

**2015 – 2016 HYCAT SWIMMING PROGRAM**

**DESCRIPTION OF HYCAT “TRAVEL” TEAMS**

**[UP-DATED 07/22/2015 SCHEDULE]**

**Junior Varsity Team**

* **ALL** 10-under swimmers plus ***developing*** 11-12 year olds w/approval of the HCYAT Coaching Staff **AND**

part-time HYCAT Comp Team members from 2014-2015 season from the Jr Varsity & Varsity Team Programs

* introduction to beginning competitive swimming with stroke work and drills
* membership: HYCAT membership from September thru August ***required***
* Coaching Staff: Rob St Jean & Cindy Hemsworth ***plus*** Chris Rogers & Aaron Settle
* practice **Aug 17th thru May (end of Kanawha County school year)**

schedule: Mon/Tue/Wed/Thu

[Session 1] 04:00pm-05:00pm (swimming w/Rob & Cindy)

[Session 2] ***OR*** 07:35pm-08:35pm (swimming w/Erin & TBA)

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

there will be **NO** switching of practice groups unless

approved by HYCAT Director

Fri 04:30pm-06:00pm (swimming for 9-older swimmer w/CIndy)

Sat/Sun OFF

**May (Kanawha County schools dismissed) thru Aug**

Mon/Wed/Fri (am) 07:15am-08:25am (swimming @ Cato Park w/Rob & Cindy)

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

Mon/Tue/Thu/Fri (pm) 04:20pm-05:15pm (stroke work @ UC w/Greg)

Wed (pm)/Sat/Sun OFF

* requirements: **NO** swim practice attendance requirements ….. strongly recommend minimum 2 practices per

week

12 month membership from Sep 2015 thru Aug 2016

\*\* if a swimmer elects to take a month(s) “off,” the swimmer/parent agrees to pay 3/4 of the

regular monthly swim team fees ***plus*** must fulfill any swim meet participation as listed below:

[A] swimmer must work 2 sessions for each session/day missed at future HYCAT swim

meets or activities and has 6 months to complete the work; **OR**

[B] swimmer/parent pays $25.00 per session/day missed for each swim meet missed

HYCAT @ Charleston 3 home sponsored swim meets (Kortz; Capital City Classic & Odd Age

Meets ***required***)

***PLUS*** 1 day @ any of the following HYCAT Meets: HYCAT Logan Meet; HYCAT Huntington Fall

Swim Meet or HYCAT Huntington Winter Swim Meet ***required***

***PLUS*** both WV State Meets (March & July) ***required***

* HYCAT fees: $100.00/monthly swim fees (\*\*) ***plus***

[**REQUIRED**] \*\* 10% discount if 12 months paid no later than 11/20/2015

$070.00/annual USA Registration fee

$060.00/annual HYCAT Membership fee

* Additional fees: $010.00/meet for **ALL** WV LSC swim meets, including HYCAT meets, a swimmer attends

[***OPTIONAL***] $ TBA /Swimmer pays entry fees + surcharges for any non-WV LSC swim meets non-WV LSC

swim meets

**Varsity Team**

* **ALL** 11-14 year old swimmers plus ***advanced*** 10 year olds w/approval of the HCYAT Coaching Staff
* beginning to intermediate competitive swimming with stroke work and drills
* membership: HYCAT membership from September thru August ***required***
* Coaching Staff: Rob St Jean & Cindy Hemsworth ***plus*** Chris Rogers & Aaron Settle
* practice **Aug 17th thru May (end of Kanawha County school year)**

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

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

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

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

Sun OFF

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**Varsity Team** **(cont) …..**

* practice **(Kanawha County schools dismissed) thru Aug**

schedule Mon/Wed/Fri (am) 07:15am-08:40am (swimming @ Cato Park w/Rob & Cindy)

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

Mon/Tue/Thu/Fri (pm) 01:30pm,-02:10pm (dryland conditioning @ UC w/Aaron)

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

Wed (pm)/Sun OFF

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

* requirements: **NO** dryland practice attendance requirements ….. strongly recommend minimum 2 practices

per week

**NO** swim practice attendance requirements ….. strongly recommend minimum 3-4 practices

per week

12 month membership from Sep 2015 thru Aug 2016

\*\* if a swimmer elects to take a month(s) “off,” the swimmer/parent agrees to pay 3/4 of the

regular monthly swim team fees ***plus*** must fulfill any swim meet participation as listed below:

[A] swimmer must work 2 sessions for each session/day missed at future HYCAT swim

meets or activities and has 6 months to complete the work; **OR**

[B] swimmer/parent pays $25.00 per session/day missed for each swim meet missed

HYCAT @ Charleston 3 home sponsored swim meets (Kortz; Capital City Classic & Odd Age

Meets ***required***)

***PLUS*** 2 days @ any of the following HYCAT Meets: HYCAT Logan Meet; HYCAT Huntington Fall

Swim Meet or HYCAT Huntington Winter Swim Meet ***required***

***PLUS*** both WV State Meets (March & July) ***required***

* HYCAT fees: $125.00/monthly swim fees (\*\*) ***plus***

\*\* 10% discount if 12 months paid no later than 11/20/2015

$070.00/annual USA Registration fee

$060.00/annual HYCAT Membership fee

* Additional fees: $010.00/meet for **ALL** WV LSC swim meets, including HYCAT meets, a swimmer attends

[***OPTIONAL***] $ TBA /Swimmer pays entry fees + surcharges for any non-WV LSC swim meets non-WV LSC

swim meets

**Senior Varsity Team**

* **ALL** 13-older swimmers plus ***advanced*** 12 year olds w/approval of the HCYAT Coaching Staff
* intermediate to advance competitive swimming
* membership: HYCAT membership from September thru August ***required***
* Coaching Staff: Chris Rogers & Aaron Settle ***plus*** Rob St Jean
* practice **Aug 17th thru May (end of Kanawha County schools)**

schedule: Wed (am) 05:00am-06:30am (swimming w/Rob) [\*\*]

Mon/Fri (am) [\*\*] 05:00am-06:30am (swimming w/Rob if swimmer attends 6 or more

practices the previous week)

Mon/Tue/Wed/Thu 05:30pm-06:10pm (dryland conditioning w/Aaron) 06:20pm-07:55pm (swimming w/Aaron & Chris)

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

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

Sun OFF  
**May (Kanawha County schools dismissed) thru Aug**

Mon thru Fri (am) 07:00am-09:00am (swimming @ Cato Park w/Chris & Aaron)

Mon/Tue/Thu/Fri (pm) 01:30pm-02:10pm (dryland conditioning @ UC w/Aaron)

02:15pm-04:10pm (swimming @ UC w/Aaron)

Wed (pm)/Sun OFF

Sat 07:00am-09:00am (swimming @ Cato Park w/Aaron)

* requirements: **NO** dryland practice attendance requirements ….. strongly recommend minimum 3 practices

per week

**NO** swim practice attendance requirements ….. strongly recommend minimum 5-6 practices

per week

12 month membership from Sep 2015 thru Aug 2016

\*\* if a swimmer elects to take a month(s) “off,” the swimmer/parent agrees to pay 3/4 of the

regular monthly swim team fees ***plus*** must fulfill any swim meet participation as listed below:

[A] swimmer must work 2 sessions for each session/day missed at future HYCAT swim

meets or activities and has 6 months to complete the work; **OR**

[B] swimmer/parent pays $25.00 per session/day missed for each swim meet missed

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**Sr Varsity Team** **(cont) …..**

* requirements HYCAT @ Charleston 3 home sponsored swim meets (Kortz; Capital City Classic & Odd Age

(cont) ….. Meets ***required***)

***PLUS*** 3 days @ any of the following HYCAT Meets: HYCAT Logan Meet; HYCAT Huntington Fall

Swim Meet or HYCAT Huntington Winter Swim Meet ***required***

***PLUS*** both WV State Meets (March & July) ***required***

* HYCAT fees: $150.00/monthly swim fees (\*\*) ***plus***

\*\* 10% discount if 12 months paid no later than 11/20/2015

$070.00/annual USA Registration fee

$060.00/annual HYCAT Membership fee

* Additional fees: $010.00/meet for **ALL** WV LSC swim meets, including HYCAT meets, a swimmer attends

[***OPTIONAL***] $ TBA /Swimmer pays entry fees + surcharges for any non-WV LSC swim meets non-WV LSC

swim meets

**National** **Team**

* **ALL** 13-older swimmers plus ***advanced*** 12 year olds w/approval of the HCYAT Coaching Staff
* advance competitive swimming
* membership: HYCAT membership from September thru August ***required***
* Coaching Staff: Chris Rogers; Aaron Settle ***pus*** Rob St Jean
* practice **Aug 17th thru May (end of Kanawha County school)**

schedule: Mon/Wed/Fri (am) 05:00am-06:30am (swimming w/Rob)

Mon/Tue/Wed/Thu 05:30pm-06:10pm (dryland conditioning w/Aaron) 06:20pm-08:25pm (swimming w/Chris & Aaron)

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

Sat 07:30am-10:00am (swimming w/Aaron)

Sun OFF

**May (Kanawha County schools dismissed) thru Aug**

Mon thru Fri (am) 07:00am-09:30am (swimming @ Cato Park w/Chris & Aaron)

Mon/Tue/Thu/Fri (pm) 01:30pm-02:10pm (dryland conditioning @ UC w/Aaron)

02:15pm-04:10pm (swimming @ UC w/Aaron)

Wed (pm)/Sun OFF

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

* requirements: **NO** dryland practice attendance requirements ….. strongly recommend minimum 3-4 practices

per week

**NO** swim practice attendance requirements ….. strongly recommend minimum 7-8 practices

per week

12 month membership from Sep 2015 thru Aug 2016

\*\* if a swimmer elects to take a month(s) “off,” the swimmer/parent agrees to pay 3/4 of the

regular monthly swim team fees ***plus*** must fulfill any swim meet participation as listed below:

[A] swimmer must work 2 sessions for each session/day missed at future HYCAT swim

meets or activities and has 6 months to complete the work; **OR**

[B] swimmer/parent pays $25.00 per session/day missed for each swim meet missed

HYCAT @ Charleston 3 home sponsored swim meets (Kortz; Capital City Classic & Odd Age

Meets ***required***)

***PLUS*** 4 days @ any of the following HYCAT Meets: HYCAT Logan Meet; HYCAT Huntington Fall

Swim Meet or HYCAT Huntington Winter Swim Meet ***required***

***PLUS*** both WV State Meets (March & July) ***required***

* HYCAT fees: $175.00/monthly swim fees (\*\*) ***plus***

\*\* 10% discount if 12 months paid no later than 11/20/2015

$070.00/annual USA Registration fee

$060.00/annual HYCAT Membership fee

* Additional fees: $010.00/meet for **ALL** WV LSC swim meets, including HYCAT meets, a swimmer attends

[***OPTIONAL***] $ TBA /Swimmer pays entry fees + surcharges for any non-WV LSC swim meets non-WV LSC

swim meets

**College Team**

* **ALL** college age swimmer who return to train with HYCAT during the summer months
* advance competitive swimming
* membership: HYCAT membership from May thru August ***required***
* Coaching Staff: Chris Rogers; Aaron Settle & Rob St Jean
* practice **May thru May (end of Kanawha County school)**

schedule: Mon/Wed/Fri (am) 05:00am-06:30am (swimming w/Rob)

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**College Team** **(cont) …..**

* practice **May thru May (end of Kanawha County school) (cont) …..**

schedule Mon/Tue/Wed/Thu 05:30pm-06:10pm (dryland conditioning w/Aaron)

(cont) ….. 06:20pm-07:55pm (swimming w/Chris & Aaron)

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

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

Sun OFF)

**May (Kanawha County schools dismissed) thru Aug**

Mon thru Fri (am) 07:00am-09:00am (swimming @ Cato Park w/Chris & Aaron)

Mon/Tue/Thu/Fri (pm) 01:30pm-02:10pm (dryland conditioning @ UC w/Aaron)

02:15pm-04:10pm (swimming @ UC w/Aaron)

Wed (pm)/Sun OFF

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

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

\*\* if a swimmer elects to take a month(s) “off,” the swimmer/parent agrees to pay 3/4 of the

regular monthly swim team fees ***plus*** must fulfill any swim meet participation as listed below:

[A] swimmer must work 2 sessions for each session/day missed at future HYCAT swim

meets or activities and has 6 months to complete the work; **OR**

[B] swimmer/parent pays $25.00 per session/day missed for each swim meet missed

WV State LC Meet ***only***

* HYCAT fees: $030.00/week during Holiday periods ***OR*** $FREE if swimmer participated fully @

1. WV State LC Meet ***OR*** sibling currently on the HYCAT Swimming Program

$315.00/season (May thru Aug) ***OR*** $275.00/season (Jun thru Aug) ***OR*** $215.00

(Jul thru Aug) ***plus***

\*\* **NOTE:** if swimmer participated fully @ 2015 WV State LC Meet, then the swimmer’s

fees reduced $75.00 for the 2016 Summer Season

$070.00/annual USA Registration fee

$060.00/annual HYCAT Membership fee

**Cato Park (only) Team**

* **ANY** HYCAT Gold Team member ***OR*** 16-older swimmer who wishes to train @ Cato Park (50m pool) only
* advance competitive swimming
* membership: HYCAT membership from mid-May thru August ***required***
* Coaching Staff: Chris Rogers & Aaron Settle
* practice : **Late May (after Kanawha County schools are dismissed) thru August**

schedule: Mon thru Fri (am) 07:00am-08:30am (swimming @ Coonskin w/Chris & Aaron)

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

Sun OFF

* requirements: **NO** swim practice attendance requirements

**NO** dryland programs offered … if swimmer pays $50.00/month, swimmer may participate

If swimmer wishes to compete in swim meets, swimmer pays meet entry fees

* HYCAT fees: $275.00/season (May thru Aug) ***OR*** $225.00/season (Jun thru Aug) ***OR*** $175.00

(Jul thru Aug) ***plus***

$070.00/annual USA Registration fee

$060.00/annual HYCAT Membership fee

**HYCAT “Travel” Team (except Cato Park Team) requires swimmers to participate in meets. For further details about the teams and requirements, refer to the team-specific handouts. [Note: If a swimmer takes a month(s) off during the 2015-16 season, the swimmer must pay three-quarters (3/4) of the regular monthly fees to hold their space on the team and the swimmer MUST satisfy any meet requirement during the “off” period. If the swimmer fails to compete in a required meet during the “off” month(s), the swimmer will be required to work 2.0 sessions per each session/day of the meet missed *OR* pay $25.00 per day/session missed in order to return to “active” status on the team. The meet work/pay requirement also applies to any swimmer that misses any sessions of a required swim meet.]**

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**Learn-to-Swim Programs**:

* classes/programs offered

\*\* infants w/parent classes (children under the age of 3)

\*\* children classes (children between 3-15)

\*\* adult classes (adults 16 or older)

\*\* adult water exercise class (adults 16 or older)

* learn-to-swim schedule:

**Aug thru mid May**

Adult Classes 04:15pm-5:15pm (Sundays only; 10 classes; each class 60 minutes)

Infants w/Parent Classes 05:30pm-06:00pm (Sundays only; 10 classes; each class 30 minutes)

Children Classes 06:15pm; 6:45pm; 7:15pm & 7:45pm (Frida & Sunday class schedule; 10 classes;

each class 30 minutes)

Adult Water Exercise Class 10:00am-11:00am (Mon/Wed/Fri; 5 weeks; 15 classes; each class 60 minutes)

**Late May thru early Aug**

Adult Classes 04:15pm-5:15pm (weekday afternoons; 10 classes; each class 60 minutes)

Infants w/Parent Classes 05:30pm-06:00pm (weekday afternoons; 10 classes; each class 30 minutes)

Children Classes 10:15am; 10:45am; 11:15am & 11:45am (weekday mornings; 10 classes; each class

30 minutes)

06:15pm; 6:45pm; 7:15pm & 7:45pm (weekday evenings; 10 classes; each class 30

minutes)

Adult Water Exercise Class 01:00pm-02:00pm (Mon/Wed/Fri; 5 weeks; each class 60 minutes)

* fees:

Adult Classes $125.00 1st adult; $110.00 2nd adult & $95.00 3rd adult per family

Infants W/Parents $050.00 1st child & $040.00 2nd or more child(ren) per family

Children $080.00 1st child; $070.00 2nd child & $060.00 3rd or more child(ren) per family

Adult Water Exercise $050.00 (Sep thru May 5 weeks)

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HUNTINGTON Y CHARLESTON AQUATIC TEAM

@ CHARLESTON, INC SWIMMING PROGRAM

(HYCAT)

SWIMMER’S NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ADDRESS: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Street Address City Zip

HOME PHONE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ SWIMMER’S DOB: \_\_\_\_\_\_\_/\_\_\_\_\_\_\_/\_\_\_\_\_\_\_\_

CELL PHONE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ E-MAIL: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

LOCAL SWIM TEAM: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Mother’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Father’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please return this form to the address listed below and additional information & registration form regarding the 2015-2016 HYCAT @ Charleston, Inc Swimming Program’s Fall/Winter *or* Summer Swimming Seasons will be sent to you within 5-7 working days = THANK YOU!!!

HYCAT @ Charleston, Inc Swimming Program

2300 MacCorkle Avenue, SE

Charleston, WV 25304

(304) 357-4825 / 357-4936

e-mail: [golson@hycat.org](mailto:golson@hycat.org)

HYCAT-CITY MEET

Information requested [***please*** check the appropriate area(s)]

\_\_\_\_\_ HYCAT Swim Team Programs

\_\_\_\_\_ Future Stars Team

\_\_\_ Session 1/early

\_\_\_ Session 2/late

\_\_\_\_\_ Bronze Team

\_\_\_ Session 1/early

\_\_\_ Session 2/late

\_\_\_\_\_ Silver Team

\_\_\_\_\_ Gold Team

\_\_\_\_\_ Junior Varsity Team

\_\_\_ Session 1/early

\_\_\_ Session 2/late

\_\_\_\_\_ Varsity Team

\_\_\_\_\_ Senior Varsity Team

\_\_\_\_\_ National Team

\_\_\_\_\_ College Team

\_\_\_\_\_ Cato Park only Team

\_\_\_\_\_ HYCAT Learn-to-Swim Programs

\_\_\_\_\_ Infants w/Parents Class

\_\_\_\_\_ Children Classes

\_\_\_\_\_ Adult Classes

\_\_\_\_\_ Adult water Exercise Class