**SENIOR TEAM**

**2013-2014 HYCAT SWIMMING PROGRAM**

**[UP-DATED 08/20/2013]**

**Ages:** **ALL** 13-older swimmers

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

**Practices: Sep thru Feb 21st**

Mon & Fri (am) 05:00am-06:30am (swimming w/Rob)

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

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

Fri/Sat/Sun OFF

**Feb 22nd thru Aug 10th**

OFF swimmer may join another HYCAT Program to continue

their training

**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:** Chris Rogers, HYCAT Senior Competitive Coach; 843-312-8846;

[**Christopher.rogers@mail.wvu.edu**](mailto:Christopher.rogers@mail.wvu.edu)

Rob St Jean, HYCAT Age Group Competitive Coach & Senior

Competitive Assistant Coach; 304-343-1315;

[**robstjean@yahoo.com**](mailto:robstjean@yahoo.com)

Aaron Settle, HYCAT Strength & Conditioning Coach; HYCAT Age Group

& Senior Assistant Coach; 304-429-3230;

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

**Swim Meets:** HYCAT (Charleston) sponsored swim meets (Kortz & Capital City) **ALL** sessions

***required***

1 day @ either HYCAT Logan Meet or HYCAT Winter Meet ***required***

**Swim Camp/** swimmer ***required*** to work **minimum** 1 session @ 2013 HYCAT Summer Swim

**Stroke Clinics:** Camp **AND** 2 HYCAT Stroke Clinics during the 2013 HYCAT Fall Swimming

Season & 2 HYCAT Stroke Clinics during the 2014 Winter Swimming Season;

if swimmer unable, or fails to fulfill requirement, swimmer will need to work an additional Stroke Clinic within 30 days to remain an “active” member of the HYCAT Senior Team

**Fees:** $185.00/monthly

***plus*** $070.00/annual USA Registration Fee

***plus*** $050.00/annual HYCAT Membership Fee

$046.00/annual Y Membership Fee (14-younger = ***optional*** but recommended)

$093.00/annual Y Membership Fee (15-older = ***optional*** but recommended)

**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)

**PAGE 02**

***REQUIRED*** informational meeting for parents & swimmers will be held on Tuesday, August 20, 2013 at 5:15pm; UC swimming pool. Make-up meeting for parents ***only*** will be held Thursday, August 22, 2013 at 07:30pm; Clay Tower Building; 1st floor; room #101; University of Charleston campus.

If a swimmer wishes to continue their membership on the HYCAT Swimming Program, the swimmer may select one of the three programs listed below.

* Age appropriate for Sr Varsity Team
* Swim minimum 500 yards proper free with proper breathing techniques
* Swim minimum 200 yards proper back
* Swim minimum 200 yards proper breast
* Swim minimum 200 yards proper fly
* Swim minimum 400 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 4 NAG 13-14 or 15-18 “AAA” times in 3 strokes or 1 Y National qualifying time 11-12
* Age appropriate for National Team
* Swim minimum 750 yards proper free with proper breathing techniques
* Swim minimum 400 yards proper back
* Swim minimum 300 yards proper breast
* Swim minimum 300 yards proper fly
* Swim minimum 400 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 or 15-18 “AAA” times in 3 strokes or 1 Y National qualifying time 11-12
* Age appropriate for Gold Team
* Swim minimum 300 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 200 yards proper IM
* Streamline on push-offs from wall on stomach and back
* Proper starts; turns and departure from wall for all 4 strokes