**WHITE TEAM**

**2017-2018 HYCAT SWIMMING PROGRAM**

**[UP-DATED 04/18/18]**

**Ages:** “advanced” 07-08 year olds; “beginning/intermediate” 09-12 year olds; “developing/developing” 13-14 year olds & “new” 15 year olds w/permission of staff

**Coaches:** Kristi Walter {early session} & Rob St Jean or Erin Ballard {late session} with assistance from Erin Ballard & Chris Rogers

**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 13th thru Jun 04th (or end of Kanawha County School year)**

Monday thru Thursday 04:35pm-05:40pm (swimming & stroke drills/

 skills @ UC w/Kristi)

 ***OR*** 06:40pm-07:55pm (swimming & stroke drills/

 skills @ UC w/Rob or Erin)

\*\* **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/

 Kristi; Melissa; Rob; Erin

 or Chris **w/coach**

 **approva**l)

Sat 07:30am-09:30am (swimming @ UC w/Kristi;

 Melissa; Rob; Erin or Chris

 **w/coach approval**)

 ***OR*** 08:15am-09:30am (swimming @ UC w/Kristi;

 Melissa; Rob; Erin or Chris

 **w/coach approval**)

Sun OFF

**Jun 05th (or end of Kanawha County School year) thru Jul 27th**

Mon thru Fri (am) 07:45am-09:00am (swimming @ Cato w/Kristi;

 Melissa or Rob w**/coach**

 **approval**)

 ***OR*** 08:00am-09:15am (swimming + stroke work @

UC w/Erin)

Mon/Tue/Thu/Fri (pm) 02:15pm-03:30pm (swimming @ UC w/Kristi

 Melissa or Rob **w/coach**

 **approval**)

***OR*** 04:20pm-05:15pm (stroke work/drills @ UC

 w/Greg)

Sat 07:30am-09:30am (swimming @ UC w/Kristi;

 Melissa; Rob; Erin or Chris

 **w/coach approval**)

Wed(pm)/Sun OFF

**Jul 28th thru Aug 12th**

OFF OFF

**PAGE 02**

**Practice schedule Mon, Aug 13th**

**(cont) …..** 2018 HYCAT Fall Season begins

**Attendance:** **NO** requirements; recommend attend any 3-4 days per week if possible

**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/Coach; HYCAT Age Group Coach &

 HYCAT Assistant Senior Coach; 304-357-4825 (W); 304-415-

 3465 (C); **golson@hycat.org**

Erin Ballard, HYCAT LTS Supervisor/Coordinator; HYCAT Age Group &

Assistant Senior Coach; 304-767-8134 (C); **scerin22@hotmail.com**

Melissa McGlothen, HYCAT Age Group Coach & Assistant Senior Coach;

 304-552-9839 (C); **ukcatfish@hotmail.com**

Chris Rogers, HYCAT Senior Coach; Dryland Coach & Assistant Age

 Group Coach; 304-415-2591 (C); **cwrogers@g.cofc.edu**

Rob St Jean, HYCAT Age Group Coach; Assistant Senior Coach &

HYCAT Dryland Coach; 304-343-1315 (C); **robstjean@yahoo.com**

Kristi Walter, HYCAT Head Coach; HYCAT Senior Coach & HYCAT

 Assistant Age Group Coach HYCAT Assistant Senior Coach

 804-337-2137 (C); **kwalter@mail.kana.k12.wv.us**

**Swim Meets:** **Required** swim meet attendance; refer to the 2017-18 HYCAT Swim

Meet schedule info; dates & location of meets as listed below …..

[1] attend all sessions/days at all HYCAT “home” sponsored swim meets

[2] attend one (1) of the following three (3) swim meets at HYCAT @

 Logan (Sep 2017); HYCAT @ Huntington (Dec 217) or HYCAT @

 Huntington (Jan 2018)

[3] attend all sessions/days & compete fully at both WV LSC State Swim-

 ming Championships in mid-March and mid-July

[4] strongly encourage/recommend to attend other WV LSC scheduled

 swim meets and other meets outside the WV LSC as recommended

 by the HYCAT Coaching Staff

**Fee(s):** $100.00/monthly … August monthly fee is one-half regular monthly fees

***plus*** $075.00/annual USA Registration Fee … ***please*** pay beginning Sep 01st

$060.00/annual HYCAT Membership Fee … ***please*** pay beginning Sep 01st

**Additional Fees:**

$010.00/for each of the 4 HYCAT “home” sponsored swim meets **required**

$010.00/meet for **ALL** of the other WV LSC swim meets

$050.00/for any part of any day/session missed at WV State Swimming Cham-

 pionships in mid-March and mid-July **required**; failure to pay will result in the

 swimmer being assigned to the Blue 2 Team for a period not to exceed 12

 months

$TBA /swimmer pays entry fees + surcharges for any non-WV LSC

 swim meets entered

**PAGE 03**

**Fee(s) (cont) …..** $TBA /swimmer pays entry fees + surcharges + coach attending meet

 expenses for any of the HYCAT meets designated as “Select

 Meet”

**Stroke Clinics: NOT** eligible to attend

**Novice Meets:** **NOT** eligible to attend

**Bring-A-Friend** **ALL** HYCAT Bring-A-Friend to Pool Days held on designated Saturdays

**To Pool Day:** from 11:15am-12:30pm except where indicated. Refer to separate

 schedule for details/info.

A Parent Orientation/Educational meeting will be held on Sunday, August 12, 2018 at 05:00pm; 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.

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 150 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 300 yards proper IM
* Knowledge of proper departure from wall in streamline position
* Advance knowledge of reading the pace clock
* Proper performance of starts & turns for all strokes
* Fulfilled White Team swim meet attendance requirements
* If 09-10, must have approval of HYCAT Director/Coach & HYCAT White Coach(es) and attended at least 75% of swim practices