**MASTER TEAM**

**2014-2015 HYCAT SWIMMING PROGRAM**

**[UP-DATED 08/11/2014]**

**Ages:** **ALL** 19-older swimmers

**Description:** Emphasis on proper development of the 4 competitive strokes by means of various stroke skills/drills that create an enjoyable atmosphere for learning ***plus*** conditioning/practice programs.

**Practice schedule: Aug 18th thru May 27th**

Mon/Wed/Fri (am) 05:00am-06:30am (swimming @ UC w/Rob)

Mon thruThu (pm) 05:30pm-06:10pm (dryland conditioning @ UC

w/Aaron + HYCAT Comp team members)

06:15pm-07:30am (swimming @ UC w/Erin +

HYCAT Gold Team members)

***OR*** 06:20pm-07:55pm (Swimming @ UC w/Aaron +

HYCAT Comp Team members)

Fri (pm) 04:30pm-06:00pm (swimming @ UC w/Aaron &

Cindy + HYCAT Comp Team members)

Sat (am) 07:30am-09:00am (swimming @ UC w/Aaron +

HYCAT Comp Team members)

Sun 12:30pm-02:00pm (swimming @ UC w/Chris +

HYCAT Comp team members)

additional morning practices TBA

additional afternoon practices TBA

additional weekend practices TBA

**May 28th thru Aug 09th**

Mon thru Fri (am) 07:00am-08:30am (swimming @ Coonskin w/Aaron

+ HYCAT Comp team members)

***OR*** 08:00am-09:15am (swimming @ UC w/Erin +

HYCAT Gold team members)

Mon/Tue/Thu/Fri (pm) 01:45pm-02:20am (dryland conditioning @ UC

w/Aaron + HYCAT Comp Team members)

02:30pm-04:10pm (Swimming @ UC w/Aaron +

HYCAT Comp Team members)

Wed (pm) OFF

Sat (am) 07:00am-08:30am (swimming @ Coonskin w/Aaron

+ HYCAT Comp Team members)

Sun 12:30pm-02:00pm (swimming @ UC w/Chris +

HYCAT Comp team members)

additional morning practices TBA

additional afternoon practices TBA

additional weekend practices TBA

**Aug 10th-Aug 23rd**

OFF OFF

**Aug 24th**

Start of 2015 HYCAT Fall Swimming Season

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

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

**Equipment:** Swimmer needs to provide their own kickboard; flippers/fins; paddles; snorkel; tennis shoes & t-shirt & additional equipment as required by HYCAT Coaching Staff

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

**Coaching Staff:** Aaron Settle, HYCAT Head Competitive & Senior Coach; HYCAT Head Strength &

Conditioning Coach; HYCAT Head Athletic Trainer; 304-429-3230;

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

Chris Rogers, HYCAT Assistant Senior Competitive Coach & Assistant Age Group &

Rec/Dev Coach; 843-312-8846; **[Christopher.rogers@mail.wvu.edu](mailto:Christopher.rogers@mail.wvu.edu)**

Rob St Jean, HYCAT Age Group Competitive Coach & Assistant Senior Coach;

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

Cindy Hemsworth, HYCAT Age Group Competitive Coach & Assistant Senior Coach;

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

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

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

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

HYCAT Logan Meet (1 day ***required***)

HYCAT (Huntington) Winter Meet (2 days ***required***)

**Fee(s):** $030.00/monthly (3 practices per week)

$075.00/monthly (unlimited practice attendance)

***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)

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.