**JUNIOR VARSITY TEAM**

**2013-2014 HYCAT SWIMMING PROGRAM**

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

**Ages:** **ALL** 10-younger swimmers ***plus*** “developing” 11-12 year olds **AND** part-time HYCAT Comp team members from the 2012-2013 season with approval of the HYCAT Coaching Staff

**Description:** Introduction to competitive swimming with stroke work and drills.

**Practices: Sep thru May 18th**

Mon/Tue/Wed/Thu 03:50pm-04:10pm (dryland conditioning)

[Session 1] 04:15pm-05:05pm (swimming)

[Session 2] ***OR*** 07:35pm-08:15pm (swimming)

\*\* **NOTE:** swimmer selects either the early practice or

late practice

Fri 04:30pm-06:00pm (swimming/9-older swimmers ***only***)

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

**May 19th thru Aug 10th**

Mon/Wed/Fri (am) 07:30am-08:30am (stroke work @ UC w/Cindy) ***or***

07:15am-08:30am (swimming @ Coonskin w/Rob &

Cindy)

08:50am-09:15am (dryland conditioning @ Coonskin

w/Rob)

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

08:40am-09:05am (dryland conditioning @ UC w/Rob &

Cindy)

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

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

Sat/Sun OFF

**Aug 11th thru Aug 24th**

Summer Break

**Attendance:** **NO** swim/dryland practice attendance requirements

**Enrollment:** HYCAT membership from Sep 2013 thru Aug 2014 **required**

Y membership ***optional*** but strongly recommended

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

**Dryland:** Separate program and/or incorporated with the swimmer’s swim practice

**Coaching Staff:** Rob St Jean, HYCAT Age Group Competitive Coach & Senior Assistant

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

Cindy Hemsworth, HYCAT Age Group Competitive Coach; 304-746-

7862; [**cah32676@hotmail.com**](mailto:cah32676@hotmail.com)

Greg Olson, HYCAT Director/Head Coach 304-357-4825; 304-415-3465

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

**Swim Meets:** HYCAT (Charleston) sponsored swim meets (Kortz; Capital City & Odd Age)

**ALL** sessions ***required***

WV State Swim Meets (March & August) **ALL** sessions ***required***

1 day @ either HYCAT Logan Meet or HYCAT Winter Meet ***required***

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**Fees:** $090.00/monthly

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

***plus*** $050.00/annual HYCAT Membership Fee

$046.00/annual Y Membership Fee (14-younger = ***optional*** but recommended)

$093.00/annual Y Membership Fee (15-older = ***optional*** but recommended)

**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*** informational meeting for parents & swimmers will be held on Tuesday, August 20, 2013 at 4:00pm; UC swimming pool. Make-up meeting for parents ***only*** will be held Thursday, August 22, 2013 at 07:30pm; Clay Tower Building; 1st floor; room #101; University of Charleston campus.

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

* Age appropriate for Varsity Team
* Swim minimum 250 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