**SUMMER TEAM**

**2015-2016 HYCAT SWIMMING PROGRAM**

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

**Ages:** **ALL** 5-older swimmers w/ability to swim 25 yards freestyle & backstroke and a minimum knowledge of how to perform breaststroke & butterfly

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

**Practice schedule: May 01st, 2016 thru Jul 31st , 2016**

Swimmer will be assigned to one of the HYCAT “Recreational” Programs

(refer to the specific HYCAT Program handouts for additional practice

details/info)

**Aug 01st thru Aug 14th**

OFF OFF

**Mon, Aug 15th**

2016 HYCAT Fall Season begins

**Attendance:** **NO** requirements; recommend attend any 2 days per week if possible

**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)

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

357-4825 (W); [**scerin22@hotmail.com**](mailto:scerin22@hotmail.com)

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)

**Swim Meets:** **Optional** attendance; recommend participation in HYCAT Novice Swim Meets and HYCAT home sponsored swim meets

**Fee(s):** $160.00/May-Jul; ***or*** $125.00/Jun-Jul; ***or*** $90.00/Jul

***plus*** $040.00/seasonal USA Registration Fee [May thru Aug]

$060.00/annual HYCAT Membership Fee

**Stroke Clinics: ALL** HYCAT Stroke Clinics/Camps held on designated Saturdays from 10:10am-11:00am. Refer to separate schedule for details/info.

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**Novice Meets:** **ALL** HYCAT Novice Swim Meets held on designated Saturdays from

10:10am-11:45am except where indicate. Refer to separate schedule for

details/info.

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 one of the other HYCAT “Recreational” Teams, the swimmer must be able to perform the skills specific for that team/program to the satisfaction of the HYCAT Coaching Staff. Also, if the swimmer wishes to join one of the HYCAT Travel Teams, please see/speak to Greg Olson.

* Age appropriate for the specific HYCAT Team
* Swim minimum \_\_\_ yards proper free with proper breathing techniques for the HYCAT Team/Program
* Swim minimum \_\_\_ yards proper back for the HYCAT Team/Program
* Swim minimum \_\_\_ yards proper breast for the HYCAT Team/Program
* Swim minimum \_\_\_ yards proper fly for the HYCAT Team/Program
* Swim minimum \_\_\_ yards proper IM for the HYCAT Team/Program
* Somersault in water w/out holding their nose
* Perform proper freestyle turn w/proper push-off the wall
* Perform proper backstroke turn w/proper push-off the wall
* Perform proper breaststroke turn w/proper push-off the wall
* Perform proper butterfly turn w/proper push-off the wall
* Perform proper start from the starting block for all 4 strokes
* Proper departure from wall for all 4 strokes in streamline body position
* Attend 2 HYCAT Stroke Clinics
* Attend 1 HYCAT Novice Swim Meet
* Swimmer must have approval of Head Recreational Coach ***or*** HYCAT Director and attended at least 75% of practices