**SENIOR VARSITY TEAM**

**2014-2015 HYCAT SWIMMING PROGRAM**

**[UP-DATED 08/05/2014]**

**Ages:** **ALL** 13-older swimmers ***plus*** “advanced” 12 year olds with approval of the HYCAT Head Competitive & Senior Coach

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

**Practices: Aug 18th thru May 27th**

Wed (am) 05:00am-06:30am (swimming @ UC w/Rob ….. starts

**Wed, Sep 03rd**) [\*\*]

Mon/Fri (am) [\*\*] 05:00am-06:30am (swimming @ UC w/Rob ….. if swim-

mer attends 6 or more practices the

previous week)

Mon/Tue/Wed/Thu 05:30pm-06:10pm (dryland conditioning @ UC w/Aaron)

06:20pm-07:55pm (swimming @ UC w/Aaron & Chris)

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

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

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

**May 28th thru Aug 09th**

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

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

02:30pm-04:10pm (swimming @ UC w/Aaron)

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

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

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

**Aug 10th thru Aug 23rd**

Summer Break

**Mon, Aug 24th**

2015 HYCAT Fall Season starts

**Attendance:** **NO** swim/dryland practice attendance requirements & paddles + 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***)

**PAGE 02**

**HYCAT Community** swimmer ***required*** to work **minimum** 2 sessions during the 2014 HYCAT Fall Swim

**Service Requirement:** Season **AND** 2 sessions during the 2015 HYCAT Winter/Spring Swim Season as follows: [1] HYCAT August swim Camp; [2] HYCAT Stroke Clinics/Camps or [3] HYCAT Novice Swim Meets. If swimmer unable, or fails to fulfill this HYCAT Community Service Requirement, swimmer will need to work two (2) additional Stroke Clinics or Novice Swim Meets within 45 days in order to remain an “active” member of the HYCAT Senior Varsity Team. If swimmer fails to fulfill this make-up

Requirement, the swimmer will be re-assigned to the appropriate HYCAT “Recreational/Developmental” Program for a period not to exceed 12 months.

**Fees:** $150.00/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*** informational meeting for parents & swimmers will be held on Tuesday, August 12, 2014 at 5:00pm; Clay Tower Building; 1st floor; room #101; UC swimming pool. Make-up meeting for parents ***only*** will be held Thursday, August 21, 2014 at 07:00pm; Clay Tower Building; 1st floor; room #101; UC campus

If a swimmer wishes to be considered for promotion to the HYCAT Competitive National Team, the swimmer must be able to perform the skills listed below to the satisfaction of the HYCAT Head Competitive & Senior Coach:

* Age appropriate for National Team
* Swim minimum 750 yards proper free with proper breathing techniques
* Swim minimum 300 yards proper back
* Swim minimum 300 yards proper breast
* Swim minimum 300 yards proper fly
* Swim minimum 600 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 6 NAG 13-14 “AAA” times in 3 strokes