



2026



January 1st

Masters: Multi-Payment
Registration: 2nd pmt Due

January 9th

Block Friday

January 9th - 11th

12&U Winter Carnival &
January Blitz Distance Meet
Valley Central H.S.

January 16th - 18th

NBS Trials & Finals Meet
Valley Central H.S.

January 19th

NO PRACTICES : ALL GROUPS

January 23rd

Block Friday

January 23rd - 25th

Hawks Trials & Finals Meet
Valley Central H.S.



HUDSON VALLEY DOLPHINS

NEWSLETTER

JANUARY 2026 Edition

HIGHLIGHTS THIS MONTH...

- Block Fridays for January:** Due to pool availability, January's Block
 - Friday practices will be held on January 9th and January 23rd.
- NO Practices**
 - Monday, January 19th: No Practices (All Groups!!)**
- Personalized Dolphins Team Towel:** Be on the look out for Ordering to Open Soon!! These custom towels are 34"X60" cotton with a woven design (not printed). Towel will be on sale for \$40 each.
- Winter Weather & Last Minute Closings:** Notifications are sent by Texts, Push Notifications and Email and Posted on Website in NEWS
 - Mobile phone number in your Dolphin account
 - Hover over My Account, click "Account Info", Type mobile number into "Mobile/SMS" and click "Save".
 - Download SportsEngine Motion App and allow "Push" Notifications



2026

Board Banter



As the calendar flips to January and we welcome in a New Year, our Winter season quickly shifts into its second half. While the weather may be cold, the action in the pool is really heating up.

January brings with it our annual team bonding bowling event and 3 swim meets...2 of which are fun trials and finals events for our older swimmers (Newburgh Sharks and New Paltz Hawks). On the heels of the exciting and fun RFAC meet before the holidays where so many of our swimmers participated and made us proud, I look forward to seeing our team compete together again. The smiles, the comradery, the personal achievement...it brings all the practices and planning over the prior 4 months to life.

Best of luck to all of our Dolphins that are participating! Best wishes on a wonderful 2026!

Go Dolphins!

-Mike Skerritt, President

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ONI AONI
MAKE A
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TIME IMPROVEMENT

Grayson Albra: 25 Free/Back
Tristan Albra: 50 Free, 100 Breast
Gracie Bianco: 100 Back
Adam Boris: 50 Free, 100 Breast
Kira Casucci: 50 Breast, 100 Breast
Trey Davis: 50 Free, 100 Free/IM
Maddie Dean: 50 Fr/Bk/Br/Fl, 100 Fr/Bk/Br/Fl, 200 IM
Hannah Dix: 100 Breast
Olivia Dobkowski: 50 Free/Back, 100 Free/Back
Kensie Evola: 50 Free/Back/Breast/Fly, 100 Back
Preston Evola: 100 Free, 200 Free
Ethan Haas: 50 Fr/Bk/Fly, 100 Bk/Fly, 200 Bk, 1000 Fr
Ben Hicks: 50 Free, 100 Breast/IM
Gyan Holmes: 50 Free
Kavya Holmes: 50 Free/Breast, 100 Free/Breast
Olivia Huang: 50 Free, 100 Breast
Michael James: 50 Free
Chloe Kermani: 100 Breast
Scarlett Lent: 50 Free
Dylan Mack: 50 Fly, 1000 Free
Kerrigan McLiverty: 50 Back, 100 Free
Charlotte Moretto: 50 Free
Olivia Moretto: 100 Back
Nella Morgan: 50 Back
Ben Nguyen: 50 Free, 100 Breast
Andres Olarte: 100 Free
Asher Platyan: 50 Free, 100 Back
Owen Sobolewski: 100 Free
Matthew Sottile: 50 Free/Breast
Madison Stemkowski: 50 Free, 100 Back
Daniel Stockl: 50 Free/Back/Breast/Fly, 100 Free/IM
Rory Van Loan: 50 Br, 100 Br/Fl, 200 Fr/Br/Fl/IM, 400 IM
Kay Van Loan: 200 IM

December MEETS

YEAH!

GREAT!

SUPER!

AMAZING!

WOAH!

AWESOME!

FIRST SCY SWIM MEET

Jesse Champion	Andrew Jiao
Jemma DeMarie	Justin Jiao
Robert Etchen	Cassie Marshall
Charlie Fakhouri	Esmeralda Quiroz
Aadya Girish	Wyatt Ritch
Eleen Huang	Mimi Varga
Samuel Hicks	

SWAM A NEW EVENT

Gracie Bianco: 50 Free	
Trey Davis: 50 Free/Fly	
Maddie Dean: 500 Free	
Olivia Dobkowski: 50 Br/Fly, 100 Fr	
Kensie Evola: 1000 Free	
Alex Franco: 200 Breast/IM	
Ben Hicks: 50 Back, 100 Breast	
Gyan Holmes: 200 Free	
Mia James: 50 Free	
Michael James: 200 Free	
Deacon Lent: 25 Back/Breast, 50 Fr	
Scarlett Lent: 100 IM	
Dylan Mack: 200 Back	
Kerrigan McLiverty: 50 Fr/Br, 100 Bk	
Charlotte Moretto: 50 Breast	
Olivia Moretto: 50 Free	
Amaya Mukherjee: 200 Free	
Ben Nguyen: 200 IM	
Grace O'Brien: 100 IM	
Andres Olarte: 100 Fly	
Keira Phillips: 50 Back, 100 Back	
Armen Platyan: 50 Fr, 100 Br, 200 Fr	
Katie Skerritt: 200 Back	
Matthew Sottile: 50 Back, 100 Breast	
Madison Stemkowski: 100 IM	
Clair White: 50 Free, 100 IM	

CHAMPIONSHIP



SEASON

Congratulations

to all the swimmers who have qualified for Championship Meets...so far!
Looking forward to add more names with the upcoming meets!!

SENIOR METS

Katie Skerritt

JUNIOR METS

Ethan Haas

15-18 AGE GRP

Nella Morgan
Katie Skerritt
Doriana Tirch

SILVER CHAMPIONSHIP

Tristan Albra	Nella Morgan
Kira Casucci	Ben Nguyen
Maddie Dean	Katie Skerritt
Ethan Haas	Owen Sobolewski
Ben Hicks	Doriana Tirch
Sam Hicks	Rory Van Loan
Dylan Mack	

UPCOMING MEETS

Meet Dates	Meet Name	Commit Date	Type of Meet	Meet Location
Jan 16 th - 18 th	NBS Trials and Fianals	Dec 29 th	12&U: Events are Timed Finals 13+: Prelims (AM) & Finals (PM)	Valley Central High School Valley Central, NY
Jan 23 rd - 25 th	Hawk's Trials and Finals	Dec 19 th	10&U: Events are Timed Finals 11+: Prelims (AM) & Finals (PM)	Valley Central High School Valley Central, NY
Feb 6 th - 8 th	Condor's Last Chance Meet	Jan 20 th	All Events are Timed Finals	Felix Festa Middle School West Nyack, NY
Feb 12 th - 15 th	TYR's Senior Mets	TBD	Must Qualify for Each Event*	Nassau County Aquatic Center East Meadow, NY
Feb 20 th - 22 th	Silver Championships North	TBD	Must Qualify for Each Event*	White Plains YWCA White Plains, NY

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2026 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](#)

2026 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 Swimmers ages 8 years old and younger	March 7-8	?	Felix Festa Middle School West Nyack, NY	None	None
	Bronze Championship	Metro Swimming	For Swimmers ages 9 years old and older	March 27-29	NYS/VAC	Valley Central High School Montgomery, NY	Swim time not faster than the slowest Silver time	January 1, 2025 to March 23, 2026
	Silver Championship	Metro Swimming	All Swimmers: must swim qualifying time for each event	February 20-22	Middies	WP YMCA White Plains, NY	<u>Silver Qualifying Swim Times Chart</u>	January 1, 2025 to February 15, 2026
	Junior Mets (14 & Under)	Metro Swimming	All Swimmers: must swim qualifying time for each event	March 13-15	LIAC	Nassau County Aquatic Center East Meadow, NY	<u>Jr. Mets Qualifying Swim Times Chart</u>	January 1, 2025 to March 8, 2026
	15-18 Age Group Team Challenge	Metro Swimming	All Swimmers: must swim qualifying time for each event	March 13-15	LIAC	Nassau County Aquatic Center East Meadow, NY	<u>AGTC Qualifying Swim Times Chart</u>	January 1, 2025 to March 8, 2026
	Senior Mets	Metro Swimming	All Swimmers: must swim qualifying time for each event	February 12-15	Metro Swimming	Nassau County Aquatic Center East Meadow, NY	<u>Sr. Mets Qualifying Swim Times Chart</u>	January 1, 2025 to February 8, 2026
	Zones (14 & Under)	Eastern Zones Swimming	Swimmers 14 & Under: must swim qualifying time for each event	April 1-4	Fairport & Star Swimming	Burt Flickenger Aquatic Center Buffalo, NY	<u>Zone Qualifying Swim Times Chart</u>	January 1, 2025 to March 29, 2026
*These meets are not in order by Calendar date ** Swimmer's age on the first day of meet determines their age for entire meet	Speedos	Eastern Zones Swimming	Swimmers must swim qualifying time for each event	March 26-29	Syracuse Chargers	Ithaca College Ithaca, NY	<u>- Speedos Qualifying Swim Times Chart</u>	January 1, 2025 to March 22, 2026

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Coaches Corner



Technique Tip:

Good technique is the building block for increasing speed. Watch this helpful video from Coach Cris that demonstrates a good pull form for the freestyle stroke. [Link \(Instagram\)](#)

Advice on Racing:

The outcome of a race is not predetermined. Bringing a positive attitude to the blocks is your best “tool” regardless of who you are racing. Walking up to the blocks with a defeated attitude undermines all that hard work you put into your practices.

Here is a famous video demonstrating positive thinking from 2008 Olympics, before most of our swimmers were born! [Link \(YouTube\)](#)



DOLPHIN DONORS

2025-2026 Season

PATRON

Donations of \$250+



- The Alba Family
- Marie & David Cole
- The Luzzi Family
- The Tirch Family



[Click Here for
information on Dolphin
Donor Program](#)

POD

Donations up to \$249

- Always in Bloom
- Arlington Ink
- Buy Rite Oil
- Fratello's Gourmet Pizza
- Marion Salon
- Stewart's Shops
- Village Groomer

Thank You A stylized blue dolphin leaping out of the water, positioned next to the "Thank You" text.

Master's Memo



We're happy to welcome back our crew from the holiday break, including a couple of longtime members who have been recovering from injuries.

Over the holidays, Jonathan took his swimming underwater with some spectacular scuba diving adventures in Domenica. Turtles, starfish, squids, coral and fish of all kinds! His favorite activity was cuddling with the cuttlefish, which are related to squids.



Mariama, who swam with us in the spring, spent her fall semester back with the Skidmore College team. Wishing her the best in the last few contests of the season, including a meet at Vassar College and the Liberty League Championships.

There's already talk of spring swim meets and summer open water swims – be sure to share interesting events with your teammates!

Cheers to our lifeguards Art, Bridget, Jonathan, Justin, Marie, Scott and Tim, who will be recertifying this month to keep us safe in the water.



**U.S. MASTERS
SWIMMING**

**Volunteers
needed**

Join the HVD Board!

Help Continue the Dolphin Legacy.

**Be a part of a dedicated team of parents in
managing an amazing swim team for our
swimmers!**

Open Positions

- President
- Vice President
- Secretary
- Newsletter Editor
- Webmaster

**Interested? Contact Mike Skerritt
at Skerritt11@hotmail.com**