



HUDSON VALLEY DOLPHINS NEWSLETTER

March 2025 Edition



HIGHLIGHTS THIS MONTH...

- **Dolphins Team Breakfast** will be on Sunday, April 6th from 9am to Noon at Mill Creek Caterers! Invite on page 4.
- **Youth Team WINTER Season End:** Last practice will be Thursday, March 27th with the last meet, Bronze Championship, on March 28th-30th.
- **Youth Team SPRING Season Start:** Spring Season will start on Tuesday, April 29th! Full Year Swimmers Registration includes Spring Season. All Training Groups will be practicing at the CIA pool. See page 5 for the Spring Practice Schedule.
- **Masters WINTER Season Ending & Spring Starting:** Last practice will be Friday, March 28th. Full Year swimmers will continue practice on Monday, March 31st. A break is scheduled for Friday, April 18th through Monday, April 28th. Practice will start up again on Tuesday, April 29th.
- **Youth Team SPRING TRYOUTS:** The coaches will be holding New Swimmer Tryouts on Tuesday, April 29th at 7:30pm at the CIA pool. Invite your friends to come and see what the FUN is all about!!
- **Verify your Mobile Phone Number:** The team will only text with urgent info or emergencies. [Click here on how to verify your mobile number.](#)

March 8th & 9th

8 & Under Championship
Valley Central H.S.

March 14th-16th

Jr. Mets & 15-18 AGTC
at NCAC (Must Qualify)

March 17th

Last Day to Commit to
Bronze Championship

March 25th

Last Day to Sign up for
Dolphins Team Breakfast!

March 27th

Last Practice for **YOUTH**
Team Winter Season

March 28th

Last Practice for **MASTERS**
Winter Season Swimmers

March 28th-30th

Bronze Championship
Valley Central H.S.

Board Banter

As we move into the last few weeks of the Winter season, we can think back to many wonderful moments and also look forward to fun practices and championship meets that lie ahead offering a great way to wrap up this season.

As always, we will be capping the season with our annual team breakfast at Mill Creek Caterers on Sunday, April 6th. The breakfast is an opportunity to be together and celebrate as a Dolphin family. It's always nice to come together, to talk, to laugh, to honor the hard work and achievements of our swimmers, and to relive some of the special moments through pictures and videos.

In this newsletter, we are recognizing Dolphin Patron and Pod Donors. We are grateful for their support of money and donated goods for raffle baskets. Their donations help keep the Dolphins financially viable by minimizing the fees that are passed along to families. So when you are shopping, please consider these business and let them know that we appreciate their donation.

We hope everyone has had a wonderful Winter season and look forward to being together on April 6th.

-Mike Skerritt, HVD President & Treasurer



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DOLPHIN DONORS

PATRON

Franco/Vickery Family
The Luzzi Family

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

Thank You



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

Get to know ... COACH MATT L.



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

A. I've been swimming since I was 8 years old. I was on Tymor Park Swim Team every summer, and when I turned 12, I joined Hudson Valley Dolphins. My favorite stroke was definitely breaststroke.

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

A. In middle school, I played soccer and did cross country. In high school, I did track and briefly did crew for two days before COVID shut everything down.

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

A. Yep! I swam for Our Lady of Lourdes, but I missed my senior year due to COVID. I swam briefly for Lycoming College.

Q. What are your current hobbies or interests?

A. At the moment, I'm really into lifting weights as well as yoga. I'm also a little bit of a PC gamer and am getting back into rock climbing.

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

A. I collect computer peripherals! I have 7 mice and 4 keyboards.

Q. Goggles under or over your swimming cap?

A. I was definitely on the side of under the cap until my cap fell off too many times, so now I'm with team over the cap.

Q. Mustard or Ketchup on your Hot Dog?

A. Mustard. But it can't be on the hot dog, it has to be on the side.

Master's Memo

Here's how Dolphins Masters do winter!



Being in the water isn't always about swimming.

Masters swimmer Marie participated in the annual "Subzero Heroes Polar Plunge" to support the Alzheimer's Association. The event took place at Berean Lake in Highland – with the organizers chopping the lake ice the day before to create an area for the participants to plunge from the dock. The event raised over \$50,000 to fund research and services related to Alzheimer's.



Two masters swimmers participated in the 32nd Annual Kingston YMCA Indoor Triathlon. A total of 60 athletes covered the timed 15 minute swim, 20 minute stationary bike, and a 20 minute indoor track run with the total distance determining place. Art finished with 9.83 miles, good for 6th overall and 2nd in the 50-59 age group. Javier "JT" finished with 9.62 miles for 9th overall and 4th in the 40-49 age group. Art was also awarded the fastest swimmer, covering 46.5 laps over the 15 minute duration. It was a great event to beat the winter blues for racing!



**U.S. MASTERS
SWIMMING**

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CHAMPIONSHIP SEASON

SILVER CHAMPIONSHIP RESULTS:

DOLPHIN SWIMMERS with TOP TEN FINISHES!!

Maddie Dean: 6th in 50 Fly
Anya Fridman: 4th in 50 Free
Ethan Haas: 2nd in 100 IM
Dylan Mack: 1st in 100 & 500 Free, 3rd in 50 Free, 5th in 100 IM
Nella Morgan: 1st in 50 and 100 Free
Ben Nguyen: 2nd in 50 Fly, 3rd in 100 IM, 4th in 50 Back
Owen Sobolewski: 2nd in 100 Free
Doriana Tirch: 3rd in 100 Free
Rary Van Loan: 1st in 50 Fly, 2nd in 100 IM and 9th in 50 Back



SENIOR METS RESULTS

HVD CLUB
SEASON BEST

Times for
50 & 100 Free
for the one and only
Dolphin Qualifier!!

**Katie
Skerritt**

Upcoming Championship Meets Qualifiers

Junior Mets

Ethan Haas*
Dylan Mack*
Rory Van Loan*

*Qualified for additional Event @ Silvers

15-18 AGE GROUP TEAM CHALLENGE

Individual Qualifiers

Alaina Kozak Katie Skerritt
Nella Morgan** Doriana Tirch

**New Qualifier

RELAY Swimmers

Kira Casucci
Anya Fridman

UPCOMING MEETS

Meet Dates	Meet Name	Commit Date	Type of Meet	Meet Location
Mar 8th - 9th	8 & Under Champs	Feb 14th	8 & Unders No Qual Times Needed	Valley Central High School Valley Central, NY
Mar 14th - 16th	Jr. Mets and 15-18 Age Groups	Feb 25th	Championship Must Qualify	Nassau County Aquatic Center Garden City, NY
Mar 28th - 30th	Bronze Championship	Mar 17th	Must have swum the event between 1/1/2024 to present	Orange County Community College Middletown, NY

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MAKE A

FIRST SWIM MEET
Joe Eichenhofer

SWAM A NEW EVENT
Alivia Blake: 100 Breast
Katie Skerritt: 200 Fly

TIME IMPROVEMENT

Ava Blake: 50 Free, 50 Fly

Maddie Dean: 200 Free, 50 Fly, 100 IM

Kensie Evola: 100 Free

Alex Franco: 50/200 Free

Ethan Haas: 100 Back

Gyan Holmes: 100 Free, 100 IM

Kavya Holmes: 100 Free, 50 Breast, 100 IM

Dylan Mack: 500 Free, 100 Fly, 100 IM

Nella Morgan: 50/100 Free

Ben Nguyen: 50 Fr, 50 Back, 100 Br, 50 Fly, 100 IM

Owen Sobolewski: 100 Free, 100 Fly, 200 IM

Katie Skerritt: 100 Back

Doriana Tirch: 100 Breast

Rory Van Loan: 100 Breast, 100 IM

You're Invited!

HUDSON VALLEY DOLPHIN TEAM BREAKFAST

Date: Sunday, April 6th

Place: Mill Creek Caterers at 17 NY-376, Hopewell Jct

Time: 9:00 am to Noon

RSVP: Tuesday, March 25th

Registration: [CLICK HERE](#)

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Spring SEASON



2025 SPRING SEASON PRACTICE SCHEDULE

****All Training Group Practices are at the CIA Pool****

	Monday	Tuesday	Wednesday	Thursday	Friday
Bronze	X	6pm - 7pm	6pm - 7pm	6pm - 7pm	X
Steel	6pm - 7:30pm	6pm - 7:30pm	6pm - 7:30pm	6pm - 7:30pm	6pm - 7:30pm
Silver	6pm - 8pm	6pm - 8pm	6pm - 8pm	6pm - 8pm	6pm - 7:30pm
Gold	6pm - 8pm	6pm - 8pm	6pm - 8pm	6pm - 8pm	6pm - 7:30pm
Masters	6am - 7:15am	6am - 7:15am	6am - 7:15am	6am - 7:15am	6am - 7:15am

New Swimmer Tryouts

Have a Sibling, Friend or Neighbor that loves to swim?

Dolphins will be holding New Swimmer Tryouts for the Spring Season!

Date: Tuesday, April 29th

Time: 7:30pm

Place: Culinary Institute of America Pool

[CLICK HERE to Sign Up for a TRYOUT](#)

