**NATIONAL TEAM**

**2013-2014 HYCAT SWIMMING PROGRAM**

**[UP-DATED 08/20/2013]**

**Ages:** **ALL** 13-older swimmers ***plus*** “advanced” 12 year olds with at least 1 Y National qualifying time standard

**Description:** Intermediate to advanced competitive swimming training with limited stroke work and drills.

**Practices: Sep thru May 18th**

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

Mon/Tue/Wed/Thu 05:05pm-06:10pm (dryland conditioning w/Aaron)

06:20pm-08:25pm (swimming w/Chris)

Fri 04:30pm-06:00pm (swimming w/Chris & Cindy)

Sat 07:30am-10:00am (swimming w/Aaron or Rob)

Sun 12:00pm-02:00pm (swimming w/Chris)

**May 19th thru Aug 10th**

Mon thru Fri (am) 07:00am-09:30am (swimming @ Coonskin w/Chris

Mon/Tue/Thu/Fri (pm) 02:30pm-04:10pm (swimming @ UC w/Chris)

04:30pm-06:00pm (dryland conditioning @ UC w/Aaron)

Sat 07:00am-09:30am (swimming @ Coonskin w/Chris)

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

**Aug 11th thru Aug 24th**

Summer Break

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

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

Y membership from Sep thru Aug **required**

**Equipment:** Club will provide kickboard; swimmer will need to purchase 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:** Chris Rogers, Interim HYCAT Senior Competitive Coach; 843-312-8846; **[Christopher.rogers@mail.wvu.edu](mailto:Christopher.rogers@mail.wvu.edu)**

Rob St Jean, HYCAT Age Group Competitive 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)

Aaron Settle, HYCAT Strength & Conditioning Coach; 304-429-3230; [**asettle1@wvstateu.edu**](mailto:asettle1@wvstateu.edu)

**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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**Swim Camp/** swimmer ***required*** to work **minimum** 1 session @ 2013 HYCAT Summer Swim

**Stroke Clinics:** Camp **AND** 2 HYCAT Stroke Clinics during the 2013 HYCAT Fall Swimming

Season & 2 HYCAT Stroke Clinics during the 2014 Winter Swimming Season;

if swimmer unable, or fails to fulfill requirement, swimmer will need to work an additional Stroke Clinic within 30 days to remain an “active” member of the HYCAT Senior Team

**Fees:** $165.00/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 7:15pm; 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.