

HUDSON VALLEY DOLPHINS

2025-26 Season Family Information



Topics



- **Mission**
- **Coaches & Board Members**
- **Practice & Pool/Facilities**
- **Team Apparel, Equipment & Training Groups**
- **Dolphin Team Website**
- **Communications**
- **Team Fees & Billing**
- **Swim League & Meets**
- **Swimmer Times & Results**
- **Discounts & Swim Seasons**
- **Awards and End of Season Team Breakfast**

Mission & Non-Profit



➤ Our Mission

- * Create a safe and enjoyable atmosphere conducive to learning every aspect of the sport of swimming, while properly relating the sport to other life situations in an effort to make each and every member of the team a more well-rounded, positive person.

➤ Non-Profit

- * Hudson Valley Dolphins is a 501c (3) not-for-profit organization with a completely volunteer Board of Directors consisting of parents and coaches

2025 -26 Dolphin Coaches



Kate Coffin
Co-Head/Gold Coach



Sean Ryan
Co-Head/Gold Coach



Matt Mangan
Silver Lead Coach



Mackenzie Dabo
Bronze Coach



Andrew Machado
Steel Coach



Grace Mangan
Steel Lead Coach



Jake McCormack
Bronze Coach



Matthew Luzzi
Silver/Steel Coach



Cris Lemieux
Bronze Lead Coach



Sam Deluca
Bronze Coach



Kelly Schweizer
Silver Coach

Board Members



Hudson Valley Dolphins is a registered Not for Profit organization run by a Board comprised of **volunteer** parents and coaching representatives

- | | | |
|--|---|---|
| ➤ Mike Skerritt <ul style="list-style-type: none">* President* Treasurer | ➤ Kate Coffin <ul style="list-style-type: none">* Co-Head Coach | ➤ Millieann Luzzi <ul style="list-style-type: none">* Apparel Coordinator |
| ➤ Stephen Tirsch <ul style="list-style-type: none">* Vice President | ➤ Sean Ryan <ul style="list-style-type: none">* Co-Head Coach | ➤ Tara Lent <ul style="list-style-type: none">* Social Events/Media* Fundraising |
| ➤ Kitty Van Loan <ul style="list-style-type: none">* Secretary | ➤ BJ Vickery <ul style="list-style-type: none">* Meet Coordinator | ➤ Nicole Mack <ul style="list-style-type: none">* Safe Sport* Ribbons Coordinator |
| ➤ Adrienne Tirsch <ul style="list-style-type: none">* Registration* Communications | ➤ Eva Shah <ul style="list-style-type: none">* Treasurer in-training | ➤ Nimesh Bhargava <ul style="list-style-type: none">* Fundraising |
| ➤ Neha Manocha <ul style="list-style-type: none">* Registrar in training | ➤ Christina Chan <ul style="list-style-type: none">* Treasurer in-training | |

LOOKING FOR NEW VOLUNTEER BOARD MEMBERS!

* Contact information for all Board members is available on website

Practice Pools/Facilities



➤ Practice Pools:

- * **We are Guests at these facilities: Vassar & CIA**
- * Locker Rooms:
 - Swimmers are expected to be on their best behavior in locker rooms
 - No Adults are allowed in locker rooms
 - NO PHONE USE in locker rooms i.e. photos, texts, etc.
- * Vassar & CIA Building/Facilities:
 - Sign In at the Dolphin Book at each Facility
 - Vassar requires the parent/guardian attending the practice to also sign in
 - Do not use Gyms and Equipment rooms
 - Do not use Saunas (CIA)

Practice Pools/Facilities



➤ Practice Pools/Facilities:

* Bronze Swimmers:

- Drop off & Pick up at Pool with Responsible Adult
- Do not drop swimmer off outside of building and have swimmer walk themselves to the pool
- At CIA, Enter & Exit pool through Pool Door
- Per CIA rules, no changing in locker room

* Park in designated area only

* Practice schedule available on website

- Weekly email with updated schedule for the week

Dolphins Practices



➤ Coaches Expectations from Swimmers at Practices

* **Be On-Time**

- Means: On Deck and Ready to get into the pool for warm up.
- Not: in locker room, hanging out in the lobby, at the Egg (CIA)

* **Pay Attention**

- Listen to the coaches' instructions for sets, stroke adjustments
- Complete the full practice sets – no short cuts

* **Respect**

- Coaches have many years of experience to share
- Coaches want your swimmers to improve and succeed and what is best for the swimmer

* **Goals**

- Swimmers to share what their goals want to achieve ... times, races, etc.

Team Apparel & Equipment



➤ Team Swim Suits

* Team Suits available through Dolphin's Swimoutlet.com Team Store

* For Practices:

- Boys: Jammers or Briefs
- Girls: One Piece

Jammer



Brief



➤ Swimmer Equipment Requirements

* Steel, Silver & Gold Equipment:

- Fins, Kickboard, Pull Buoy, Swimmer's Snorkel, Hand Paddles & mesh carrying bag
- Available to purchase through the Dolphins Team Store on [Swimoutlet](http://Swimoutlet.com)

Training Groups



➤ Training Groups

* Bronze:

- Swimmers (generally 12 and Under) to develop strokes and endurance
- Practices: 2 to 3 times a week
- Bonus: 1st and 3rd Fridays practices at CIA for Block & Turn Practices

* Steel:

- Swimmers (generally 10 and over) either to new to swim team training or need more stroke work
- Practices: at least 3 practices a week
- Bonus: 1st and 3rd Fridays practices at CIA for Block & Turn Practices

Training Groups



➤ Training Groups

* Silver:

- Swimmers (generally 11 and Older) with fundamentals of all 4 strokes and work on speed and endurance
- Practices: At least 3 practices a week
- Block & Turn Practices on 1st and 3rd Friday of each month

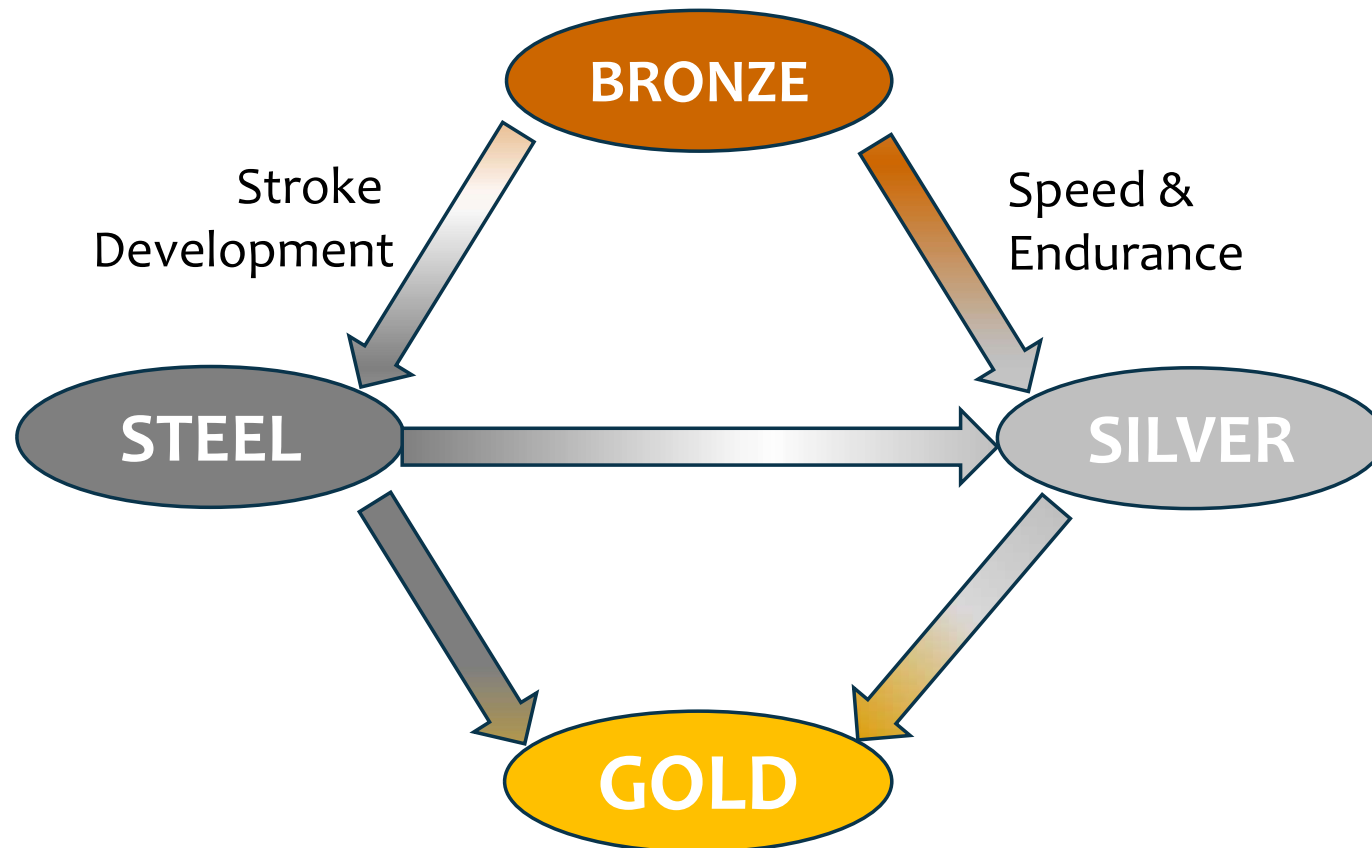
* Gold:

- Swimmers (generally 13 and Older) train for faster speed & endurance
- Practices: 5 practices a week
- Block & Turn Practices on 1st and 3rd Friday of each month

Training Groups



➤ Training Group Progression



Dolphins Team Website



- Team Website is at www.dolphinsswimclub.org
- Website is main source of information for team
 - * General information is available to public
 - * Other information is ONLY available by signing into your account
 - Swimmer's Individual Meet Results
 - Team Meet Results and Team Records
 - Invoice and Payments for your account
 - Coaches and Board Members contact Information

Communications



➤ Email is Main Communication

- * Weekly practice schedule
- * Swim Meets notifications for meet sign up & any meet updates
- * Monthly Invoices/Payment notifications
- * Team activities and fundraisers

➤ Monthly Newsletter

- * Key Team Info from the Board and Coaches
- * Key Dates & Logistics

➤ Social Media - @Hudson Valley Dolphins

- * Facebook
- * Instagram



- * Share your pics to be posted on Social Media (Contact Tara Lent)



Team Fees



➤ Team Fees

- * Team Registration fee includes T-shirt & Cap (non refundable)
- * USA Swimming Membership is required to participate in practices and meets and provides insurance on the swimmer
- * Training group fees cover Team administrative costs such as Pool Rental, Coaches, Lifeguards, etc.



Swim Seasons & Billing

➤ **Swim Seasons & Billing**

* Winter Season: September through March

- Billed in 2 payments due Oct 1st and Nov 1st
- Swim Meets are Short Course (SCY) pools. Pools are 25 yards long

* Spring Season : April through July

- Billed in 1 payments due May 1st
- All Practices will be at the CIA (25 yards pool)
- Swim Meets are Long Course (LCM) pools. Pools are 50 meters long

* Full Year: Both Short & Long Course - September through July

- Billed in 3 payments due Oct 1st, Nov 1st and Dec 1st
- Discounted Training group fee for Full Year

➤ **Addition Billing Info**

- * Late Fees (\$15) are applied after the 15th of each month
- * AutoPay, On-Demand, Other payments available
- * Questions/Concerns: contact treasurer Mike Skerritt (Skerrtt11@hotmail.com)

Swim League



➤ Dolphins team is a member of USA Swimming (USASwimming.org)



- * Team registered as Hudson Valley Dolphins (HVD)
- * LSC (Local Swimming Committee)
 - New York-Metropolitan Swimming (www.metroswimming.org)
- * USA Swimming membership
 - New USA Swimming memberships must be purchased by families
 - Returning Swimmers memberships will be renewed by team
 - Membership provides insurance on the swimmers
 - Allows swimmers attend practices and Swim Meets

Swim Meets



➤ Swim meets

- * Within 1 hour of Poughkeepsie
- * Contact your swimmer's coach to see if your swimmer is ready and discuss which events they are prepared to swim
- * **Highly Encourage ALL SWIMMERS to at RFAC Meet on Dec 12th – 14th**

➤ Swim Meet information

- * Dolphins participates in 1 to 2 USA swim meets a month
- * USA meets can be up to 5 sessions
 - Friday night, Saturday/Sunday mornings & Saturday/Sunday afternoons
 - Swimmers do not attend all Sessions – sessions depends on their age
 - Meet Document contains session events (based on age), warm up & start times and other information.
 - **Please read Meet Document carefully & understand before committing to meet**

Swim Meets



➤ USA Swim Meets Fees

- * Additional Fees to attend USA Swimming Swim Meets
 - USA Swimming swim meets fees are **NOT** included in the swimmer's training group fees
 - Meet Fees are billed to Swimmer's Dolphin Account
 - Host team determine fees which are listed in Meet Document
 - Fees may include: \$10-\$20 per swimmer facility fee plus event fees of ~\$8 to \$10 each
 - An additional Dolphin charge ~\$4 per event is added to host fees to cover the cost of Dolphin's coaches meet expenses
 - Payment is due the upcoming 1st of the month after they are billed to account
 - Most meets also have admission fees for spectators

Swim Meets



➤ USA Swim Meets

- * Commitment to meet ~1 month before meet date
 - After commitment date, cannot add or remove swimmers from meet
 - Entry Fees cannot be refunded if swimmer does not attend meet as these fees are sent to the host team when entries are submitted
- * Items to bring to a meet
 - Swim suit, team t-shirt, team swim cap and goggles
 - Snacks, Water, 3 or 4 Towels, Change of Clothes, Activities
- * Parent Volunteers may be needed to help younger swimmers during meets
- * Championships (Silvers, Sr. Mets, Jr. Mets, 15-18 Team Challenge, Speedo's)
 - Must swim a Qualifying Time to attend
 - Qualifying Times are on the website under the tab labeled "Swim Links"



Swimmers Times & Results

➤ Swimmer's Swim Times

- * During Meets
 - Race results (swim times & finish/place) usually posted around pool
 - USA Meets usually use MeetMobile App (Family Share App)
- * After Meet
 - Meet Results posted on Dolphin website
 - Individual time history available on your Dolphin account
 - Individual Times are on USASwimming.org website in Times Search
- * Swim Meets Awards
 - USA meets award ribbons and/or medals for designated places
 - Distributed at practices

Parent Volunteers & SafeSport

➤ VOLUNTEERS NEEDED!!!

- * Meets & Team Events: List of Jobs and Sign Up available on Dolphin website for the upcoming event
- * Join the Board

➤ SafeSport

- * Dolphins pursuing SafeSport Certification
- * SafeSport Courses for Families & Swimmers available
 - All Gold Swimmers ages 13+ required to take course for Youth Athletes
 - Age-appropriate Courses available for swimmers 5 to 12 yrs old
 - Parent course also available and encourage to take



Fundraisers & Donor Program

➤ Fundraisers

- * Applebee's Breakfast: Sunday, Oct 26th
 - Breakfast served by the team swimmers
 - Gift Baskets Raffle

➤ Dolphins Donor Program – 2 Levels

- * Pod: Donations up to \$249
- * Patron: Donations \$250+
- * Donor Recognition
 - Pod & Patrons: Monthly Newsletters
 - Patrons: Hyperlink Logo on Homepage to business
- * Individual and Corporate Donations Accepted
- * Donations to the team can be tax deductible (check with your tax advisor)

Team Breakfast

➤ Team Breakfast

- * Winter season concludes with a Team Breakfast
- * April 12th at Mill Creek Caterers in Hopewell Junction
- * All Swimmers and families are welcomed
 - Nominal fee for Swimmers
 - Families are extra fees

Thank You!



- Please share your comments and thoughts with our Board.
 - * We want your feedback and input.
- We strive to encourage and promote a thriving Dolphins community where swimmers feel supported and can chase their swim goals while developing friendships and memories that can last a lifetime. We need your help to get their together!

Welcome to the Pod!

