**WHITE TEAM**

**2016-2017 HYCAT SWIMMING PROGRAM**

**[UP-DATED 08/31/16]**

**Ages:** “advanced” 7-8 year olds; “developing” 9-10 year olds & “beginning” 11-14 year olds

**Description:** Emphasis on proper development of the 4 competitive strokes by means of various stroke skills/drills & beginning swim training concepts that create an enjoyable atmosphere for learning.

**Practice schedule: Aug 15th thru May 23rd (or end of Kanawha County School year)**

Monday thru Thursday 04:15pm-05:25pm (swimming & stroke

drills/skills @ UC w/

Greg & Cindy)

***OR*** 06:40pm-07:45pm (swimming & stroke

drills/skills @ UC w/

Cindy + other staff

members when avail-

able)

\*\* **NOTE:** swimmer selects either the early practice or late practice for the month

without changing times during the month

Fri 04:00pm-05:00pm (sprint practice @ UC w/

Greg; Cindy & Emily or

Kristi w/approval of

Coaching Staff)

Sat 08:15am-09:30am (swimming @ UC w/Emily

or Kristi w/approval of

Coaching Staff)

Sun OFF

**May 24th (or end of Kanawha County School year) thru Jul 31st**

Mon thru Fri (am) 07:15am-08:30am (swimming @ Cato w/

Emily of Kristi)

***OR*** 07:15am-08:30am (swimming & stroke

drills/skills @ UC w/

Cindy)

Mon/Tue/Thu/Fri (pm) 02:15pm-04:10pm (swimming @ UC w/Rob

& Emily or Kristi)

Wed(pm) OFF

Sat 07:00am-08:30am (swimming @ Cato w/

Cindy or Emily or Kristi

w/coach approval)

Sun OFF

**Aug 01st thru Aug 13th**

OFF OFF

**Mon, Aug 14th**

2017 HYCAT Fall Season begins

**Attendance:** **NO** requirements; recommend attend any 2-3 days/practices per week if possible

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**Equipment:** swimmer will receive ½ kickboard & pipe from HYCAT; swimmer will need to purchase their own flippers/fins and paddles ***plus*** any other additional

equipment as required by the HYCAT Coaching Staff

**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 meets (1-3) ***plus*** strongly consider participation at the WV State Short Course Swimming Championships and other WV LSC swim meets

\*\* refer to HYCAT Novice Swim Meet schedule for info & dates

\*\* refer to HYCAT Swim Meet schedule info; dates & location of meets

**Fee(s):** $100.00/monthly

***plus*** $075.00/annual USA Registration Fee

$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

**Stroke Clinics: ALL** HYCAT Stroke Clinics/Camps held on designated Saturdays from 09:45am-11:00am. Refer to separate schedule for details/info.

**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.

A Parent Orientation/Educational meeting will be held on Sunday, August 14, 2016 at 04:00pm; Clay Tower Building; 1st floor; room #101; University of Charleston campus.

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.

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If a swimmer wishes to be considered for promotion to the Red Team, the swimmer must be able to perform the skills listed below to the satisfaction of the HYCAT Coaching Staff.

* Age appropriate for Red Team
* Swim minimum 100 yards proper free with proper breathing techniques
* Swim minimum 100 yards proper back
* Swim minimum 100 yards proper breast
* Swim minimum 100 yards proper fly
* Swim minimum 200 yards proper IM
* Knowledge of proper departure from wall in streamline position
* Perform all starts & turns for the 4 competitive strokes
* Knowledge of reading the pace clock
* Attend 1-2 HYCAT home swim meets + WV State Short Course State Meet
* If 10-under, must have approval of HYCAT Director/Head Coach and attended at least 75% of swim practices