**WHITE TEAM**

**2017-2018 HYCAT SWIMMING PROGRAM**

**[UP-DATED 08/08/17]**

**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:** Greg Olson {early session} & Cindy Hemsworth & Rob St Jean {late session}

**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 May 21st (or end of Kanawha County School year)**

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

skills @ UC w/Greg)

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

skills @ UC w/Cindy & Rob)

\*\* **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; Rob; Cindy or Greg

w/coach approval)

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

Rob; Cindy or Greg

w/coach approval)

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

Rob; Cincy or Greg

w/coach approval)

Sun OFF

**May 21st (or end of Kanawha County School year) thru Jul 27th**

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

or Rob w/coach approval)

***OR*** 07:30am-09:00am (swimming @ Cato w/Kristi;

or Rob w/coach approval)

***OR*** 07:30am-08:40am (swimming + stroke work @

UC w/Greg)

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

or Rob)

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

w/Greg)

Wed(pm)/Sat/Sun OFF

**Jul 28th thru Aug 12th**

OFF OFF

**Mon, Aug 13th**

2018 HYCAT Fall Season begins

**Attendance:** **NO** requirements; recommend attend any 3-4 days 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/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 Ballard, HYCAT LTS Supervisor/Coordinator & HYCAT Age Group;

304-767-8134 (C); [**scerin22@hotmail.com**](mailto:scerin22@hotmail.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 Assistant Senior Coach & HYCAT Assistant Age

Group Coach; 304-343-1315 (C); [**robstjean@yahoo.com**](mailto: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**](mailto: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 at both WV LSC State Swimming Champion-

ships 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

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

swim meets entered

$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 indicate. Refer to separate

schedule for details/info.

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A Parent Orientation/Educational meeting will be held on Sunday, August 13, 2017 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