



HUDSON VALLEY DOLPHINS

THANKFUL NEWSLETTER

November 2024 Edition



HIGHLIGHTS THIS MONTH...

- **REMINDER: Dolphin's Applebee's Pancake Breakfast Fundraiser is Sunday, Oct. 27 from 8am to 10am. Tickets will be sold at the Door!**
- **Caring for your Goggles:** Rinse in cold water after each use and air dry. Leaving wet goggles in your bag can cause mold and bacteria to grow. Store your goggles in a hard, ventilated case to protect them from scratches and from getting dirty. Also, avoid touching the inside of the lenses as this will wear down the anti-fog coating.
- **Holiday Apparel Store:** Need gift ideas or interested in some Dolphin Merch, the Dolphin Holiday Store will be opening in November!
- **Personalized Silicone Swim Caps:** Orders for personalized swim caps will open soon. One order is for 2 Caps with the same personalization. Caps sizes available are regular and long hair.
- **Swim Apps for your phone:**
 - **Sports Engine Motion (Free):**  Your Dolphin's account on your phone
 - **MeetMobile (\$13.99 yearly subscription fee):**  Realtime meet results

Board Banter

THANKFUL



As the Thanksgiving season approaches, it is a great time to express how "Thankful" the Dolphins Board is this swim season. Thankful for coaches Kate and Sean for stepping up and embracing their new Co-Head Coaches positions. To all the Dolphin coaches, we are thankful for their continued support & focus on developing amazing athletes! To the Athletes, we are thankful for your dedication and enthusiasm of being a Dolphin, it is so rewarding to watch you grow as swimmers and individuals...and cheering you on from the stands. And to the swimmer's families who support them, brings them to the practices, meets and other team events...thank you!

We also are thankful for financial support we get from donations and grants. Each grant and donation helps us keep fees down as we try to balance the rising team expenses through careful cost management and fundraising. In the past year, the Dolphins were fortunate to have received a grant from Dutchess County, a donation from Stewart Shoppes and an anonymous donation from a friend of the Dolphins.

Consider the Hudson Valley Dolphins when you are looking to make a donation. We are a 501(c)(3) nonprofit organization and donations made by an individual or business to the team are tax deductible. We will soon be announcing a new tiered recognition program for both individuals and businesses donations.

We know that only with your support, can we continue to achieve our goals of providing a financially viable team and supporting the sport of swimming and the health and well-being of our swimmers. We are Truly Thankful!

- HVD Board

November 1st-3rd

PAC Maria Parmanan Meet
at Felix Festa M.S.

November 11th

NO Practice for All Groups

November 7th

Last Day to Commit to
NDAC Meet on Dec 7th & 8th

November 15th - 17th

NYS/VAC VAC Classic 4
at Valley Central H.S.

November 24th

NDAC Butterball Distance
at Bard College

November 27th - 29th

NO Practices for ALL Groups



HUDSON VALLEY DOLPHINS NEWSLETTER

November 2024 Edition – Page 2

Coaches Corner



Season's First Meet – SHOUT OUT!

Congratulations to the swimmers who participated in their first meet! And let's hear it for the swimmers who improved their times!

**HiP-HiP
HOORAY**

Laps, Laps and More Laps: Increased Yardage this Month!

We will continue to increase yardage over the next month in an attempt to improve race outcomes. It will be important for athletes to attend as many practices as possible for this to work effectively and for swimmers to receive the most benefit.

Practice Prep: Stroke Technique Focus - BE ON TIME!

Starting Nov. 4th, we will be going over stroke technique at the beginning of each practice. This will include breaking down some of the finer technical points and reviewing the standards for each stroke in order to have a clean swim (avoid disqualification or "DQ"). Instruction will be done at the START of practice, so swimmers need to be ON TIME on the deck and ready to go! Here is a video that will help with a deeper understanding of the freestyle technique: [CLICK HERE FOR LINK](#)

Co-Head Coaches: Kate Coffin & Sean Ryan



Get to know ... COACH MATT M.

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

A. 5 years old. First, Yonkers Tsunami, middle school Apex Swimming, then Condors Swimming before moving upstate. Finally, I found my swimming fam, the Dolphins for most of high school. My favorite stroke is Backstroke.



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

A. In elementary school, I was in every sport under the sun. My parents probably just wanted a little peace and quiet, haha! Eventually, swimming and soccer were the last two sports that stuck with me and that I really enjoyed.

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

A. You bet! I swam for Arlington High School (Go Admirals!) and was captain during junior and senior year. I swam with the club team at West Virginia University for a year.

Q. What are your current hobbies or interests?

A. I love spinning some tunes as a DJ (gotta get that pre-race pump-up music just right!). As for my latest adventure, I've embarked on a mid-life crisis (at the ripe age of 27, mind you!) and discovered a love for running. I'm excited to tackle my first 5K next week and have my sights set on challenging races like a Spartan Race and a Marathon.

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

A. I'm half Irish! I even lived in Ireland for two years.

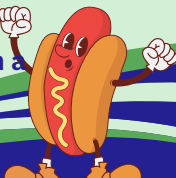


Q. Goggles under or over your swimming cap?

A. Under, ALWAYS.

Q. Mustard or Ketchup on your Hot Dog?

A. Why choose? Both, all the way, with a sprinkle of sauerkraut for good measure.



Master's Memo

Back in the Swim of things

Dolphins Masters are enjoying our time in the pool at the CIA with returning and new swimmers!

We're still basking in the fun times we had at our summer events. Here's a few more highlights:

Eight Dolphins and extended swim family participated in the Lake George Open Water Swim.

In the 10k: Art (1st wetsuit), Justin (1st AG), Doug (3rd AG), Tim (1st AG), Coach Kate (3rd AG) and Kim (6th AG).

▪ In the 5k: Marie (3rd AG).

▪ In the 2.5k: Theresa (3rd AG).



Karen experienced the harshest conditions in the history of the 8.2 mile Mackinac Island swim with 2-3 foot swells from a strong north wind, along with cold water. Since the event allowed a swim - walk to circumnavigate the island, Karen completed a 6 mile swim plus 2 mile walk.

Bryan flew to Mission Viejo, CA for the USMS summer Nationals. He competed in the 50 M Fly, 50 M Free and 100 M Free, achieving his target times and enjoying the experience.



Start training now for next summer by joining us - Contact us at dolphins.masters@gmail.com.



**U.S. MASTERS
SWIMMING**

HUDSON VALLEY DOLPHINS NEWSLETTER

November 2024 Edition – Page 3

MAKE A
DOLPHIN

FIRST SWIM MEET

Gwen Herilhy

SWAM A NEW EVENT

Ava Farrell: 100 Breast
Rory Van Loan: 400 IM

TIME IMPROVEMENT

Ava Farrell: 100 Free, 50 Back
Silas Fitzpatrick: 100 Free, 50 Back
Ethan Haas: 50 & 100 Free, 50 Back, 50 Fly
Dylan Mack: 50 & 200 Free
Nella Morgan: 200 Free
Andres Olarte: 100 Free, 50 Back, 100 Breast
Owen Sobolewski: 100 Free

2025 CHAMPIONSHIP MEETS QUALIFYING SWIM TIMES

Kira Casucci: Silver
Ethan Haas: Silver
Alaina Kozak: Silver
Dylan Mack: Silver
Nella Morgan: Silver
Ben Nguyen: Silver
Andres Olarte: Silver
Katie Skerritt: Silver & Age Group
Owen Sobolewski: Silver
Doriana Tirch: Silver & Age Group
Rory Van Loan: Silver & Junior Mets

UPCOMING MEETS

Meet Dates	Commit Date	Meet Name	Meet Location
Nov 1st - 3rd	CLOSED	PAC Maria Parmanan Invitational	Felix Festa Middle School West Nyack, NY
Nov 15th -17th	CLOSED	NYS/VAC VAC Classic 4	Valley Central High School Montgomery, NY
Nov 24th	CLOSED	NDAC Butterball Distance Meet	Bard College Annandale-on-Hudson, NY
Dec 7th-8th	Nov 7th	NDAC Kevin Storr's Winter Festival	Valley Central High School Valley Central, NY
Dec 13th - 15th	CLOSED	RFAC Winter Invite	Marist College Poughkeepsie, NY