held on Sunday, August 16, 2015 at 05:00pm; 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.

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If a swimmer wishes to be considered for promotion to the HYCAT Travel Varsity Team, the swimmer must be able to perform the skills listed below to the satisfaction of the HYCAT Travel Age Group Coaching Staff.

* Age appropriate for Varsity Team and/or w/permission of HYCAT Age Group Travel Team Coaching Staff and/or HYCAT Director
* Swim minimum 400 yards proper free with proper breathing techniques
* Swim minimum 100 yards proper back
* Swim minimum 100 yards proper breast
* Swim minimum 100 yards proper fly
* Swim minimum 200 yards proper IM
* Streamline on push-offs from wall on stomach and back
* Proper starts; turns and departure from wall for all 4 strokes
* Swimmer must have 4 NAG 11-12 “A” times in 2 strokes or 6 NAG 10-U “AA” times in 3 strokes