



# HUDSON VALLEY DOLPHINS NEWSLETTER

December 2024 Edition



## HIGHLIGHTS THIS MONTH...

- **Cocoa & Cookies:** After Thursday, Dec 19th practices, there will be hot cocoa & cookies for the swimmers in the lobbies. Families are welcome to bring a holiday snack to share.
- **First Meet:** Many Dolphin swimmers headed to their first meet this month. See [October's newsletter](#) about attending a meet
- **Winter Break Practice Schedule:** The Dolphins board is in the process of securing pool time for the winter break as both of our practice pools are closed. The Winter Break Practice schedule will be shared with the team when the contracts are finalized.
- **All Winter Families:** Your swimmer is LOVING swimming but you only registered for the Winter Season (through March). You have until January 6th to convert your swimmer's membership to Full Year for the discounted Full Year training group fees. Contact Adrienne at [Dolphins\\_registration@hvc.rr.com](mailto:Dolphins_registration@hvc.rr.com) if interested.
- **Follow Dolphins on Social Media**
  - **Instagram:** @hudsonvalleydolphins
  - **Facebook:** Hudson Valley Dolphins
  - **Share Photos:** [2024-25 Dolphins Photo Album](#)
- **Swim Apps for your phone:**
  - **Sports Engine Motion (Free):**  Your Dolphin's account on your phone
  - **MeetMobile (\$13.99 yearly subscription fee):**  Real time meet results

## Board Banter

## Season of Giving

If you are considering a year-end donation to a worthy cause close to your heart❤️, remember the Hudson Valley Dolphins. We are a 501(c)(3) nonprofit organization and donations made by an individual or business to the team are tax deductible.

As with everything, the team's expenses keep increasing and one of the objectives of the board is to try and keep costs down for our swimmer's families. Any donation would be greatly appreciated and are used to help minimize the member's fees.

Donations can be submitted to the Dolphins President & Treasurer, Mike Skerritt ([skerritt11@hotmail.com](mailto:skerritt11@hotmail.com)) and he can provide the documentation needed for your 2024 taxes.

- HVD Board

### December 7th & 8th

NDAC Kevin Storrs' Winter  
Festival @ Valley Central H.S.

### December 13th

Last Day to Commit to

1. Blitz Meet: Jan 10th - 12th
2. Hawk Meet: Jan 17th-19th

### December 13th - 15th

RFAC Winter Invite  
at Marist College

### December 19th

COCOA & COOKIES



### December

### 23rd - Jan 1st

Winter Holiday Practice  
Schedule TBD

### January 2nd

Vassar Practices Resume

### January 6th

CIA Practices Resume



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## Coaches Corner



### December Meets! – Have Fun!

Some of you may be attending your first meet this month. Have FUN and relax! If your goggles fall off or you get disqualified (DQ'd) it is OK. It happens to everyone and is just part of swimming. Just concentrate on your form and completing your event.

#### Form Focus:

This month we will continue to focus on form and technique, while still building on our endurance. The stroke we spend the most time swimming is freestyle, so we are always looking to improve efficiency and strength in the stroke. Here is a link to a video depicting proper form: [Link](#)



### Holiday Swim Facts:

- To swim the distance from Poughkeepsie to the North Pole (3,337 miles) in a 25 yard pool you would have to swim 233,590 laps!
- A 25 yard pool is 150 candy canes long!
- To fill a 25 yard pool with marshmallows like a cup of cocoa, you would need 388,800 Marshmallows

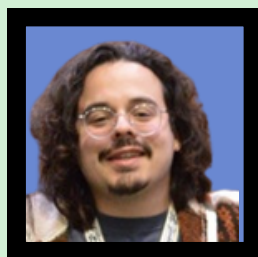


Co-Head Coaches: Kate Coffin & Sean Ryan



## Get to know ...

### COACH ANDREW



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

A. Started swimming at age 4. Started swimming competitively at 14. Millbrook Swim Team and Our Lady of Lourdes Varsity Boys Team, doing fly and free primarily

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

A. Was part of a rowing team in middle school and high school as well, on top of music as well

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

A. Yup, our lady of Lourdes all four years. Didn't swim in college, but I rowed



Q. What are your current hobbies or interests?

A. Currently into music production and composition, hiking, weight lifting, and video games



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

A. People would probably be most surprised that on top of coaching and being a clinical therapist for children, I also am a recording artist that has his own music out and has been featured on other's music

Q. Goggles under or over your swimming cap?

A. Over! Always!



Q. Mustard or Ketchup on your Hot Dog?

A. Neither, chili and cheddar cheese!



## Master's Memo

THE WARM **NOVEMBER** WEATHER WAS A GREAT REMINDER OF FALL DOLPHINS MASTERS EVENTS.



Dolphins Masters participation in the Survival of the Shawangunks (SOS), an eight stage triathlon held in New Paltz every September, continued with Bridget organizing volunteers, Jonathan volunteering, and Art competing. The course is a 30 mile bike segment, followed by alternating trail running segments (4 totaling 18 miles) and open water lake swims (3 totaling 2 miles). Art finished 3rd in his division this year in under 6 hours!



If a friend invites you to Spain, why not bring your bike and find a triathlon? That's what JT did, participating in the October Ironman Calella-Barcelona along the Mediterranean Sea with a finishing time of 11 hours!

JT returned to the US for a T100 (100km) long distance triathlon held at Lake Las Vegas, finishing in the top 50% of his division.

This Fall, welcomed new members of all swimming levels and celebrated Thanksgiving with a team breakfast at the CIA Egg. There's still space, contact us at [dolphins.masters@gmail.com](mailto:dolphins.masters@gmail.com).



**U.S. MASTERS SWIMMING**

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**MAKE A  
WAVE**

## FIRST SWIM MEET

Darvin Gjoni  
Benjamin Hicks

## 2025 CHAMPIONSHIP MEETS NEW QUALIFYING SWIM TIMES

Maddie Dean: Silver  
Ethan Haas: Silver  
Benjamin Nguyen: Silver  
Doriana Tirch: Silver

## TIME IMPROVEMENT

Tristan Alba: 100 & 200 Free, 100 Breast  
Maddie Dean: 50 & 100 Free, 100 & 200 IM, 50 Fly  
Kelsey Fiske: 50 Free, 50 Fly  
Alex Franco: 100 & 200 Free, 100 Breast  
Ethan Haas: 50 & 100 Free, 100 & 200 IM, 50 Breast  
Erica Hamdi: 100 Free  
Kavya Holmes: 50 & 100 Free, 50 Breast  
Gyan Holmes: 50 & 100 Free, 50 Breast  
Cillian Hynes: 100 Free  
Dylan Mack: 50 & 100 Free, 50 Breast  
Nella Morgan: 100 Free, 200 IM  
Ben Nguyen: 50 Fr, Bk, Br & 100 Br, Fr, IM  
Owen Sobolewski: 200 IM  
Doriana Tirch: 100 Breast

## SWAM A NEW EVENT

Alex Franco: 100 Back  
Ethan Haas: 400 IM  
Erica Hamdi: 200 IM  
Gyan Holmes: 100 IM, 50 Fly  
Kavya Holmes: 100 IM, 50 Fly  
Cillian Hynes: 100 Back  
Nella Morgan: 200 Breast

## UPCOMING MEETS

| Meet Dates      | Commit Date | Meet Name                          | Meet Location                                    |
|-----------------|-------------|------------------------------------|--------------------------------------------------|
| Dec 7th-8th     | CLOSED      | NDAC Kevin Storr's Winter Festival | Valley Central High School<br>Valley Central, NY |
| Dec 13th - 15th | CLOSED      | RFAC Winter Invite                 | Marist College<br>Poughkeepsie, NY               |
| Jan 10th - 12th | Dec 13th    | NYS/VAC January Blitz (12 & Under) | Valley Central High School<br>Valley Central, NY |
| Jan 17th - 19th | TBD         | Newburgh Sharks Trials and Finals  | Newburgh Free Academy<br>Newburgh, NY            |
| Feb 24th - 26th | Dec 13th    | Hawks Trials and Finals            | Valley Central High School<br>Valley Central, NY |