



HUDSON VALLEY DOLPHINS

hello
SUMMER

NEWSLETTER

June 2025 Edition



June 6th - 8th

Condors Summer Solstice
@ Felix Festa, West Nyack

June 17th

Last Day to sign up for
HAWKS Summer Invitational
Ulster County Pool, New Paltz

June 19th

NO Practice for ALL GROUPS

June 20th - 22th

PAC Summer Classic
@ Felix Festa, West Nyack

June 27th

LAST DAY of MASTERS

June 28th

Last to Sign up for
Dolphin Duel Part Deux

HIGHLIGHTS THIS MONTH...

- **DOLPHIN DUEL PART DEUX!** All Dolphin Members...Winter, Spring, Full Year and Masters are invited to join in the summer fun and camaraderie on Sunday, July 6th for the 2nd annual Dolphin Duel. Swimmers will be selected for either the "Green Team" or the "Blue Team" and duke it out for this year's bragging rights & Team Trophy! Hope you can join us! See Events & Calendar website to sign up or [CLICK HERE!](#)
- **Seeking New Board Members:** Would you like to help out with the administration of Dolphins Swim team? The Board meets monthly and is looking for new members as we have several members with swimmers leaving the program next year. If Interested, please fill out this Google Form: [CLICK HERE](#)
- **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 Skeritt at Skerritt11@hotmail.com for job scope & parameters.
- **Masters Final Day is Friday, June 27th:** The 2024-25 Season final practice for the Masters program is coming up in a few weeks. See the Master's Memo on page 2 for swimming options during the summer and summer swimming events. Hope you enjoyed the Dolphins Masters program this season. Look for the 2025-26 Season registration to open in late August!



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

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RELEASE MAKE A RELEASE

FIRST SWIM MEET

Sam Chastain
Olivia Huang
Herrick Ni

SWAM A NEW EVENT

Dylan Mack: 100 Fly
Nella Morgan: 200 Back
Rory Van Loan:
50 Free & Breast, 100 Fly, 400 IM

TIME IMPROVEMENT

Chloe Kermani: 50 Free, 100 Breast
Dylan Mack: 50/100 Free, 50/100 Back
Nella Morgan: 200 Free
Rory Van Loan: 100/200 Breast, 50 Fly

Master's Memo

This is the final month of 2024-25 Dolphins Master's Season. The last practice will be Friday, June 27th! Look for the 2025-26 Registration in Late August!

Bryan represented the Dolphins at the 2025 U.S. Masters Swimming Spring National Championship in San Antonio in April and the Aquapalooza, New York City's biggest masters swim meet, in May.

UPCOMING EVENTS

TRIATHLONS

- Join Dave B. at the Mt. Tremper AquaBike or Sprint Triathlon on June 11: [CLICK HERE for more Info](#)
- Give the Alpha Win Hudson Valley Triathlon (near Rosendale) a try on June 28 – multiple distances, including a short one for beginner triathletes: <https://alpha.win/event/hudson-valley-ny/>

OPEN WATER

- Annual Great Newburgh to Beacon Hudson River Swim, July 26: riverpool.org
- Lake George Open Water Swim, August 16 in Hague, NY: lakegeorgeswim.com
- Lake Quassapaug Open Water Swimming Festival in Middlebury, CT, August 30: [CLICK HERE](#)

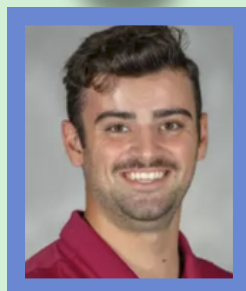
SUMMER OUTDOOR SWIMMING OPTIONS

- Rhinebeck and Red Hook Pools
- Freedom Lake, White Pond, Lake Minnewaska
- [CLICK HERE for Information for these option and others](#)



**U.S. MASTERS
SWIMMING**

Get to know ... COACH JAKE



Q. When did you started swimming?
Favorite Stroke?

A. Started Swimming at age 13.
Favorite stroke is the backstroke.

Q. What activities or sports
did you do in K - 12?

A. Played Baseball and swam.



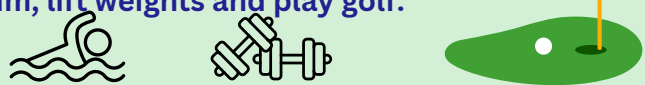
Q. Did you swim for your high school and/or college?

A. Swam for Poughkeepsie High School.
In college, swam
for SUNY Potsdam.



Q. What are your current hobbies or interests?

A. I swim, lift weights and play golf.



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

A. I played piano for 5 years in elementary school.



Q. Goggles under or over your swimming cap?

A. Over for practice, under for racing



Q. Mustard or Ketchup on your Hot Dog?

A. Always Mustard!!

