



Hudson Valley Dolphins



August 29, 2024

Hello Dolphins families,

Hope you all had a wonderful summer. Whether you or your swimmer were on the Dolphins for the Full Year, Winter, Spring, or the Master's program, we look forward to seeing everyone again this Fall for the 2024-25 season!

Practices for all training groups will start on Tuesday, September 10th. As noted in the August Special Edition Newsletter, Vassar College substantially reduced pool time available to the Dolphins which impacted all training group practice schedules. After painstaking planning with our co-head coaches Sean Ryan and Kate Coffin, we arrived at a practice schedule that will be beneficial to all the Dolphins youth training groups.

The practice schedule now has Steel, Silver and Gold groups practicing together exclusively at the CIA. Coach Sean and Coach Kate will lead all three groups, setting the training goals, creating and developing the practice sets, and providing direction by working directly with all swimmers in these groups. Joining them for these groups will be coaches Grace Nikolski and Matt Mangan. Additionally, we are excited to announce the return of former Dolphin Coach Mackenzie Dabo to the CIA coaching staff this season. She is also the head coach of the Red Hook High School girls and boys swim teams, which she has led since its inception a few years ago. We know her experience and expertise will help further strengthen our team.

The practices at Vassar will now be for our Bronze swimmers only and has an earlier start time for our youngest swimmers which was a frequent request from parents. Coach Cris Lemieux, a long-time Dolphin coach and parent, will again lead the Bronze group. Coach Lemieux will be joined by coaches Kelly Schweitzer and Andrew Machado in working with our youngest swimmers to develop their stroke techniques and skills while building their confidence in the water and the future of the Dolphin's team. Head Coach Kate will join the Vassar coaching staff once a week on Tuesdays. And finally, our Bronze swimmers will have the opportunity to join their teammates at the CIA on the first and third Fridays of each month to practice their starts on the Dolphin's starting blocks...and a familiar face, Coach Billy MacElveen, will be returning to coach on some of those Friday nights!

The coaches have carefully chosen numerous and diverse meets for the team to attend...some old favorites and some new ones to experience. These will provide racing opportunities for both experienced swimmers and swimmers who will be attending a meet for the first time. Additionally, we are planning to continue having team bonding activities such as "Fun Meets," special holiday practices, and social events outside of the pool.

For our Masters swimmers, there are now several swim seasons and payment options available to choose from.

As I hope you can see, we remain dedicated to enhancing your experience with the Hudson Valley Dolphins. Besides the changes noted above, the feedback on our monthly newsletters has been very positive and this Fall you will have the opportunity to access and begin using our new social media messaging app. As always, if you have any ideas or think you might be able to help, please let us know!

I wish you all the best on a great start to the season and I look forward to seeing you at the pool. Go Dolphins!

- Mike Skerritt, Dolphins President

Mike Skerritt (President & Treasurer) / Stephen Tirsch (Vice President) / Adrienne Tirsch (Registrar & Secretary) / Millieann Luzzi (Apparel) / Arlette James (Communications)
Sean Ryan (Co-Head Coach) / Kate Coffin (Co-Head Coach) / Nicole Mack (Safety & Awards) / BJ Vickery (Meet Coordination) / Member at Large: Nimesh Bhargava

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