



HUDSON VALLEY DOLPHINS NEWSLETTER

July 2025 Edition



July 11th - 13th

HAWKS Summer Invitational
Ulster County Pool, New Paltz

July 17th

LAST PRACTICE

for the 2025-2026 Season!

Mid/Late - August

Registration OPENS
for
Returning Swimmers
for the
2025-2026 Season

**Tell Your
Friends
&
Have Them
Join Us
Next Season!**



HIGHLIGHTS THIS MONTH...

- **Where has the time gone?:** Thursday, July 17th will be the last practice for the 2024-2025 Season! Thank You for being part of this amazing group of swimmers and families this season. And a BIG SHOUT OUT to the Dolphin Coaches...Thank you for all you do from stroke mechanics, endurance and speed training and leadership development! Can't wait to see the swimmers build on and continue their growth and chase their goals next season!! GO POD SQUAD!
- **Planning the 2025-26 Season:** Would you like to get involved in the planning of the upcoming Dolphins Swim season? The Board meets monthly and is looking for new members. If Interested, contact Mike Skerritt at Skerritt11@hotmail.com
- **The upcoming 57th Season:** Look for the 2025-2026 Season registration to open in late August! **Hope you join us again!**
- **Design &/or Build Expertise Wanted:** The Dolphins contract with the CIA requires the team to remove the Diving Blocks for the weekends. To install and uninstall the hefty & awkward blocks takes some heavy lifting. The Board is looking for someone to design and possibly build a piece of equipment that would simplify this process. If interested, please contact Mike Skerritt at Skerritt11@hotmail.com for job scope & parameters.
- **Fitter and Faster Swim** is offering 3 camps in the Hudson Valley area.
 - Freestyle & Backstroke for 12+ at Vassar College on Aug 24th & 25th
 - Fly & Breaststroke for 9-11 at Mt. St. Marys College on Sept. 6th & 7th
 - Breaststroke for 12+ at Mt. St. Marys College on Sept. 6th & 7th
 - This is for information only. The Hudson Valley Dolphins are not associated with the Fitter & Faster Swim Camps.

DOLPHIN DONORS



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



2024-2025 Season

POD

BUSINESSES

Arlington Ink
AWS, Inc.
My Wine and Spirits
Center for Physical Therapy
Marion Salon
Price Right Wine & Liquor
Sierra Lily

INDIVIDUAL/FAMILIES

The Albra Family
David & Marie Cole
Justin Feldman

HUDSON VALLEY DOLPHINS NEWSLETTER

July 2025 Edition – Page 2

MAKE A
DOLPHIN

FIRST SWIM MEET

Olivia Dobkowski
Olivia Moretto

TIME IMPROVEMENT

Olivia Huang: 50 Back
Dylan Mack: 100 Back, 400 Free
Nella Morgan: 100 Free/Back, 200 Free/IM
Katie Skerritt: 200 Breast/IM
Rory Van Loan: 100/200 Breast, 50 Fly

SWAM A NEW EVENT

Gyan Holmes: 50 Back/Breast, 100 Free
Kavya Holmes: 50 Back/Breast, 100 Free
Olivia Huang: 50 Breast, 100 Free

QUALIFIED for LONG COURSE JR METS!

Dylan Mack: 50/100 Back, 50/100 Fly
Nella Morgan: 100 Free
Katie Skerritt: 50/100/200 Free, 100/200 Breast,
100/200 Fly, 200 IM
Rory Van Loan: 50/100/200 Breast, 100 Fly

Master's Memo

The Dolphins Masters wrapped up a great season in June!

Marie & JT ran the charity Sparrow's Nest Superhero 5k, where it rained enough to feel like swimming.

The fast laners, Art, Diego, Jonathan, Justin and Mariama, completed an impressive 50 x 100 yard workout mid-June, extending their feat to a 55 x 100 yard workout the last week of masters practice!

Brian traveled to Des Moines, IA and JT to Springfield, MA to complete 70.3 (aka Half) Ironman triathlons.

Carter stayed local, finishing 1st in his age group at the Hudson Valley Alpha Sprint Triathlon.

Breakfast gatherings on the last Fridays of June celebrated an awesome swimming season.

Look for us at various swimming spots & events this summer!

Bridgette is rowing this summer to see the water from the other side.

Most Fast Laners plan on dominating the New Paltz pool. Scott, Tim, Kathleen, Brian and Carter are attending Red Hook Pool summer Camp. Marie is looping local lakes and Bryan is training at Tymor Pool.

See you in September!



**U.S. MASTERS
SWIMMING**

HUDSON VALLEY DOLPHINS NEWSLETTER

July 2025 Edition – Page 2



Dolphins History Lesson

This past year, a Poughkeepsie Journal article from 2008 came to our attention. The article “Splashing through the years” was published in celebration of the Dolphin’s 40th Anniversary!!

The Dolphins team was founded by parents who wanted to provide their children with a competitive swim outlet while still having fun!! The Team’s mission still has not changed since those early day!

As the Hudson Valley Dolphins are wrapping up their 56th Season and heading into the 57th, here are some highlights from the article along with other trivia about the team!



Circa 1968

Through the YEARS!



Team Names:

- St. Columba Dolphins (SCD) ...named by the swimmers!!
- Dolphin Swim Club of the Hudson Valley (DSC)
- Hudson Valley Dolphins (HVD)

Inaugural Season: 1968 with 21 swimmers!

Swim Leagues:

- Catholic Youth Organization (CYO)
- Empire State Swimming League (ESSL)
- USA Swimming...joined in 2007!
- U.S. Masters Swimming for adults started in 2016

Practice Pools:

- Outdoor pool at Mt. Alvernia
- YWCA...with practices 1 to 2 times a week!
- YMCA of Poughkeepsie
- Poughkeepsie Middle School
- Jewish Community Center
- Tymor Park Pool (COVID Year)
- YMCA of Ulster County (COVID Year)
- Gold Gym of Newburgh (COVID Year)
- Vassar College
- Culinary Institute of America



[CLICK HERE to read the August 2008 Poughkeepsie Journal article!](#)