



February 7th – 9th

Last Chance Meet
at Felix Festa M.S.

February 11th

Last Day to Commit to Silver
Championship (Must Qualify)

February 13th–16th

Senior Mets Meet
at NCAC (Must Qualify)

February 13th



Pal-entines Pod Party

February 14th

Last Day to Commit to 8&Under
Championship

February 17th

NO PRACTICES

February 21st – 23rd

Silver Championship
at OCCC (Must Qualify)

February 25th

Last Day to commit to
Jr. Mets and 15–18 Age Group
(Must Qualify)



HIGHLIGHTS THIS MONTH...

- **Pal-entines Pod Party:** After practices on Thursday, February 13th, celebrate Palentines with your swim team pals. Bring a snack to share!
- **Championship Season:** With the conclusion of the winter season approaching, the upcoming meets are Championships and some require qualifying swim times. For a list of championship meets and requirements to attend, see the chart on page 5.
- **Looking Ahead:** The last winter season practice will be Thursday, March 27th and the last meet will be the Bronze Championship on March 28th–30th. After a four week break, Spring Season will start on Tuesday, April 29th with all Training Groups practicing at the CIA pool. Spring practice schedule will be available in the March Newsletter.
- **New Dolphin Donor Recognition Program** was announced in a team email last month. Check out next month's newsletter for Pod and Patron Donors. [Click here for program details.](#)
- **Dolphins Team Breakfast** will be on Sunday, April 6th from 9am to Noon at Mill Creek Caterers! More info to come!



Board Banter

IT'S GETTING EXCITING NOW!!!

As you will see on our "Championship Meet Chart", as the calendar flips to February, we will be entering what's known as "championship season". With a "last chance" meet, followed by a series of championships that require swimmers to achieve progressively faster qualifying times to attend, this is an exciting time of the year! Following months of strategic training and meticulous planning, in the weeks ahead, our coaches will focus on getting our competing swimmers ready to perform their best when it counts the most. Good luck to all of our Dolphins! We can't wait to cheer you on.

For our swimmers not competing, we know that our February Social "Palentines Pod Party" and plenty of other fun practice activities with teammates will make for an exciting last 2 months of the Winter season.

Lastly, our Dolphin Donation Recognition Program brings exciting possibilities for the overall health of our team. No matter how big or how small, any donation will help enhance our program, while allowing us to keep the experience as affordable as possible. Thank you in advance to anyone that may consider donating or sharing with someone that might.

- HVD Board

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Coaches Corner



Heading into Championship Season

If you have qualified for championships then you will see a change in the type of practice you are in as your coaches taper you for an upcoming championship meet.

What does “Taper” mean??

In swimming, "taper" refers to a period of time leading up to a major competition where a swimmer deliberately decreases their training volume and intensity, allowing their body to rest and recover, ultimately aiming for peak performance at the competition itself. It's a controlled reduction in training load to maximize race day performance. Taper practices may be different for different swimmers. Our coaches will work with you in the next few weeks with a taper that makes sense for you and your goals. Talk to your coach!

Taper Tips:

With taper approaching here are some valuable tips and routines that can help maximize your taper effectiveness. [Click here for Link](#)

Co-Head Coaches: Kate Coffin & Sean Ryan



Get to know ... COACH KELLY



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

A. I've been in the water for as long as I can remember, but I can recall starting rec lessons when I was 6 years old. I then joined the summer swim league at Beekman Rec at age 12/13, which is when I developed my love for competitive swimming. I was on Millbrook Swim Team and Hudson Valley Dolphins. My favorite stroke was backstroke.

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

A. I was involved in gymnastics, soccer, basketball, and cross country/track during my grade school years. Anything that kept me moving.



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

A. Yes, Arlington High School starting in 10th grade. I swam for 2 years at SUNY New Paltz.

Q. What are your current hobbies or interests?

A. I currently enjoy climbing and working with animals and children in any capacity.

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

A. I can walk on my hands.



Q. Goggles under or over your swimming cap?

A. Over for practice, under for meets..



Q. Mustard or Ketchup on your Hot Dog?

A. Ketchup always!



Master's Memo

PERSEVERANCE



So far, neither snow nor cold has kept the Dolphins Masters from the pool!

Our triathlete Brian competed in two Ironman events to finish the year. In November, he traveled to the Panama City Beach Ironman Florida, the second oldest Ironman event held in North America. He then traveled to the Ironman World Championships New Zealand in December. The race started with a swim in Lake Taupo, one of the world's largest freshwater lakes, then a bike course through New Zealand's renowned rural landscape and finished with a run course taking in lakefront views.



In addition to athletic feats, our members are also champions in the community. Bryan, an Army veteran who works for IBM, is a dedicated advocate for other veterans in the Hudson Valley. His group of veteran employees at IBM recently received a “Hudson Valley Vets Who Rock” grant to create a computer lab for residents of the Liberty Station shelter for veterans. [Link to Article](#)



We have welcomed some new swimmers recently and are keeping the pool full in the mornings!



**U.S. MASTERS
SWIMMING**

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CHAMPIONSHIP



SEASON



Congratulations

to all the swimmers who have qualified for Championship Meets!

SENIOR METS

Katie Skerritt

JUNIOR METS

Ethan Haas
Dylan Mack
Rory Van Loan

15-18 AGE GRP

Alaina Kozak
Katie Skerritt
Doriana Tirch

SILVER CHAMPIONSHIP

Ava Blake	Alaina Kozak	Doriana Tirch
Kira Casucci	Dylan Mack	Kay Van Loan
Maddie Dean	Nella Morgan	Rory Van Loan
Anya Fridman	Ben Nguyen	
Ethan Haas	Leah Poole-DiSalvo	
Gyan Holmes	Katie Skerritt	
Chloe Kermani	Owen Sobolewski	

UPCOMING MEETS

Meet Dates	Meet Name	Commit Date	Type of Meet	Meet Location
Feb 7th - 9th	Last Chance	CLOSED	Regular	Felix Festa West Nyack, NY
Feb 13th - 16th	Senior Mets	CLOSED	Championship Must Qualify	Nassau County Aquatic Center Garden City, NY
Feb 21st - 23rd	Silver Championship	Feb 11th	Championship Must Qualify	Orange County Community College Middletown, NY
Mar 8th - 9th	8 & Under Champs	Feb 14th	8 & Unders No Qual Times Needed	Valley Central High School Valley Central, NY
Mar 14th - 16th	Jr. Mets and 15-18 Age Groups	Feb 25th	Championship Must Qualify	Nassau County Aquatic Center Garden City, NY
Mar 28th - 30th	Bronze Championship	Mar 7th	Must have swum the event between 1/1/2024 to present	Valley Central High School Valley Central, NY

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MAKE A
DOLPHIN

FIRST SWIM MEET

Jovie Cairl
Amaya Mukherjee
Michah Roth



MADE FINALS in TRIAL & FINALS MEETS!!

Kira Casucci
Maddie Dean
Preston Evola
Alex Franco
Anya Fridman
Ethan Haas
Chloe Kermani

Dylan Mack
Brianna Midgley
Nella Morgan
Ben Nguyen
Katie Skerritt
Doriana Tirch
Rory Van Loan

TIME IMPROVEMENT

Tristan Alba: 100 Breast
Gracie Bianco: 50 Free
Ava Blake: 50 Free
Maddie Dean: 100/200 Free, 50 Breast, 50/100 Fly, 100 IM
Sophia Dix: 50 Free, 100 Back, 100 IM
Preston Evola: 200 IM
Kelsey Fiske: 50 Back, 50 Breast, 100 IM
Alex Franco: 100 Breast
Anya Fridman: 200 IM
Ethan Haas: 50/100/200 Free, 50/100 Back, 50 Fly, 100 IM
Cillian Hynes: 50 Free, 100 Back
Roisin Hynes: 50/200 Free
Chloe Kermani: 100 Breast, 200 IM
Scarlett Lent: 100 Free, 50 Back, 50 Breast
Dylan Mack: 50/100/500 Free, 50/100 Back, 50/100 Fly, 100/200 IM
Brianna Midgley: 50 Back, 100 IM
Nella Morgan: 50/200 Free
Ben Nguyen: 50/100 Free, 100 Back, 50/100 Breast, 50 Fly
Andres Olarte: 100 Free, 50 Back, 100 Breast
Katie Skerritt: 500 Free, 200 IM
Doriana Tirch: 100 Breast, 100 Fly
Rory Van Loan: 50/100 Back, 50/100 Breast, 50/100 Fly, 100/400 IM

SWAM A NEW EVENT

Gracie Bianco: 50 Back
Alivia Blake: 100 IM
Ava Blake: 50 Breast, 100 IM
Hannah Dix: 50 Breast
Sophia Dix: 100 Back
Gwyneth Herlihy: 100 Free/Breast
Cillian Hynes: 100 Fly, 200 Free
Deacon Lent: 100 Free, 50 Back

2025 CHAMPIONSHIP MEETS CHART

Short Course Yards (SCY): Winter Season

Click on Time Standards Charts for Qualifying Times

Can also be found on the Dolphins Website: [Click Here](#)

2025 SHORT COURSE (SCY) / WINTER CHAMPIONSHIP MEETS

Meets Ordered by Qualifying Swim Times From Slowest to Fastest	Meet Name	Swim LSC (Local Swimming Committee)	Meet Description	Meet Date	Meet Host	Meet Location	Time Standards (Qualifying Swim Times per Event)	Qualifying Swim Times Dates
	8 & Under Championship	Metro Swimming	For 8 yr and under swimmers	March 8-9	Condors	Felix Festa Middle School West Nyack, NY	None	None
	Bronze Championship	Metro Swimming	For all swimmers	March 28-30	NYS/VAC	Valley Central High School Montgomery, NY	Swim time not faster than the slowest Silver time	January 1, 2024 to March 23, 2025
	Silver Championship	Metro Swimming	All Swimmers: must swim qualifying time for each event	February 21-23	NYS	Orange County Community College Middletown, NY	Silver Qualifying Swim Times Chart	January 1, 2024 to February 16, 2025
	Junior Mets (14 & Under)	Metro Swimming	All Swimmers: must swim qualifying time for each event	March 14-16	LIAC	Nassau County Aquatic Center East Meadow, NY	Jr. Mets Qualifying Swim Times Chart	January 1, 2024 to March 9, 2025
	15-18 Age Group Team Challenge	Metro Swimming	All Swimmers: must swim qualifying time for each event	March 14-16	LIAC	Nassau County Aquatic Center East Meadow, NY	AGTC Qualifying Swim Times Chart	January 1, 2024 to March 9, 2025
	Senior Mets	Metro Swimming	All Swimmers: must swim qualifying time for each event	February 13-16	Metro Swimming	Nassau County Aquatic Center East Meadow, NY	Sr. Mets Qualifying Swim Times Chart	January 1, 2024 to February 9, 2025
	Zones (14 & Under)	Eastern Zones Swimming	Swimmers 14 & Under: must swim qualifying time for each event	April 2-5	Fairport Swimming	Webster Aquatic Center Webster, NY	Zone Qualifying Swim Times Chart	January 1, 2024 to March 24, 2025
	Speedos	Eastern Zones Swimming	Swimmers must swim qualifying time for each event	March 27-30	Syracuse Chargers	Ithaca College Ithaca, NY	- Speedos Qualifying Swim Times Chart	January 1, 2024 to March 23, 2025

*These meets are
not in order by
Calendar date

** Swimmer's age
on the first day of
meet determines
their age for entire
meet