



HUDSON VALLEY DOLPHINS NEWSLETTER

August 2024 Edition



HIGHLIGHTS THIS MONTH...

- **Sports Engine Motion App!** Access your Dolphin's account right on your phone. Available in your App store. Enable "Notifications" to receive alerts for last minute changes to practices, meets, etc.



- **New for 2024-25 Season: [TeamFeed](#)**
A team communication tool will be added to the homepage and available in your Dolphin account on Sports Engine Motion App
- **Does your Dolphin account have your Mobile phone number?**
Make sure your Dolphins account has your current mobile number for emergency contact and urgent notifications. Accounts allow for multiple emails and mobile numbers.
- **2024-25 Swim Season Details and Registration Information** will be available mid-August.

August 19th

REGISTRATION OPEN

for Returning Swimmers!

September 4th & 5th

New Swimmer

Try Outs

September 5th

Last day Spot held for

Returning Swimmers!

Register to keep your Spot

September 6th

Registration Open to

New / All Swimmers

September 10th

1st Day of Practice for

the 2024-25 SEASON!

Board Banter

Until We Meet Again...



The 2023-24 Dolphin Swim Season has come to a close. Thank you to all the families and swimmers who participated in the Winter Short Course and/or the Spring Long Course season. It was a great season with new and returning swimmers and families creating new friendships and comradery. Though we are sad to see our Seniors and families moving on, we are excited for their futures...Come back and Visit!

This Spring brought key strides in two Board priorities areas...communications and community building. With this newsletter, along with the TeamFeed to be released in the Fall, we are finding even more effective and efficient ways to connect.

Our inaugural "Dolphin Duel: Green vs. Blue Intrasquad" meet held at the Hyde Park Swim & Tennis Club exceeded our expectations and was a great start to a series of team bonding initiatives we have planned. As an aside, it's amazing that it was decided by the bonus points of the "float relay"...ending 123-121 for the Blue team! Congrats to all who participated...and don't worry swimmers, President Mike is already working on the next batch of nicknames for a Fall version!

We can't wait to have our extended Dolphins family back together in September! Keep an eye out for registration information over the coming weeks...and please tell your friends. We would love to see our pod grow in 2024-2025. Have a great rest of your summer and enjoy the Olympics.

GO  &  !!

- Mike Skerritt, President
& HVD Board Members



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Coaches Corner



As Summer break arrives...

While you enjoy your summer break, here is a useful video on improving your **UNDERWATER DOLPHINS KICK** if you want to stay sharp for the Fall! It's a small underwater focused set from a popular channel on YouTube.

[< Click Here for the Dolphin Kick VIDEO >](#)

TECH TIP:

The fastest way to move through the water is with a perfect **underwater dolphin kick** in a tight streamline position. You should practice this every single time you push off the wall after starts and turns!

Viewing Videos: Watching videos on swimming techniques from reliable sources like USA Swimming and College Universities can be an effective way to learn how to improve your stroke. You can always check with your coach to assess whether a specific video is helpful or not or ask them for recommendations.

- Co-Head Coaches: Kate Coffin & Sean Ryan



Get to know ... COACH CRIS

Q. When did you start swimming? What teams were you on? Favorite Stroke?

A. 8th grade- it was either swim or volleyball and I chose swim because my sister was swimming...and PRESTO! Found my passion! I was never allowed to swim club because I was 1 of 7 kids and I was only allowed to do a sport that I could walk to. I love sprint, free, & breast



Q. What activities or sports were you involved in from K - 12?

A. I tried ski team, track and soccer...only one season of each as a means to cross train.

Q. Did you swim for your high school and/or college?

A. Yorktown High (Go Huskers!) & SUNY New Paltz. Also played coed volleyball with my then best friend turned husband!

Q. What are your current hobbies or interests?

A. Naps (#1), baking bread, spin classes, CrossFit, running, biking...and just dabbled in pickle ball!

Q. What would people be surprised to know about you?

A. I almost drowned twice in my life. First time was before I learned to swim and I fell off of a blow up banana float (worst float design!). Second was in college when I was attacked by a Man O' War and almost drowned during a winter training ocean mile swim in Ft Lauderdale.

Q. Goggles under or over your swimming cap?

A. Over



Q. Mustard or Ketchup on your Hot Dog?

A. Both



Master's Memo

Dolphins Masters members
had a busy **JUNE**

Many home-made treats were enjoyed at the end of Spring season celebration breakfast at the CIA Egg.

Masters members Chris, Craig, Jonathan, Marie & Scott had fun representing at the "Dolphin Duel." They enjoyed cheering on all the swimmers, meeting parents, joining the 15 and over age group swimmers for events, and dominating in the Raft Relay!

Two Masters swimmers competed in the Ironman Mont-Tremblant near Montreal. JT completed the full race despite challenging weather. Brian was in a group pulled from the swim due to unsafe water conditions but finished 4th in his division in a modified bike/run! ®

Swimmers in the 20th Annual Great Newburgh to Beacon Hudson River Swim on July 27th include Nick and Marie, along with friends and family.

Training at pools, ponds, and lakes continues for more outdoor events.

Stay
tuned

Stay tuned for an update on the Lake George Open Water and Mackinac Island, MI swims.

CIA season registration will open in late August, contact dolphins.masters@gmail.com for more information.



**U.S. MASTERS
SWIMMING**