



HUDSON VALLEY DOLPHINS NEWSLETTER

July 2024 Edition



July 4th

**No Practices for
All Training Groups!**

July 11th - 14th

**Metro LC Senior Mets
(Must Qualify)**

July 12th - 14th

**Hawks Summer
Invitational**

July 18th

**Last day for
Swim practices
See you in September!**

July 19th - 21th

**Metro LCM Jr. Mets
(Must Qualify)**



HIGHLIGHTS THIS MONTH...

- **Dolphin Duel!** If interested in participating in the Fun Meet on Sunday, June 30th, don't forget to sign up <[Click Here for Link](#)>
- **Hawks Meet:** This meet is at an outdoor pool! Recommended things to bring in addition to normal swim meet items: Tinted or Mirrored Goggles, Sunblock, lots of Water/Cooler, Chairs, Picnic Blanket, Shade/Canopy, and Slides/Crocs
- **Do you got the Skills?** Interested in helping direct the future of the team or have experience in marketing, photography, legal, accounting, or grant writing? Contact President Mike Skerritt



Summer Olympics Paris 2024 - Swimming starts Saturday, July 27th and concludes on Sunday, August 4th.....Go **USA!**

Board Banter

TO THE MAX...



As I watch the US Swim Trials, I am struck by the joy on the faces of the swimmers and their amazing talent. I don't think it's a coincidence that the best swimmers in the world seem to also be the ones that find the most joy in it.

Tough practices and results that don't always match effort, can test a swimmer's commitment and internal fortitude. Refocusing on the FUN can help it regain its rightful place in a swimmer's heart and allow them to continue growing.

MAXIMIZING the FUN: I am extremely excited by some of the upcoming fun team activities we have planned to build Team Comradery. Our "Dolphin Duel", a Green & Blue fun meet & team celebration on June 30th, is just the start.

This Fall we hope to bring back:

- Our full team intra-squad scrimmage
- Dual meets with other local clubs
- Additional fun team social events, both in the water and out.

***It's a fun time to
be a Dolphin!***

MAXIMIZING the COMMUNICATION: In addition to Dolphin's Newsletter, we are planning on using a new feature from TeamUnify called TeamFeed which will allow for more effective communications to share key information and messages with the team. We want you to get the information you need, when you need it.

MAXIMIZING the SUPPORT: We need your support, thoughts, and contributions to make this team everything what we know it can be. Please reach out if you think you can help...we know it takes a Pod (some may say a village).

Go Dolphins...and Team USA!

- Mike Skerritt, President

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Coaches Corner



As Summer break arrives...

Many of us will be spending more time in the water - whether it be a pool, lake, ocean, or on watercraft. Remember that as a Dolphin, you will be a stronger swimmer than most other people, but you still need to stay safe! Wear your life jackets, be cautious around fast moving water, and check the weather forecast.

Nutrition Notes

Dietary supplements can be a good way to boost needed vitamins and minerals that might be missing in our diets. However, not all supplements are created equal, and some can even contain contaminants that can be dangerous - or even illegal. Before taking supplements, look into eating whole foods that are nutrient dense. Check out the USADA website for more info: [Click Here for Link](#)



FUNDAMENTAL FACTS: OLYMPIC EDITION

- Swimming has been in the modern Olympics since they began in 1896!
- Swimming began as an open water event, moving to the pool in 1908.
- Women's events were added in 1912 (only 100m free and 4x100m relay)
- USA's Mark Spitz won 7 gold medals in 1972, which was beaten in 2008 with Michael Phelps winning 8
- The 2024 Olympics includes 35 pool events (the 4x100 mixed medley relay was added in Tokyo 2020)

- Co-Head Coaches: Kate Coffin & Sean Ryan

Get to know ... COACH KATE

Q. What age were you when you started swimming? What teams were you on? Favorite Stroke?

A. 4 years old. Teams: Dolphins, Freedom Rockers & Lourdes. Back & Distance freestyle.



Q. In your school years (K-12) were you involved in other activities or sports?

A. Played Flute. Member of 4H and Pony Club. Horseback riding, track, cross country, & rowing

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

A. Lourdes HS and Rowed D1 in College

Q. What are your current hobbies or interests?

A. Cooking, rock climbing, weightlifting & being lazy...reading with my 3 cats!



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

A. Never have broken a bone.

Q. Goggles under or over your swimming cap?

A. Under



Q. Mustard or Ketchup on your Hot Dog?

A. **SPICY** Honey Mustard



Master's Memo

Dolphins Masters members have some favorite outdoor summer swimming events planned.

The 20th Annual Great Newburgh to Beacon Hudson River Swim on Saturday July 27 supports the River Pool at Beacon, a volunteer-run organization dedicated to nurturing a love for the Hudson River by creating safe access to swimming in the Hudson. Swimmers ages 10 and above are welcome to join. www.riverpool.org

The Lake George Open Water Swim, with its pristine water and beautiful setting in the Adirondacks, is a popular event for our Masters group. We participate in all three distances, 2.5k, 5k, and 10k, with as many as 8-10 swimmers! The swim takes place at Hague, NY in August with a loop course parallel to the shoreline. <https://lakegeorgeswim.com/>

A unique event for one of our swimmer triathletes this summer was the Mont-Tremblant Triathlon held in June at this world-class ski, cycle, and tourism destination in the province of Quebec.

Local June/July events include the Stissing Triathlon and the Pawling Triathlon.

Additional summer events in our next Memo! Contact dolphins.masters@gmail.com for more information.



**U.S. MASTERS
SWIMMING**