**VARSITY TEAM**

**2013-2014 HYCAT SWIMMING PROGRAM**

**[UP-DATED 08/12/2013]**

**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: Sep thru May 18th**

Mon/Tue/Wed/Thu 04:30pm-05:00pm (dryland conditioning w/Aaron Settle)

05:10pm-06:15pm (swimming @ UC w/Rob & Cindy)

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

Sat 07:30am-09:00am (swimming w/Aaron or Rob)

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

**May 19th thru Aug 10th**

Mon/Wed/Fri (am) 07:30am-08:30am (stroke work/drills @ UC w/Cindy) ***or***

07:15am-08:45am (swimming @ Coonskin w/Rob)

08:50am-09:15AM (dryland conditioning @ Coonskin

w/Rob)

Tue/Thu (am) 07:30am-08:30am (swimming @ UC w/Rob & Cindy)

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

Cindy)

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

04:30pm-05:15pm (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

**Enrollment:** HYCAT membership from Sep 2013 thru Aug 2014 **required**

Y membership ***optional*** but strongly recommended

**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

**Coaching Staff:** Rob St Jean, HYCAT Age Group Competitive Coach; 304-343-1315;

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

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

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

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

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

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 & 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***

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**Fees:** $115.00/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 4:45pm; 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 Senior Varsity Team, the swimmer must be able to perform the skills listed below to the satisfaction of the HYCAT Coaching Staff:

* 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