



HUDSON VALLEY DOLPHINS NEWSLETTER

October 2024 Edition



October 1st

1st Training Group Fees Due
and

Last Day to Commit to
PAC Maria Parmanan Meet

October 11th – 13th

Condors Meet
at Felix Festa M.S.

October 14th

No Practices for
All Training Groups

October 15th

NO Bronze Practice

October 27th

Applebee's Breakfast
8am to 10am

October 30th

Tricks n' Treats Practice

October 31st

No Evening Practices



HIGHLIGHTS THIS MONTH...

- **First Meet of 2024–25 Season:** Get ready to race! What to bring: Dolphin's suit, t-shirt, goggles and swim cap...towels, deck/locker footwear, healthy snacks, lots of water, clothes to keep warm on the pool deck. Don't forget some activities...not just for swimmers but spectators, too. Detailed information about meets: [Swim Meets link](#)
- **Dolphin's Applebee's Pancake Breakfast Fundraiser:** Fun-filled morning with Swimmers serving up the Flapjacks! Amazing Raffle Baskets and Dolphin Merch available to purchase. Tickets are \$10 per person which are purchased through this [Dolphins website link](#).
- **Caring for your New Team Suit** Do NOT put your team suit in the washer and/or dryer. Hand wash with mild detergent or rinse in cold water and air dry.
- **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

LET THE FUN BEGIN!!!

As the summer fades with the days getting cooler and shorter, we hope you are excited about the start of the NEW SWIM SEASON! We are reconnecting with old friends and meeting new ones who are just starting their swim journey. It is inspiring to see the energy and anticipation in all the Dolphin swimmers that comes with a new beginning.

When I was asked to join the Dolphins Board a few years ago, I had similar thoughts that most probably have: "I would love to help, but I don't know if I have time." But what I learned after joining is that that our Board of volunteers is perhaps the most caring, fun, and selfless individuals I have had the pleasure of knowing and working with. It's actually not work...it's good people coming together in support of the common goal of providing the best experience possible for all Dolphins. I firmly believe the Hudson Valley Dolphins are on a good path, but we are at a critical point and need your help! Do you possess any of the following?

- A general desire to see the team succeed...while having fun doing it?
- A desire to bring your thoughts and ideas forward to enhance the program?
- A skill (technology, social media, finance, fundraising, marketing, legal, secretarial, etc.) that help fill a gap?

If any of these apply, please reach out to me at Skerritt11@hotmail.com. During this season of new beginnings, we would like nothing more than to welcome new members into the decision-making process...ultimately strengthening our Pod for years to come.

GO DOLPHINS!!

- Mike Skerritt, President

HUDSON VALLEY DOLPHINS NEWSLETTER

October 2024 Edition – Page 2

Coaches Corner



Welcome new and returning Dolphins to the 2024-2025 Season!

Hope you all had a great summer and are ready to get back into training. The first month of practice will be focusing on building up endurance and reinforcing good technique from time off during the summer. We will generally start off with lower total yardage, shorter sets and more drills while building up in yardage and set length throughout the month.

Practice Prep: (Things to Bring to Practice)

1) Practice suit – not your racing suit unless instructed to by coach (racing suit is either your team swim suit or the suit you are saving just for meets)

2) Cap, goggles, extra pair of goggles, towel, extra towel, change of clothes

3) In case of allergies or medical conditions such as asthma or diabetes etc. individuals should carry medication and make coaches aware of its existence and location.

4) For Steel, Silver, Gold: Gear Bag with fins, pull buoy, kickboard, snorkel

5) WATER! 16 oz or more

6) Strong work ethic and positive attitude!

Co-Head Coaches:

Kate Coffin & Sean Ryan



Get to know ... COACH GRACE

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

A. I started competitively swimming at age 6 with the Dolphins. Team: Dolphins (12 years), OLL HS girls swim team (4 years), Misericordia University swim team (4 years). My favorite stroke is breaststroke.



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

A. I also did snowboarding, and hiking in my school years - I still enjoy doing all of these today!

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

A. I swam for Our Lady of Lourdes from 2012-2016. I swam for Misericordia University for 4 years (2016-2020). I was the team breaststroke/2 IM specialist.

Q. What are your current hobbies or interests?

A. My love for training and competition has moved from swim meets to triathlons. When I am not swimming or coaching you will usually find me out for bike, run, or walk. I did my first IronMan 70.3 last year!

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

A. I have been to 4 Taylor Swift concerts.

Q. Goggles under or over your swimming cap?

A. Over for swim practice, under for racing.



Q. Mustard or Ketchup on your Hot Dog?

A. Mustard (I don't like ketchup on anything)



Master's Memo

Dolphins Masters kept busy over the Summer with pool and open water events!



Lifeguard Dave traveled to Cleveland for the Pan American Masters Games competing against swimmers from 19 countries including Brazil, Canada, Germany, Mongolia, New Zealand, and South Africa. He brought home silver in the 200m IM & 50m Backstroke and placed 8th in the 50m Breaststroke.

Nick and Marie, with friends and family, represented the Dolphins in the 20th Annual Great Newburgh to Beacon Hudson River Swim supporting the River Pool at Beacon. The organization nurtures a love for the Hudson River by creating safe access to swimming in the Hudson.



JT traveled to Augusta, ME for the Maine Ironman which took place in and along the Kennebec River.

Our next newsletter will report on more summer events, including the Lake George Open Water Swim, the Mackinac Island Swim, and the local Survival of the Shawangunks (SOS) triathlon.

Our new season has started at the CIA, welcoming new and returning swimmers. Contact us at dolphins.masters@gmail.com to give it a try!



**U.S. MASTERS
SWIMMING**

UPCOMING MEETS

Meet Dates	Commit/Register by Date	Meet Name	Meet Location
Nov 1st - 3rd	Oct 1st	PAC Maria Parmanan Invitational	Felix Festa Middle School West Nyack, NY
Nov 15th -17th	Oct 9th	NYS/VAC VAC Classic 4	Valley Central High School Montgomery, NY
Nov 24th	Oct 25th	NDAC Butterball Distance Meet	Bard College Annandale-on-Hudson, NY
Dec 7th-8th	TBD	NDAC Kevin Storr's Winter Festival	Valley Central High School Valley Central, NY
Dec 13th - 15th	Oct 25th	RFAC Winter Invite	Marist College Poughkeepsie, NY

around the **VALLEY**



Fast Butterfly & Breaststroke Swim Camp
Kaplan Recreation Center Pool at
Mount Saint Mary College in Newburgh, NY
Oct 5th: Fast Butterfly Technique
Oct 6th: Fast Breaststroke Technique

[11 & Under: Click Here for Details & Registration](#)

[12 & Older: Click Here for Details & Registration](#)

This is for information only. The Hudson Valley Dolphins are not associated with the Fitter & Faster Swim Camps and are only passing along a Swim Clinic/Camp opportunity in the Hudson Valley area.