



HUDSON VALLEY DOLPHINS

HAPPY NEW YEAR

NEWSLETTER

January 2025 Edition



January 5th

Bowl & Bond
SPINS Bowl in Wapp Falls

January 6th

CIA Practices Resume

January 10th

Block Friday Practice

January 10th-12th

January Blitz 12&U
at Valley Central H.S.

January 17th - 19th

Sharks Trials & Finals
at Valley Central H.S.

January 24th

Block Friday Practice

January 24th-26th

Hawks Trials & Finals
at Valley Central H.S.



HIGHLIGHTS THIS MONTH...

- **Block Fridays for January:** Due to pool availability, January's Block Friday practices will be held on January 10th and January 24th.
- **SafeSport Update:** As of Jan 1st, USA Swimming & the Dolphins have updated the Minor Athlete Abuse Protection Policy (**MAAPP**).
 - MAAPP is a required policy to agree to at Registration
 - Updated policy can be found on [Dolphin's SafeSport webpage](#).
 - Dolphin's accounts will show an **action is needed** to approve
 - Click "My Account/Account Info" then scroll right and click on "Agreements" tab.
 - In the Status column, there will be a red dot to click on. A popup screen will appear to review policy. At the end, click the box "I read and Agree" and then click "Save"
- **Caring for your Snorkel:** Let your snorkel drip-dry after practice or store in a mesh bag that allows air to circulate. If your swim snorkel becomes mildewed, hand-wash with warm water and dish soap. Use a bottle brush to clean the inside the tube. Rinse thoroughly, you don't want to taste soap the next time you use it and let it dry completely.
- **Get Involved:** Volunteer opportunities available
 - Meet Official: Don't want to sit in the stands, want to move around? Be in the midst of the action with the swimmers & coaches on Deck
 - Board Member: Several board members have swimmers aging out in 2026. Join now to train & help sustain the Dolphin for the future.

Board Banter

New Year Resolutions!!

As the calendar flips, many among us have likely made New Year's resolutions. Whether it's centered on physical fitness, quitting a vice, time with family and friends, or a new skill or hobby, self-improvement is inevitably the focus. Similarly, our Board continually seeks ways to do the same for our team. In recent months, we have been fortunate to have 3 talented members volunteer to fill key roles:

- Nicole Mack, Safety & Awards
- Tara Lent, Social Media & Events
- Kitty Van Loan, Secretary

We thank Nicole, Tara, and Kitty for their selfless offer of service! With their assistance, we know we can continue improving the Hudson Valley Dolphin experience for all members.

To keep the progress going, we need your help too! If you think you can help in any way at all, please reach out. While the success of our individual resolutions is yet to be determined, we are certain that together we can achieve great things in 2025 for our Dolphin swimmers. Have a great start to your year and Go Dolphins!

- HVD President, Mike Skerritt

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Coaches Corner



January means Meets! Meets! Meets!

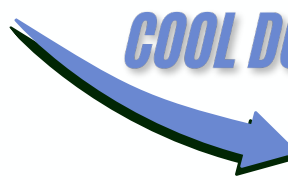
January is a busy month for us with 3 meets. Warm Up and Cool Down are very important (all the time but especially this month) for getting you ready to race that day, and for flushing out the lactic acid to make sure you are ready to go tomorrow. Even when we are at pools that do not have a warm up/cool down pool, you should get some active stretching in before and after your races



WARM UP



COOL DOWN



Co-Head Coaches:
Kate Coffin & Sean Ryan

Get to know ... COACH MACKENZIE



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

A. I started swimming competitively in 2nd grade with the Millbrook Swim Team. I swam all four years for Arlington HS, and also swam with Devilfish.

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

A. In high school, I fell in love with rowing and rowed every possible season!



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

A. I swam for three years at Susquehanna University, & rowed my 4th college year with the University of London while I was abroad. I was primarily a distance freestyler in college.

Q. What are your current hobbies or interests?

A. I love to read, hike and travel, although my day job as a 7th grade math teacher and swim coach for Red Hook schools really eats into my time doing those things.



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

A. I was a Peace Corps volunteer in Guinea, West Africa & lived there for four years. My travels have taken me to 19 countries, 49 states, & 32 National Parks. I hope to visit my 50th state in 2025!



Q. Goggles under or over your swimming cap?

A. Goggles under the cap for races; over the cap for practice.

Q. Mustard or Ketchup on your Hot Dog?

A. I don't love hot dogs, but ketchup on my burger.



Master's Memo



Our Dolphins Masters finished 2024 with a fun "12 Days of Christmas" workout and a holiday breakfast.

In past Masters Memos, we featured swimmers participating in swim meets, open water swims and triathlons. But we also have swimmers who are more focused on swimming for fun & health benefits, along with the friendship of their teammates.

This month, we salute our ~10 new members who joined the Dolphins this year. They include experienced Masters or Triathlete swimmers looking to improve, former age group swimmers returning to a sport they love, and some new to a lap swimming group. We welcomed the new Dolphins to our morning practices, helping each other reach swimming and health goals, while having fun. We also thank our core group of swimmers for their ongoing camaraderie and support.

Kudos to our lifeguard crew that take care of logistics and workouts, keep us safe and sometimes offer stroke and form tips. Thanks to Art, Bridget, Jonathan, Justin, Marie, Scott and Tim!



There's still room for a few more swimmers, contact us at dolphins.masters@gmail.com.



**U.S. MASTERS
SWIMMING**

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SWIMMER
MAKE A
WAVE

FIRST SWIM MEET

Grayson Albra
Gracie Bianco
Hannah Dix
Sophia Dix
Deacon Lent

Abbey Pantaleo
Armen Platyan
Leah Poole-Di Salvo
Claire Wilson

TIME IMPROVEMENT

Tristan Alba: 50/200 Free, 100 Breast, 200 IM
Alivia Blake: 50 Free
Ava Blake: 50 Free, 100 Breast, 200 IM
Adam Boris: 100 Free
Kira Casucci: 50 Back
Maddie Dean: 50/100 Free, 50 Breast, 100 Fly, 100 IM
Kensie Evola: 50/200 Free, 100 Back, 100 Breast, 200 IM
Preston Evola: 50/100/200 Free, 100/200 Breast, 100 Fly, 200 IM
Kelsey Fiske: 50 Free
Ethan Haas: 50/100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM
Erica Hamdi: 100 Free, 100 Breast
Benjamin Hicks: 50 Free, 50 Breast
Gyan Holmes: 50 Free, 50 Breast
Kavya Holmes: 50 Free, 50 Breast
Chloe Kermani: 100 Free, 100/200 Breast
Alaina Kozak: 200 Back
Scarlett Lent: 50 Free

Dylan Mack: 50/100/200 Free, 50/100 Fly
Brianna Midgley: 50 Back, 50 Back, 100 IM
Nella Morgan: 100/200 Free, 100 Back, 100 Breast, 200 IM
Ben Nguyen: 50/100 Free, 50/100 Breast, 100 IM
Andres Olarte: 50/100 Free, 100 Back, 50 Breast, 50 Fly
Asher Platyan: 50 Free
Owen Sobolewski: 200 Free
Doriana Tirch: 200 Breast
Rory Van Loan: 100 Fly

2025 CHAMPIONSHIP MEETS NEW QUALIFYING SWIM TIMES

SILVER

Maddie Dean: 50 Free, 100 Fly, 100 IM
Gyan Holmes: 50 Breast
Nella Morgan: 200 Free

JUNIOR METS

Ethan Haas: 50 Free, 50 Fly

SWAM A NEW EVENT

Grayson Albra: 50 Free
Alivia Blake: 50 Fly
Maddie Dean: 200 Free
Sophia Dix: 50 Fly, 100 IM
Ethan Haas: 200 Back, 1000 Fr
Scarlett Lent: 100 Back
Dylan Mack: 1000 Free
Asher Platyan: 100 Back
Owen Sobolewski: 100 Fly
Rory Van Loan: 200 Fly

