**SUMMER TEAM**

**2016-2017 HYCAT SWIMMING PROGRAM**

**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, 2017 thru Jul 31st , 2017**

Swimmer will be assigned to one of the HYCAT Swim Team Programs

(refer to the specific HYCAT Program handouts for additional practice

details/info)

**Aug 01st thru Aug 13th**

OFF OFF

**Mon, Aug 14th**

2017 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 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; recommend participation in HYCAT Novice Swim Meets and HYCAT home sponsored swim meetssuch as the HYCAT City Swim Meet

**Fee(s):** $150.00/May-Jul; ***or*** $100.00/Jun-Jul; ***or*** $50.00/Jul

***plus*** $040.00/seasonal USA Registration Fee [May thru Aug 2017]

$060.00/annual HYCAT Membership Fee

**Stroke Clinics: ALL** HYCAT Stroke Clinics/Camps held on designated Saturdays from 09:45am-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

09:45am-11:00am 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 Swim Team Programs, 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 Swim 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 Age Group Coach ***or*** HYCAT Director and attended at least 75% of practices