



HUDSON VALLEY DOLPHINS

NEWSLETTER

September 2025 Edition



HIGHLIGHTS THIS MONTH...

- **Team Suit Fittings:** Samples of the team suits will be available for swimmers to try on and determine which size fits them.
 - **Thursday, September 18th:** Vassar College Classroom off of the pool balcony from 6:30 pm to 7:30pm
 - **Friday, September 19th:** CIA pool hallway from 5:00pm to 6:30pm
- **Dolphin's Team Store:** Team Suits and equipment are available through the Dolphin's Team Store on the Swimoutlet.com ([Click Here](#)).
 - Equipment for the Steel, Silver and Gold training Groups:
 - Fins
 - Stroke Paddles
 - Pull Buoy
 - Swimmer's Snorkel
 - Kickboard
 - Mesh bag
- **Ice Cream Social & Parent Meeting:** **Attendance is Highly Encouraged**
 - Sunday, Sept 28th from 1pm to 3pm at Bowdoin Park Pavilion #4.
 - Come and meet your teammates and families & eat ICE CREAM!
 - The Board will be holding the Parent Meeting to discuss the upcoming Season and answers questions.
- **Past Newsletters:** Check out previous issues of the Dolphin's Monthly Newsletter in the "Archive Newsletter" Tab or [Click here](#). You will find Q&A's with Coaches, Tips for keeping equipment & suits clean, etc.
- **Save the Date:** Dolphin's Annual Pancake Breakfast Fundraiser will be held on Sunday, October 26th from 8am to 10am. Food, Fun and Raffle baskets! Details to come!

September 8th
2025-26 Season Begins!

September 12th
Last Day to Sign up for
Condors Fall Fest Meet

September 18th
Team Suit Fitting at Vassar
6:30pm - 7:30pm

September 19th
BLOCK FRIDAY
Diving Practice at CIA for
Youth Training Groups!

September 19th
Team Suit Fitting at CIA
5:00pm - 7:00pm

September 28th
ICE CREAM SOCIAL
& PARENT MEETING
Bowdoin Park: Pav #4
1pm to 3pm



Board Banter

GROWING TOGETHER

As students return to school and our Dolphins to the pool, the goal is growth. Just as teachers work with their students, our coaches tailor instruction and techniques to help each swimmer grow, both in and out of the water. Whether its learning to use proper technique, improving endurance, developing into lane leader, and/or looking to achieve higher performance especially in meets...growth is all around our Dolphins family. As we have always said... "whatever you want from your swim journey, you can find it on the Hudson Valley Dolphins".

For our upcoming season, growth will not be limited to the water. Eva Holmes and Christina Chan have joined our Board as new Co-Treasurers, and Neha Manocha as our new Registrar. Each will bring new skills, energy, and perspective...making our team stronger. But we are not complete...if you would like to join us, we would love to have you. Even if you can't get involved formally with our Board, please share your thoughts if you think you can help us grow and improve. We look forward to a wonderful season together. **Go Dolphins!**

Mike Skerritt, Dolphins President

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UPCOMING MEETS

Meet Dates	Meet Name	Commit Date	Type of Meet	Meet Location
Oct 10 th - 12 th	Condors Fall Festival Invitational	Sept 12th	Invitational	Felix Festa West Nyack, NY
Nov 8 th - 9 th	PAC Maria Parmanan Invitational	Oct 2nd	Invitational	Felix Festa West Nyack, NY
Nov 14 th - 16 th	SNYS/VAC Viking Classic	TBD	Invitational	Valley Central High School Valley Central, NY
Nov 23 rd	NDAC Butterball Burn-off Distance	TBD	Distance/Invitational	Bard College Annandale-on-Hudson, NY
Dec 6 th - 7 th	NDAC Kevin Storrs' Winter Festival	TBD	Invitational	Valley Central High School Valley Central, NY
Dec 12 th 14 th	RFAC Elizabeth Miller Holiday Invite	Nov 5 th	10&U: Invitational 11+: Trials & Finals	Marist College Poughkeepsie, NY

UPCOMING EVENTS

DOLPHIN'S ICE CREAM SOCIAL & PARENT MEETING

SUNDAY, SEPTEMBER 28TH
1PM TO 3PM



BOWDOIN PARK - PAVILION 4
85 SHEAFE ROAD
WAPPINGERS FALLS, NY



DOLPHIN'S TEAM STORE

Suit Fittings

- Thursday, Sept 18th at Vassar 6:30pm - 7:30pm
- Friday, Sept 19th at CIA 5:00pm - 7:00pm



<https://www.swimoutlet.com/collections/hudsonvalleydolphins>

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MAKE A
DOLPHIN

FIRST SWIM MEET

Aadya Girish
Kerrigan McLiverty

SWAM A NEW EVENT

Olivia Dobkowski: 50 Free
Katie Skerritt: 400 Free

TIME IMPROVEMENT

Nella Morgan: 100 Free, 200 IM
Katie Skerritt: 100 Free/Breast

Congrats Katie Skerritt!

1st Place Finish at Hawks Meet in 100 Fly!
2nd Place Finish at Hawks Meet in 100 Free!



Master's Memo

Dolphins Masters Fun Summer at a Variety of Events



WORLD AQUATICS
MASTERS CHAMPIONSHIPS
SINGAPORE 2025

Proud to have Bryan represent the Dolphins at the World Aquatics Masters Championships in Singapore. He swam the 100m and 50m Free, improving his seed time and position in the 50m Free to finish 35th out of 124 swimmers.

The Dolphins were well represented at the Lake George Open Water swim. Enduring choppy water, Art, Jonathan and Justin completed the 10k with Jonathan and Justin taking 1st in their age groups. Marie completed the 5k. She also swam the Great Newburgh to Beacon Hudson River Swim and the Lake Quassapaug 5-mile swim.



The Lee family traveled to Maine for the Ironman 70.3 in Augusta, swimming the swift Kennebec River before a challenging 56-mile bike ride rolling 13.1-mile run. Carter competed solo, while Brian and his wife, Kim, teamed up as a relay.



JT traveled to Ottawa, Canada for the Ironman 140.6, swimming 2.4 miles in the Ottawa River, biking a scenic 112-mile route and running 26.2-miles to finish near the Canadian Parliament.

DOLPHIN DONORS

2025-2026 Season

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

PATRON

Donations
of \$250+



Thank You

POD

Donations
up to \$249