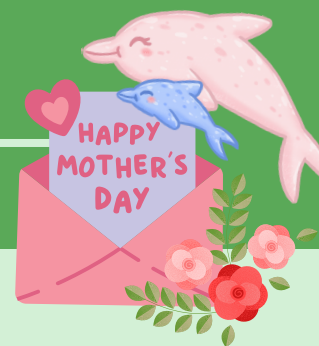




HUDSON VALLEY DOLPHINS NEWSLETTER

May 2025 Edition



HIGHLIGHTS THIS MONTH...

- **Welcome to the Spring Season!** To the New Swimmers and Families...So Happy you have joined the "POD SQUAD" and Welcome Back to the Winter Swimmers for the 2025 Spring Season...looking forward to seeing everyone working towards their goals in the pool!



- **Spring Season Swim Meets:** The Coaches have picked the meets for the team to attend...Mark Your Calendars:
 - **May 16th – 18th:** PAC Spring Starter at Felix Festa in West Nyack
 - **June 6th – 8th:** Condors Summer Solstice at Felix Festa in W. Nyack
 - **June 20th – 22nd:** PAC Summer Classic at Felix Festa in West Nyack
 - **July 11th – 13th:** Hawks Summer Inv. at Ulster County Pool, New Paltz
 - **July 18th – 20th:** Jr. Mets (Must Qualify) in NCAC in East Meadow
- **Winter Season Only Swimmers:**
 - Registration for the 2025-26 Season will open mid/late August for 2024-25 returning swimmers. Spots are reserved for returning swimmers until Fall New Swimmer Tryouts in September then all remaining spots are first come first served.
 - Swimmers not returning for the 2025-26 season can contact Adrienne Tirch at Dolphins_Registration@hvc.rr.com to request to close your Dolphin Account.
- **New to the Dolphins?** You can read previous Dolphin Newsletters in the Archived Newsletter tab ... learn about the team coaches, swimmer improvements over the winter season and championships, and see what the Masters (Adult) program has been up to, etc.

May 7th

Last day to order
Towel Pants & T-Shirt

May 16th

Last Day to sign up for
CONDORS Summer Solstice
@ Felix Festa, West Nyack

May 16th – 18th

PAC Spring Starter
Invitational
@ Felix Festa, West Nyack

May 26th

No Practices for All Groups
for
MEMORIAL DAY



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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Coaches Corner



Acronyms:

SCY: Short Course Yards

SCM: Short Course Meters

LCM: Long Course Meters

Co-Head Coaches:

Kate Coffin & Sean Ryan

Wait, What ... there are 2 Swim Seasons?

That is right! There is a Short Course Season and a Long Course Season.

The Short Course Season is called Winter Season by the Dolphins which is from September through March. Meets are held in 25 yard (or meters) long pools. The Dolphins' practice pools and meets are 25 yards in length.

The Long Course Season is called Spring Season by the Dolphins which is April through July. Meets are held in an Olympic sized pool...and just how long is that? The pool is 50 meters long (or ~55 yards long)!!

When looking up swim times on websites like USA Swimming, swim times will be designated as SCY, SCM and LCM...see Acronyms to the left.

Reminder: If your swimmer has NOT attend a Long Course Meet, reach out to their coach to make sure your swimmer is ready!



SHOP NOW!
UNTIL MAY 7TH



Summer Apparel



ORDER ON DOLPHINS
WEBSITE

Master's Memo

OUR MASTERS GROUP INCLUDES TRIATHLETES, AS WELL AS SWIMMERS

Here are some of their favorite local events:

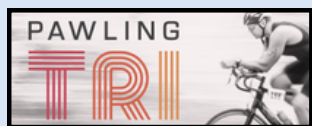
The Stissing Sprint Triathlon (Sunday, June 22) is great for both beginners and competitive triathletes. The distances are an 800 yd swim, a 12.6 mile hilly bike, and a 3.3 mile run around Stissing Lake. There are AquaBike and Relay options. Athletes under 18 are permitted (contact Race Director)

LINK: <https://www.trisignup.com/Race/NY/PinePlains/StissingTriathlon>



The Hudson Valley Triathlon (Saturday, June 28) includes a swim in Williams Lake, biking to the Ashokan Reservoir and running the Wallkill Valley Rail Trail. Multiple distance options available: Open (ideal for first time triathletes), Sprint, Olympic, and Long Course

LINK: <https://alpha.win/event/udson-valley-ny/>



The Pawling Triathlon (Saturday, July 12) is a sprint triathlon great for beginner and seasoned triathletes, offering scenic views and community charm. The adult course is a 0.3 mile swim, a 12 mile bike, and a 3.1 mile run. Youth courses (ages 6-15) are shorter and dependent on age.

LINK: <https://www.trisignup.com/Race/NY/Pawling/PawlingTriathlon>

Cheering for our triathletes at these and other summer events!

