



# HUDSON VALLEY DOLPHINS NEWSLETTER

November 2025 Edition



## HIGHLIGHTS THIS MONTH...

- **Personalized Silicone Dolphin Swim Caps:** Orders are being taken for these swim caps through Sunday, November 9<sup>th</sup> through the Dolphins website - [Event & Calendar webpage](#).
- **November NO Practices:**
  - Tuesday, Nov 11<sup>th</sup>: **All Training Groups** for Veteran's Day
  - Wed Nov 26<sup>th</sup>– Fri Nov 28<sup>th</sup>: **All Training Groups** for Thanksgiving
- **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.
- **Mobile Phone Numbers:** Please make sure you have a mobile phone number in your account. Texts will be sent for last minute changes/cancellations to meets and practices and emergencies.
- **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



Wow!! Can you believe we are into the third month of the winter season? The team will be heading into a bunch of upcoming swim meets. It is exciting to see our Dolphins swimmers compete and to cheer them on! And we are so grateful that so many swimmers will be joining their teammates on deck at the RFAC meet in December! Can't wait to see that sea of green on the pool deck!

As we head into the Thanksgiving season, we are so thankful to everyone for coming and supporting the Dolphin's Applebee's Breakfast, especially Tara Lent and Millieann Luzzi for organizing the event. Seeing the swimmers working together and having fun...it really makes all the effort worthwhile!

As the end of the year is approaching, if you looking to make donations for the 2025 tax season, remember that the Dolphins accepts donations from businesses and individuals as 501c3 non-profit organization. **Go Dolphins!**



**November 1<sup>st</sup>**  
Second Training Group  
Payment Due

**November 5<sup>th</sup>**  
Last Day to Sign up for  
RFAC EM Holiday Meet

**November 8<sup>th</sup> & 9<sup>th</sup>**  
PAC Maria P. Meet  
Felix Festa M.S.

**November 11<sup>th</sup>**  
**No Practices for ALL Groups**

**November 13<sup>th</sup>**  
Last Day to Sign UP for  
NDAC Winter Festival Meet

**November 14<sup>th</sup> –16<sup>th</sup>**  
NYS/VAC Viking Classic  
Valley Central H.S.

**November 23<sup>rd</sup>**  
NDAC Butterball Burn-off  
Bard College

**November 26<sup>th</sup> –28<sup>th</sup>**  
**No Practices for ALL Groups**

# HUDSON VALLEY DOLPHINS NEWSLETTER

November 2025 Edition – Page 2

ODIAOH  
MAKE A  
OT LHOH

**FIRST SWIM MEET**  
Charlotte Moretto

**SWAM A NEW EVENT**  
Alex Franco: 200 Back  
Kerrigan McLiverty: 50 Back, 100 Free  
Olivia Moretto: 50 Back/Fly

## TIME IMPROVEMENT

Alex Franco: 100 Breast, 200 Free  
Ethan Haas: 50 Back/Breast/Fly, 100 Free/Back  
Owen Sobolewski: 100 Fly  
Rory Van Loan: 200 Free

## UPCOMING MEETS

| Meet Dates                              | Meet Name                            | Commit Date          | Type of Meet                               | Meet Location                                    |
|-----------------------------------------|--------------------------------------|----------------------|--------------------------------------------|--------------------------------------------------|
| Nov 14 <sup>th</sup> - 16 <sup>th</sup> | NYS/VAC<br>Viking Classic            | Oct 8th              | Invitational                               | Valley Central High School<br>Valley Central, NY |
| Nov 23 <sup>rd</sup>                    | NDAC Butterball Burn-off Distance    | Oct 30th             | Distance/Invitational                      | Bard College<br>Annandale-on-Hudson, NY          |
| Dec 6 <sup>th</sup> - 7 <sup>th</sup>   | NDAC Kevin Storrs' Winter Festival   | Nov 13 <sup>th</sup> | Invitational                               | Valley Central High School<br>Valley Central, NY |
| Dec 12 <sup>th</sup> - 14 <sup>th</sup> | RFAC Elizabeth Miller Holiday Invite | Nov 5 <sup>th</sup>  | 10&U: Invitational<br>11+: Trials & Finals | Marist College<br>Poughkeepsie, NY               |
| Jan 9 <sup>th</sup> - 11 <sup>th</sup>  | NYS/VAC<br>12 & U Winter Carnival    | TBD                  | 12&U: Invitational                         | Valley Central High School<br>Valley Central, NY |
| Jan 10 <sup>th</sup>                    | NYS/VAC<br>January Blitz Distance    | TBD                  | TBD                                        | Valley Central High School<br>Valley Central, NY |
| Jan 16 <sup>th</sup> - 18 <sup>th</sup> | NBS<br>Trials and Fianals            | TBD                  | 12&U: Invitational<br>11+: Trials & Finals | Valley Central High School<br>Valley Central, NY |
| Jan 23 <sup>rd</sup> - 25th             | Hawk's<br>Trials and Finals          | Dec 19 <sup>th</sup> | 10&U: Invitational<br>11+: Trials & Finals | Valley Central High School<br>Valley Central, NY |

## November 2025 Edition – Page 3

# Yardage! Yardage! Yardage!

In swimming, "volume" generally refers to the total distance a swimmer covers in training, such as yards per practice or yards per week.

At this time in the season we are increasing volume by swimming longer sets or reducing the rest time between more frequent sets, to build endurance, strength, and a good aerobic base.



When increasing volume proper hydration and fueling (food) are essential. Link to article on proper fueling: <https://www.usaswimming.org/news/2024/12/20/how-to-properly-fuel-during-training>

## 2025-2026 Season

### Donations of \$250+

- The Alba Family
- Marie & David Cole
- The Luzzi Family



Donations  
up to \$249

- Always in Bloom
- Arlington Ink
- Buy Rite Oil
- Fratello's Gourmet Pizza
- Marion Salon
- Stewart's Shops
- Village Groomer

Thank You 

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



**The Master's Pod is Growing  
with New & Returning Swimmers!!**

**The group had their first team breakfast at the Egg after practice on Halloween morning to enjoy some time together out of the water. Plenty of treats and no tricks!**



**We wish JT good luck as he heads to Tempe, AZ in mid-November for Ironman Arizona where warmth and sunshine are almost guaranteed.**

**A few swimmers are considering competing in pool meets in late fall and winter. We'll be keeping a watch for those within commuting distance – towards the Capital District and NYC.**

