**VARSITY TEAM**

**2014-2015 HYCAT SWIMMING PROGRAM**

**[UP-DATED 08/05/2014]**

**Ages:** **ALL** 11-14 year olds ***plus*** ”developing” 15-16 year olds or “advanced” 9-10 year olds with approval of the HYCAT Coaching Staff

**Description:** Competitive swimming training with some stroke work and drills.

**Practices: Aug 18th thru May 27th**

Mon/Tue/Wed/Thu 04:30pm-04:55pm (dryland conditioning @ UC w/Aaron

Settle)

05:05pm-06:15pm (swimming @ UC w/Rob & Cindy)

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

Sat 07:30am-09:00am (swimming @ UC w/Aaron))

Sun 12:30pm-02:00pm (swimming @ UC w/Chris for 11-older

swimmers ***plus*** 10 year olds w/permis-

sion of HYCAT Head Competitive Coach

based upon the swimmer’s physiological

age; swimming experience; swimming

proficiency & maturity

**May 28th thru Aug 09th**

Mon/Wed/Fri (am) 07:15am-08:45am (swimming @ Coonskin w/Rob & Cindy)

08:50am-09:15AM (dryland conditioning @ Coonskin w/Rob)

Tue/Thu (am) 07:30am-08:30am (swimming & stroke work/drills @ UC

w/Rob & Cindy)

08:40am-09:05AM (dryland conditioning @ UC w/Rob)

Mon/Tue/Thu/Fri (pm)01:45pm-02:20pm (dryland conditioning @ UC w/Aaron)

02:30pm-04:10pm (swimming @ UC w/Aaron)

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

Sat 07:00am-08:30am (swimming @ Coonskin w/Aaron)

Sun 12:30pm-02:00pm (swimming @ UC w/Chris for 11-older

swimmers ***plus*** 10 year olds w/permis-

sion of HYCAT Head Competitive Coach

based upon the swimmer’s physiological

age; swimming experience; swimming

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**Aug 10th thru Aug 23rd**

Summer Break

**Mon, Aug 24th**

2015 HYCAT Fall Season starts

**Attendance:** **NO** swim/dryland practice attendance requirements

**Enrollment:** HYCAT membership from Sep 2014 thru Aug 2015 **required**

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

**Dryland:** Separate program and/or incorporated with the swimmer’s swim practice

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**Coaching Staff:** Rob St Jean, HYCAT Age Group Competitive Coach & Assistant Senior Coach;

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

Cindy Hemsworth, HYCAT Age Group Competitive Coach & Assistant Senior Coach;

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

Chris Rogers, HYCAT Assistant Senior Competitive Coach & Assistant Age Group &

Rec/Dev Coach; 843-312-8846; **[Christopher.rogers@mail.wvu.edu](mailto:Christopher.rogers@mail.wvu.edu)**

Aaron Settle, HYCAT Head Competitive & Senior Coach; HYCAT Head Strength & Conditioning Coach; HYCAT Age Group

Conditioning Coach & HYCAT Head Athletic Trainer; 304-429-3230;

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

HYCAT Logan Meet (1 day ***required***)

HYCAT (Huntington) Winter Meet (2 days ***required***)

**Fees:** $125.00/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*** informational meeting for parents & swimmers will be held on Tuesday, August 12, 2014 at 5:00pm; Clay Tower Building; 1st floor; room #101; UC swimming pool. Make-up meeting for parents ***only*** will be held Thursday, August 21, 2014 at 07:00pm; Clay Tower Building; 1st floor; room #101; UC campus

If a swimmer wishes to be considered for promotion to the HYCAT Competitive Senior Varsity Team, the swimmer must be able to perform the skills listed below to the satisfaction of the HYCAT Head Competitive & Senior Coach:

* Age appropriate for Senior 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 6 NAG 13-14 “A” times in 2 strokes or 10 NAG 11-12 “AA” times in 3 strokes