**SENIOR VARSITY TEAM**

**2015-2016 HYCAT SWIMMING PROGRAM**

**[UP-DATED 08/03/2015]**

**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 17th thru May 24th (or end of Kanawha County School year)**

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

**Wed, Sep 02nd**) [\*\*]

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

..… starts **Tue, Sep 08th**)

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

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

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

Sun OFF

**May 25th (or end of Kanawha County School year) thru Jul 31st**

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

Mon/Tue/Thu/Fri (pm)01:30pm-02:10pm (dryland conditioning @ UC w/Aaron)

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

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

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

Sun OFF

**Aug 01st thru Aug 14th**

Summer Break

**Mon, Aug 14th**

2016 HYCAT Fall Season begins

**Attendance:** **NO** swim/dryland practice attendance requirements ….. ***strongly*** recommend **MIN** 4 days/practices per week

**Enrollment:** HYCAT membership from Sep 2015 thru Aug 2016 **required**

\*\* if a swimmer elects to take a month(s) “off,” the swimmer/parent agrees to pay 3/4 of

the regular monthly swim team fees ***plus*** must fulfill any swim meet participation as

listed below:

[A] swimmer must work 2 sessions for each session/day missed at future HYCAT swim

meets or activities and has 6 months to complete the work; **OR**

[B] swimmer/parent pays $25.00 per session/day missed for each swim meet session/

day missed

**Equipment:** Club will provide kickboard; swimmer will need to purchase flippers/fins;paddles; pull buoy & snorkel + additional equipment as required by HYCAT Coaching Staff

**Dryland:** Separate program and/or incorporated with the swimmer’s swim practice ….. see above for practice details/info

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**HYCAT Community** swimmer ***required*** to work **minimum** 2 sessions during the 2015 HYCAT Fall Swim

**Service** Season **AND** 2 sessions during the 2016 HYCAT Winter/Spring Swim Season as

**Requirement:** 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 National Team. If swimmer fails to fulfill this make-up, the swimmer will be re-assigned to the appropriate HYCAT “Recreational” Program for a period not to exceed 12 months.

**Coaching Staff:** Greg Olson, HYCAT Director/Head Coach & HYCAT Assistant Recreational

Coach; 304-357-4825 (W); 304-415-3465 (C); [**golson@hycat.org**](mailto:golson@hycat.org)

Chris Rogers, HYCAT Head Travel Coach & HYCAT Senior Travel Coach; 304-

415-2591 (C); 304-347-8972 ext 220 (W);

[**crogers@garlowinsurance.com**](mailto:crogers@garlowinsurance.com)

Aaron Settle, HYCAT Assistant Senior & Age Group Travel Coach; HYCAT

Strength & Conditioning Coach & HYCAT Athletic Trainer; 304-419-3230

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

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

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

Cindy Hemsworth, HYCAT Age Group Travel Coach & HYCAT Assistant Senior

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

Erin Biron, HYCAT Head Recreational Coach; 304-767-8134 (C);

[**scerin22@hotmail.com**](mailto:scerin22@hotmail.com)

**Swim Meets:** HYCAT (Charleston) sponsored swim meets (Kortz/Oct 2015; Capital City/Nov 2015

& Odd Age/Apr 2016) ….. **ALL** sessions ***required***

***plus*** WV State Swim Meets (March 2016 & July 2016) ….. **ALL** sessions ***required***

***plus*** attend 3 days at any of the following meets: HYCAT Logan Meet/Oct 2015; HYCAT

@ Huntington Fall Classic Meet/Dec 2015 or HYCAT @ Huntington Winter

Meet/Jan 2016 ***required***

**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*** Parent Orientation/Educational meeting will be held on Sunday, August 16, 2015 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.

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If a swimmer wishes to be considered for promotion to the HYCAT Travel National Team, the swimmer must be able to perform the skills listed below to the satisfaction of the HYCAT Travel Senior Coach and/or the HYCAT Director/Head Coach.

* Age appropriate for National Team
* Swim minimum 1200 yards proper free with proper breathing techniques
* Swim minimum 0300 yards proper back
* Swim minimum 0300 yards proper breast
* Swim minimum 0300 yards proper fly
* Swim minimum 0600 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