**RED TEAM**

**2016-2017 HYCAT SWIMMING PROGRAM**

**Ages:** “advanced” 9-10 year olds; “developing” 11-12 year olds & “beginning” 13-OV year olds

**Description:** Emphasis on proper development of the 4 competitive strokes by means of various stroke skills/drills & intermediate swim training concepts that create an enjoyable atmosphere for learning.

**Practice schedule: Aug 15th thru May 23rd (or end of Kanawha County School year)**

Monday thru Thursday 04:15pm-04:40pm (dryland programs @ UC

w/Rob)

05:05pm-06:35pm (swimming @ UC

w/Emily & Kristi)

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

Greg; Cindy & Emily or

Kristi)

Sat 07:30am-09:30am (swimming @ UC w/Rob

& Emily or Kristi)

Sun 07:00am-09:00am (swimming & stroke work

@ UC w/Greg)

**May 24th (or end of Kanawha County School year) thru Jul 31st**

Mon thru Fri (am) 07:15am-08:55am (swimming @ Cato

w/Cindy)

***OR*** 07:15am-08:55am (swimming @ UC

w/Emily or Kristi)

Mon/Tue/Thu/Fri (pm) 01:30pm-02:05pm (dryland programs @ UC

w/Rob)

02:15pm-04:10pm (swimming @ UC w/Rob

& Emily or Kristi)

Wed(pm) OFF

Sat 07:00am-09:00am (swimming @ Cato w/

Rob & Emily or Kristi)

Sun 07:00am-09:00am (swimming & stroke work

@ UC w/Greg)

**Aug 01st thru Aug 13th**

OFF OFF

**Mon, Aug 14th**

2017 HYCAT Fall Season begins

**Attendance:** **NO** requirements; recommend attend any 3-4 days/practices per week if

possible

**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

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**Coaching Staff:** Greg Olson, HYCAT Director/Head Coach; HYCAT Age Group Coach &

HYCAT Assistant Senior Coach; 304-357-4825 (W); 304-415-

3465 (C); [**golson@hycat.org**](mailto:golson@hycat.org)

Erin Biron, HYCAT LTS Supervisor/Coordinator & HYCAT Assistant Age

Group Coach; 304-767-8134 (C); [**scerin22@hotmail.com**](mailto:scerin22@hotmail.com)

Emily Dent, HYCAT Age Group Coach & HYCAT Assistant Senior Coach 540-220-1427 (C); [**emjdent@gmail.com**](mailto:emjdent@gmail.com)

Cindy Hemsworth, HYCAT Age Group Coach & HYCAT Assistant Senior  Coach; 304-746-7862 (C); [**cah32676@hotmail.com**](mailto:cah32676@hotmail.com)

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

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

Kristi Walter, HYCAT Age Group Coach HYCAT Assistant Senior Coach

804-337-2137 (C); [**kwalter@mail.kana.k12.wv.us**](mailto:kwalter@mail.kana.k12.wv.us)

**Swim Meets:** **Optional** attendance; strongly recommend participation in HYCAT home sponsored swim meets ***plus*** strongly recommend participation at both WV State Swimming Championships (mid-March & mid-July) and recommend participation at additional WV LSC Swim Meets throughout the state & region

\*\* refer to HYCAT Swim Meet schedule info; dates & location of meets

**Fee(s):** $125.00/monthly

***plus*** $075.00/annual USA Registration Fee

$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

A Parent Orientation/Educational meeting will be held on Sunday, August 14, 2016 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 Gold Team, the swimmer must be able to perform the skills listed below to the satisfaction of the HYCAT Coaching Staff.

* Age appropriate for Gold Team
* Swim minimum 150 yards proper free with proper breathing techniques
* Swim minimum 150 yards proper back
* Swim minimum 150 yards proper breast
* Swim minimum 150 yards proper fly
* Swim minimum 300 yards proper IM

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Promotion to the Gold Team info (cont) …..

* Knowledge of reading the pace clock
* Perform all starts & turns associated with the 4 competitive strokes
* Attend 2 or more HYCAT home sponsored meets and both WV State Swim Meets
* 11 year old **MUST** have minimum 6 AAAA times in 3 different strokes and at least 1 in

100 & 1 in 200 events

* 12 year old **MUST** have minimum 8 AAA times in 4 different strokes and at least 2 in 100

& 2 in 200 events