



HUDSON VALLEY DOLPHINS NEWSLETTER

*** 2025-26 SEASON EDITION ***

GET READY TO SWIM!!

Welcome to Dolphins 57th Season

Hope the Dolphin Swimmers and Families have enjoyed their summer
and are ready to get back into the practice pool!

Here are UPDATES for the 2025-26 Season

UPDATED BRONZE PRACTICE SCHEDULE: Dolphins pool time at Vassar has been changed

- New Bronze Practice Schedule:
 - Mondays: 6:15pm to 7:15pm (Pool shared with Arlington High School)
 - Tuesdays: 7:15pm to 8:15pm - Just the Dolphins Team
 - Thursdays: 7:15pm to 8:15pm - Just the Dolphins Team
 - 1st and 3rd Friday: 6:30pm to 7:30 for Block/Diving Practice at the CIA!

TEAM ICE CREAM SOCIAL & PARENT MEETING for ALL FAMILIES

- Sunday, September 28th from 1pm to 3pm at Pavilion 4 in Bowdoin Park
- Ice Cream and Fun for the Swimmers
- Parent Meeting to review Team Policies and Website



SafeSport RECOGNITION

- Dolphins are pursuing SafeSport Certification
- Gold Swimmer and Families will be required to take course by 1st meet
- Everyone welcomed to participate
- Details will be provided at Parent Meeting



MANDATORY SWIM MEET for ALL SWIMMERS

- All Swimmers will be entered into the RFAC Elizabeth Miller Holiday Invite Trials and Finals
- Meet is December 12th through 14th and will be held in Poughkeepsie at Marist College
- Details will be provided at Parent Meeting

SEASON START DATES

- Bronze: Monday, September 8th
- Masters, Steel, Silver and Gold: Tuesday, September 9th
- Suit Fittings:
 - Vassar: Thursday, September 18th from 6:30pm to 7:30pm
 - CIA: Friday, September 19th from 5:00pm to 6:30pm



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**CHANGE
TO
BRONZE!!**

2025-26 FALL/WINTER PRACTICE SCHEDULE

TRAINING GROUP	MONDAY	TUESDAY	WED	THURS	FRIDAY
BRONZE 2-3 practices/wk Bonus Practice: Block Friday	6:15 pm to 7:15 pm VC	7:15 pm to 8:15 pm VC	X	7:15 pm to 8:15 pm VC	Block Practice 1st & 3rd Friday of the Month
STEEL 3+ practices/wk Bonus Practice: Block Friday	5:30 pm to 7:00 pm CIA	5:30 pm to 7:00 pm CIA	5:30 pm to 7:00 pm CIA	5:30 pm to 7:00 pm CIA	6:30 pm to 7:30 pm CIA
SILVER 3+ practices/wk	5:30 pm to 7:30 pm CIA	5:30 pm to 7:30 pm CIA	5:30 pm to 7:30 pm CIA	5:30 pm to 7:30 pm CIA	5:30 pm to 7:30 pm Block Practice 1st & 3rd Friday of the Month
GOLD 5 practices/wk	5:30 pm to 7:30 pm CIA	5:30 pm to 7:30 pm CIA	5:30 pm to 7:30 pm CIA	5:30 pm to 7:30 pm CIA	5:30 pm to 7:30 pm for first hour CIA



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YOUTH TEAM FEES

REGISTRATION FEE: \$75 per swimmer

Includes team t-shirt and swim cap
(Multi-swimmer discount available)

USA SWIMMING 2026 MEMBERSHIP: \$86 swimmer

Returning Swimmers will be billed at Registration as the team will process the renewal of the swimmer's USA Swimming membership for 2026.

2025-26 TRAINING GROUP FEES

<u>TRAINING GROUP</u>	<u>WINTER</u>	<u>SPRING</u>	<u>FULL YEAR</u>
BRONZE	\$995	\$475	\$1,320
STEEL	\$1,195	\$550	\$1,595
SILVER	\$1,345	\$600	\$1,795
GOLD	\$1,495	\$675	\$2,020



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2025-26 U.S. Masters Swimming

DOLPHINS REGISTRATION FEE: \$75 per swimmer

Includes a team t-shirt

(Registration fee is paid at Registration on the Dolphin's website)

U.S. MASTERS MEMBERSHIP FEE: Based on join date

Swimmer is responsible to purchase membership on the U.S. Masters Swimming website

Membership fee for Remaining 2025 and all of 2026 : \$125

Membership for 2026 only: \$TBD

TRAINING GROUP FEE (Swim fee):

NEW SEASON AND PAYMENT OPTIONS

- **FULL YEAR (September 9th – June 30th)**
 - 1 Payment of \$775
 - 3 Payment of \$263.33 due on Oct 1st, Jan 1st and April 1st
- **WINTER (September 9th – March 27th)**
 - 1 Payment of \$575
 - 2 Payments of \$292.50 due on Oct 1st and Jan 1st
- **SPRING (March 30th – June 30th) : 1 Payment of \$225 due on May 1st**

2025-26 MASTERS PRACTICE SCHEDULE

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WED</u>	<u>THURS</u>	<u>FRIDAY</u>
MASTERS	6:00 am to 7:15 am CIA	6:00 am to 7:15 am CIA	6:00 am to 7:15 am CIA	6:00 am to 7:15 am CIA	6:00 am to 7:15 am CIA



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MARK YOUR CALENDARS

(Dates are subject to change)

AUGUST

19th: Registration Opens

Now - Sept 4th: Sign Up for Tryouts is OPEN! Share with your friends and family about the new swimmer tryouts and have them join the Dolphins.

Tryout Sign Up Form:
<https://forms.gle/YtMDdFMaUyxVNcbP8>



SEPTEMBER

2nd & 4th: New Swimmer Tryouts!

5th: New Swimmer Reg. Opens

8th: First day of VASSAR Practices

9th: First day of CIA Practices

18th: Suit Fittings at Vassar

19th: Suit Fittings at CIA

28th: Ice Cream Social & Parent Mtg

OCTOBER

9th: Last Day for Gold Swimmers Complete SafeSport Course

10th-12th: Condors Fall Fest meet at Felix Festa

13th: No Practice for Columbus Day

26th: Annual Applebee's Team Breakfast Fundraiser

31st: No PM Practices (Youth Team)



NOVEMBER

8th-9th: PAC Maria Parmanan Meet at Felix Festa

11th: No Practice Veterans Day

14th-16th: Viking Classic Meet at Valley Central (VC)

23rd: Butterball Burn-off Distance Meet at Bard College

26th-28th: No Practices for



DECEMBER

6th-7th: K.S Winter Fest Meet at VC

12th: No PM Practice

12th-14th: **WHOLE TEAM TO ATTEND** RFAC Trials/Finals Meet at Marist

18th: Last CIA Practice: Winter Break

22nd: Last day Vassar Practice

29th: Start Winter Break Practices for Youth Team TBD

JANUARY

5th: Vassar Practices resume

6th: CIA Practices resume

9th-11th: 12 & Under Meet at VC

10th: January Blitz Distance at VC

16th-18th: NBS Trials & Finals at VC

19th: No Practices for MLK Jr. Day

23rd-25th: Hawks Trials & Finals VC

FEBRUARY

6th-8th: Meet TBD

12th-15th: Senior Mets (Must Qualify) at Nassua County Aquatic Center

16th: No Practices Presidents Day

20th-22th: Silvers Champs North (Must Qualify)

MARCH

7th-8th: 8 & Under Champs at FF

13th-15th: Jr. Mets & 15-18 Team Challenge (Must Qualify) at NCAC

26th: Last Youth Team Practice of Winter Season

27th-29th: Bronze Champs at VC

30th: Master Spring Season Starts

APRIL - JULY

April 12th: Team Breakfast

April 17th-27th: No Master Practices

April 28th: Spring Season for Youth team STARTS with all practice at CIA & Masters practice resume

June 30th: Masters Season Ends

July 16th: Youth Team Season Ends