Atlantis Monthly Newsletter

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Highlights & Announcements

Swimmer of the Month
Dylan Nichols
- **FAVORITE STROKE:** FL
- **FAVORITE THING ABOUT ATLA:** All the friends I have met in my time here
- **FUN FACT:** I love to travel!

Dylan had an amazing December with ATLA. Not only did he attend his first ever SCY Senior Championships, but he did it in ATLA record setting fashion, resetting 4 of his old team records and setting for brand new ones. In addition, he also qualified for his first ever EZ Speedo Sectionals where we will be heading with him in March! Dylan works extremely hard for these record setting swims, we are so proud of him!

January Birthdays

21st - Amelia Pelot turns 11
24th - Nico Melchor Trajani turns 10
28th - Lulu Smith turns 10

New AG Cut Times
Dylan Nichols
EZ Speedo Sectionals - 100 FL

Team Records
Dylan Nichols
15&O - 100 FR (NEW!)
15&O - 100 BK (Reset)
15&O - 50 FL (NEW!)
15&O - 100 FL (Reset)
OPEN- 100 FR (NEW!)
OPEN - 100 BK (Reset)
OPEN - 50 FL (NEW!)
OPEN - 100 FL (Reset)

90% Attendance Club
(** = 100%)

*Lena Cabanilla, Elle Grueter, Grayson Kelley, Harlow Morris McIver**,*
Dylan Nichols, Reed Vanderbeck

Highlights & Announcements

Poseidon's 100 Mile Club

1. **Dylan Nichols: 413.25 miles**
2. **Arianne Chan: 410.66 miles**
3. **Reed Vanderbeck: 350.08 miles**
4. **Dean Fields: 303.78 miles**
5. **Kian Chan: 289.33 miles**
6. **Abdo Ahmed: 250.41 miles**
7. Benjamin Wienands: 192.16 miles
8. Melia Dunn-Bolanos: 181.83 miles
9. Brianne Lynch: 163.94 miles
10. Alexandra Nichols: 162.14 miles
11. Lucy Milutinovich: 145.3 miles
12. Aoife Ryan: 133.5 miles
13. Will Desorda: 123.03 miles
14. Peter Latsilnik: 108.94 miles
15. Youssef Ahmed: 102.92 miles
16. Sam White: 100.19 miles
17. Owen Kassatly: 85.86 miles
18. Rocco Rawlins: 71.98 miles
19. Jacob Knowles: 68.34 miles
20. Garret Denneen: 55.8 miles
21. Leli Quitkin: 18.44 miles

Team Announcements

- Congratulations to our top three 100 Mile Club winners. To swim that far in a year takes some true dedication and grit!

January Practice Changes

- **1/4** *NO PRACTICE ALL GROUPS*
- **1/11** *NO PRACTICE ALL GROUPS*
- **1/16** *NO PRACTICE ALL GROUPS*
- **1/18** *NO PRACTICE ALL GROUPS*
- **1/19** *NO PRACTICE ALL GROUPS*

Important Dates

- **1/2-4** *PHX Meet at BU*
- **1/10-11** *CS Meet at Haverhill*
- **1/11** *ORO Meet at UNH*
- **1/21 & 23** *Swim-a-thon*
- **1/16-18** *BRONZE Champs at UVAC*
- **1/30-2/1** *SILVER Champs at UVAC*

Dryland, Recovery & Nutrition

Exercise of the Month

Banded Shoulder Routine

Everyone needs a Theraband for these exercises. Reach out to a coach if you would like one! Click on an exercise name to go to a video or description!

EXERCISES FOR SWIM SHOULDERS

- Band Pull Apart (Over / Under hand)

- Upward Extension

- Flaps

- Standing Y's

- Internal / External Rotation (Low Elbow)

- External Rotation (High Elbow)

- Fly Pulls

- Overhead Wall Slides

These type of exercises are CRUCIAL to shoulder health for swimmers. I hope you all can find some extra time to maintain your bodies!!

Recipe of the Month

Chocolate Pomegranate Clusters

Brought to you by: swimswam.com

WHAT YOU'LL NEED

1 cup *pomegranate seeds*
1 cup *dark chocolate chips*
1/2 to 1 tsp *flaky sea salt*

DIRECTIONS
The Hungry Swimmer: Chocolate Pomegranate Clusters

Dryland, Recovery & Nutrition

"Whoa, That's Cray!"

Dangers of Ultra Processed Food

Young adults respond differently to ultra-processed foods, with 18 to 21 year olds consuming more and eating when not hungry after just two weeks of exposure. The study suggests adolescence may be a uniquely sensitive period where processed foods can shape long-term eating habits.

Rates of excess weight are climbing among young people in the United States. An analysis published in The Lancet predicts that by 2050, about one in three Americans between 15 and 24 years old will meet the criteria for obesity, putting them at higher risk for serious health problems. Many influences contribute to this trend, including genetics and low levels of physical activity, but diet plays a central role. Ultra-processed foods -- which make up 55 to 65 percent of what young adults eat in the U.S. -- have been associated with metabolic syndrome, poor cardiovascular health, and other conditions in adolescents.

Researchers at Virginia Tech set out to examine how eating patterns high in ultra-processed foods affect young adults age 18 to 25. They compared two types of diets, one that was rich in ultra-processed foods and another that contained no ultra-processed foods at all. After two weeks on each diet, they tested whether participants would eat differently when faced with an all-you-can-eat meal.

"Whoa, That's Cray!"

Dangers of Ultra Processed Food

When the researchers looked at everyone in the study together, they did not see an overall increase in calories or grams of food consumed at a buffet-style breakfast after the different diets. However, a different picture emerged when they focused on age. Participants between 18 and 21 years old ate more calories at the breakfast after the ultra-processed diet, while those age 22 to 25 did not show this increase. The results, scheduled for publication Nov. 19 in Obesity, suggest that adolescents and very young adults may be more susceptible to the effects of ultra-processed foods.

"Although this was short-term trial, if this increase in caloric intake persists over time, this could lead to weight gain in these young people," said Brenda Davy, a senior author on the paper and professor in Virginia Tech's Department of Human Nutrition, Foods, and Exercise.

"The younger age group took in more calories from ultra-processed foods, even when they weren't hungry," said neuroscientist and co-author Alex DiFeliceantonio, an assistant professor with Virginia Tech's Fralin Biomedical Research Institute at VTC who investigates the mechanisms of food choice.

READ ON:
Ultra-Processed Foods and Adolescent Vulnerability