**SENIOR VARSITY TEAM**

**2013-2014 HYCAT SWIMMING PROGRAM**

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

**Ages:** **ALL** 13-older swimmers ***plus*** “advanced” 12 year olds with approval of the HYCAT Coaching Staff & 1 Y National qualifying time standard

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

**Practices: Sep thru May 18th**

Wed (am) 05:00am-06:30am (swimming w/Rob) [\*\*]

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

 attends 6 or more practices the

 previous week)

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

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

Fri 04:30pm-06:00pm (swimming w/Chris & Cindy)

Sat 07:30am-09:30am (swimming w/Aaron or Rob)

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

**May 19th thru Aug 10th**

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

Mon/Tue/Thu/Fri (pm) 02:30pm-04:10pm (swimming @ UC w/Chris)

 04:30pm-05:30pm (dryland conditioning @ UC w/Aaron)

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

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

**Aug 11th thru Aug 24th**

Summer Break

**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**

Rob St Jean, HYCAT Age Group Competitive Coach; 304-343-1315;

**robstjean@yahoo.com**

Cindy Hemsworth, HYCAT Age Group Competitive Coach; 304-746-

 7862; **cah32676@hotmail.com**

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

 & Senior Assistant Coach; 304-429-3230;

 **asettle1@wvstateu.edu**

**Swim Meets:** HYCAT (Charleston) sponsored swim meets (Kortz; Capital City & Odd Age)

 **ALL** sessions ***required***

WV State Swim Meets (March & August) **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

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**Fees:** $140.00/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)

***REQUIRED*** informational meeting for parents & swimmers will be held on Tuesday, August 20, 2013 at 6:15pm; 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 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 Coaching Staff:

* 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 or 1 Y National qualifying time 11-12