



HUDSON VALLEY DOLPHINS

NEWSLETTER

June 2024 Edition



HIGHLIGHTS THIS MONTH...

- **Spring Swim Meets are all Long Course!** The meet pools are 50 meters long...more than 2 times longer than our practice pool which is 25 yards long.
- **First Spring swim meet?** Talk with your swimmer's coach to see if they are ready and what events would be best for them.
- Want to try a **new** event at an upcoming meet? Have your swimmer discuss with their coach if it's an event they should be trying at this time.
- Check out the [Team Calendar](#) for upcoming meets
- Coming to our area: Fitter & Faster Swim Clinic on June 1st & 2nd
 - 12 & over: [CLICK HERE](#) for details and registration
 - 11 & under: [CLICK HERE](#) for details and registration
 - Dolphins is just sharing information about swim clinics in the Hudson Valley area

June 7th – 9th

**Condors Summer
Solstice Meet
at Felix Festa**

June 19th

**No Practices for
All Training Groups!**

June 28th

MASTERS (Adult)

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

YOUTH TEAM

**Last Friday Practice for
Spring Season**



Board Banter



Welcome to our *first* Monthly Newsletter!

The newsletter will be sent out before the beginning of each month and be our quick view of important information for the team including:

- *Key Dates*
- *Coach's Directives and Swimming Advice*
- *Upcoming Events*
- *Fundraisers*
- *Accomplishments*
- *Team Tutorials and Suggestions*

... and more!

Look to this section for major team announcements, changes in policy, calls for volunteers, etc. We welcome and invite feedback as we want to continuously improve our team's communication.

- Stephen Tirch, Vice President

HUDSON VALLEY DOLPHINS NEWSLETTER

June 2024 Edition – Page 2

Coaches Corner



It's Long Course Season!

Welcome to our new swimmers and welcome back to our returning athletes! We are excited to be starting off our first season as co-head coaches, and for all our groups to be at the same pool.

Nutrition Notes

As the weather warms make sure you are staying hydrated. Hydration isn't just about drinking water, it's about replenishing electrolytes too! Sports drinks (without Caffeine!) are a good way to get those electrolytes.

FUNDAMENTAL FACTS

It can take anywhere from 1,000 to 30,000 repetitions of a motion for it to become part of your muscle memory. This is why it is important to practice good technique even when you are tired or swimming easy.

- Co-Head Coaches: *Kate Coffin & Sean Ryan*

Get to know ... COACH SEAN

Q. What age were you when you started swimming? What teams were you on growing up?

A. 6 years old. Poughkeepsie tennis club summer team & HV Dolphins. Fly and free.



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

A. Soccer, baseball, football, track, crew, band, chorus, tennis, school paper.

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

A. Yes (Pok. & Lourdes), and Yes (Hartwick)

Q. What are your current hobbies or interests?

A. Hiking, kayaking, camping, disc golf, video games, snowboarding, and cornhole.

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

A. I have been coaching swim for 16 years.

Q. Goggles under or over your swimming cap?

A. Over



Q. Mustard or Ketchup on your Hot Dog?

A. Both



Master's Memo

The Dolphins Masters are a welcoming group of adult swimmers with a wide range of swimming experience and interests. For this first issue, we will give a brief introduction of our group that swims each weekday morning from 6-7:15am at the CIA from September through June.

Our members range from college students to retirees. Outside of the pool, our work experience is quite varied and includes architects, dental hygienist, security expert, CIA staff & faculty, environmental experts, travel agent, Marist faculty & staff, town recreation, IBMers, and many other vocations.

Our swimming experience ranges from those who have been swimming competitively since their youth including college to those who took up lap swimming as adults for health and fitness.

We enjoy the camaraderie in the pool and in social gatherings – particularly breakfast at the CIA Egg student cafeteria after practice (free coffee, if you bring your travel mug!). We invite any parents or adult friends of the Dolphins community to attend a trial swim to entice you to join us! Contact dolphins.masters@gmail.com for more information.



**U.S. MASTERS
SWIMMING**