



HUDSON VALLEY DOLPHINS NEWSLETTER

April 2025 Edition



March 28th - April 28th

Youth Team Break

April 18th - April 28th

Masters (Adult) Break

April 29th

Spring Season Starts (Youth)
& Masters return from Break

April 29th

New Swimmer Tryouts
7:30pm at the CIA



HIGHLIGHTS THIS MONTH...

- **Dolphins Youth Team:** For Full Year Registered swimmers, there is a break from March 28th through April 28th and then Spring Season will begin on Tuesday, April 29th with all Training groups Practicing at the CIA Pool. Spring Practice Schedule is on page 3
- **Masters (Adult) Team:** Spring Season started March 31st. There is a break scheduled from Friday, April 18th through Monday, April 28th. Practice will start up again on Tuesday, April 29th.
- **Winter Season Swimmers:**
 - Registration for the 2025-26 Season will open mid/late August for 2024-25 returning swimmers. Spots are reserved for returning swimmers until Fall New Swimmer Tryouts in September then all remaining spots are first come first served.
 - Swimmers not returning for the 2025-26 season can contact Adrienne Tirch at Dolphins_Registration@hvc.rr.com to request to close your Dolphin Account.
- **Dolphin Breakfast:** What a great morning with the team! Here are links to the slideshows and pictures
 - [2024-2025 Team Slideshow](#)
 - [2024-2025 Senior Slideshow](#)
 - [2024-2025 Gold Video](#)
 - [2025 Breakfast Pictures](#)
- **Swimmer's "Ribbon" Bags:** For swimmers that did not attend the breakfast, they can pick up their "Ribbon" bags at the CIA on April 29th between 7pm and 8pm

DOLPHIN DONORS

2024-2025 Season

POD

BUSINESSES

Arlington Ink
AWS, Inc.
My Wine and Spirits
Center for Physical Therapy
Marion Salon
Price Right Wine & Liquor
Sierra Lily

INDIVIDUAL/FAMILIES

The Albra Family
David & Marie Cole
Justin Feldman



[Click Here for information
on Dolphin Donor Program](#)



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CHAMPIONSHIP SEASON

8 & Under CHAMPIONSHIP RESULTS:

Grayson Albra: 9th in 50 Free & 2.23 second improvement!

Mia James: FIRST MEET!!

BRONZE CHAMPIONSHIP RESULTS:

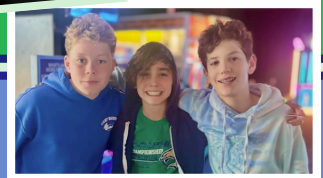
Maddie Dean: 3rd 100 Br, 5th 100 Fly, 7th 200 IM, 8th 100 Free

Kensie Evola: 1.66 second Improvement in 100 Free

Erica Hamdi: 1.6 sec Improvement in 100 Breast

Scarlett Lent: Swam 100 Free & Back

Nella Morgan: 1st in 100 Back and 2nd in 200 IM



Metro Championship Qualifying Meets

JUNIOR METS

Ethan Haas: Qualified for 5 Individual Events & Time Improvement in 50 Back & Fly

Dylan Mack: Qualified for 4 Individual Events!

Rory Van Loan: Qualified for 4 Individual Events & Time Improvement in 50/100/200 Breast

15-18 AGE GROUP TEAM CHALLENGE

Alaina Kozak: Qualified for 2 Individual Events

Nella Morgan: Qualified for 1 Individual Event & Time Improvement in 100 Free

Katie Skerritt: Qualified for 8 Individual Events & Placed 2nd in 50 Free

Doriana Tirch: Qualified for 4 Individual Events & Placed 3rd in 200 IM

Relays: All 4 Relays improved times (with additional swimmers Kira Casucci & Anya Fridman)



Master's Memo

SPRING IS HERE & OUR MASTERS SWIMMERS ARE SETTING SIGHTS ON SUMMER EVENTS!

Masters Spring Season is March 31 June 27 to help you prepare and there's spots for a few more.

Register now on the Dolphins website.



for some favorite events:

- The Annual Great Newburgh to Beacon Hudson River Swim will be July 26. Swimmers under 18 can participate with special requirements.
 - LINK: riverpool.org
- The Betsy Owens and Terry Laughlin Memorial Cable Swim in Lake Placid with distances of 1 and 2 miles will likely be August 9. Info available soon!

- The Lake George Open Water Swim with distances of 2.5k, 5k and 10k will be August 16 in Hague, NY
 - LINK: [Lakegeorgeswim.com](https://lakegeorgeswim.com)
- The Lake Quassapaug Open Water Swimming Festival in Middlebury, CT will be August 30. Lake Quassy distances are 0.5, 1.5 and 3 miles with the option to swim one, two or all three distances!
 - LINK: <https://runsSignup.com/Race/CT/Middlebury/QuassapaugSailingCenterOpenWaterSwim>

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Spring SEASON



2025 SPRING SEASON PRACTICE SCHEDULE

****All Training Group Practices are at the CIA Pool****

	Monday	Tuesday	Wednesday	Thursday	Friday
Bronze	X	6pm - 7pm	6pm - 7pm	6pm - 7pm	X
Steel	6pm - 7:30pm	6pm - 7:30pm	6pm - 7:30pm	6pm - 7:30pm	6pm - 7:30pm
Silver	6pm - 8pm	6pm - 8pm	6pm - 8pm	6pm - 8pm	6pm - 7:30pm
Gold	6pm - 8pm	6pm - 8pm	6pm - 8pm	6pm - 8pm	6pm - 7:30pm
Masters	6am - 7:15am	6am - 7:15am	6am - 7:15am	6am - 7:15am	6am - 7:15am

New Swimmer Tryouts

Have a Sibling, Friend or Neighbor that loves to swim?

Dolphins will be holding New Swimmer Tryouts for the Spring Season!

Date: Tuesday, April 29th

Time: 7:30pm

Place: Culinary Institute of America Pool

[CLICK HERE to Sign Up for a TRYOUT](#)

