



Atlantis Monthly Newsletter

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Highlights & Announcements

Swimmer of the Month

Lulu Hussein

- **FAVORITE STROKE:** FR and BK
- **FAVORITE THING ABOUT ATLA:** "The coaches! They help me improve my skills during practice, and I really appreciate the feedback I get after each meet."
- **FUN FACT:** I can imitate cat sounds perfectly! I also LOVE math and swimming.

Lulu has always been one of ATLA's hardest workers at practice. She is such a kind, caring, and encouraging teammate that all her peers love being in a lane with her. Lulu recently accomplished something huge! She qualified for her first New England Championship ever when she made the Bronze time standards at BU earlier this month. We are so proud of you Lulu!



January Birthdays

24th - Nico Melchor Trajani turns 9



New AG Cut Times

Arianne Chan

AG (11-12) - 200 BR

Team Records

Arianne Chan

11&12 - 50/100 BR (NEW!)

11&12 - 200 BR (Reset)

OPEN - 50 BR (NEW!)

Dylan Nichols

13&14 - 50/100 FR (NEW!)

13&14 - 100 BK (Reset)

13&14 - 100 FL (Reset)

OPEN - 100 BK (NEW!)

OPEN - 50/100 FL (NEW!)

90% Attendance Club

(** = 100%)

*Presley Lemelin, Harlow Morris McIver, Allie McManus**, Dylan Nichols*

Highlights & Announcements



Poseidon's 100 Mile Club

1. Dylan Nichols - 358.27 miles
2. Alexandra Nichols - 248.2 miles
3. Kian Chan - 248.16 miles
4. Abdo Ahmed - 193.39 miles
5. Dean Fields - 189.7 miles
6. Aoife Ryan - 189.2 miles
7. Sam White - 172.73 miles
8. Melia Dunn-Bolanos - 153.17 miles
9. Reed Vanderbeck - 151.81 miles
10. Benjamin Wienands - 142.08 miles
11. Brianne Lynch - 127.53 miles
12. Noah Rich - 122.39 miles
13. Lucy Milutinovich - 115.83 miles
14. Jenny Ryan - 107.39 miles
15. Arianne Chan - 105.94 miles
16. Anabel Munro-Dervan - 103.77 mi
17. Peter Latsilnik - 101.75 miles
18. Lily Hawkins - 99.63 miles
19. Katie Rocha - 93.88 miles
20. Leli Quitkin - 84.63 miles
21. Owen Kassatly - 74.84 miles
22. Miles Borne - 69.03 miles
23. Joey Fiermonti - 48.94 miles

Team Announcements

- On the final Monday of 2024, Triton and Poseidon embarked on a three hour journey to complete 100x100s. A 10K practice is no joke and these guys were super impressive! WAY TO GO!
- 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

- 1/17 NO PRACTICE ALL GROUPS
- 1/20 NO PRACTICE ALL GROUPS
- 1/23 & 24 Swim-a-thon
- 1/31 NO PRACTICE ALL GROUPS

Important Dates

- 1/3-5 PHX Meet at BU
- 1/11-12 CS Meet at Haverhill
- 1/23 & 24 Swim-a-thon
- 1/17-19 BRONZE Champs at UNH

Dryland, Recovery & Nutrition

Exercise of the Month

Single Leg Bicycle Crunch w/ Yoga Block

This is a fun little exercise that really works your deep core as well and balance/coordination and FOCUS!

WHAT YOU'LL NEED

- A yoga block
- A mat and some room to lie down

HOW TO DO IT

- Lie on your back with enough room to stretch your legs all the way out.
- Lift your left leg straight in the air and balance the yoga block on top of your foot. Your right leg should be straight out on the ground and your hands behind your head.



- Crunch your head up and bring your right knee into your chest. Hold for 2 seconds and release to starting position.
- **ALT:** You can also do this with a twist crunch at the top!



WATCH A VIDEO HERE!!
ALT VERSION VIDEO!!

Recipe of the Month

PB&J Oatmeal

Brought to you by: swimswam.com

WHAT YOU'LL NEED

- 1/2 cup rolled oats
- 1 cup water or milk of choice
- 2 TBSP peanut butter
- 2 TBSP maple syrup or honey
- Dash of salt
- Dash of cinnamon
- 1/2 cup berries of choice
- 1 TBSP maple syrup
- Squeeze of lemon



DIRECTIONS

The Hungry Swimmer: PB&J Oatmeal



Dryland, Recovery & Nutrition

“Whoa, That’s Cray!”

Balance: Use It or Lose It

Holding tree pose was a stalwart skill I relied on (and possibly flaunted) in every yoga class I took. With one foot lifted and pressed against my opposite inner thigh, my face always remained relaxed: eyes soft and mind sure. I never fell out of a dancer pose in those sweaty rooms of my Bikram yoga days. The first time I stepped on a standup paddle board, I barely wobbled. My balance seemed unshakeable.

The fact that I could always rely on my balance meant a great deal to me. I hadn’t been an athletic youth in the conventional sense. Perhaps I couldn’t run fast or dribble, but I could balance. Until I couldn’t.

A few years ago, I was testing-out to become a certified natural movement instructor and failed the balance portion of the physical exam right out of the gate. I fell off the 2x4 board so quickly that I was actually entitled to request a do-over -- but I didn’t because I was mystified by my fall. What was that? My one super-hero talent had suddenly vanished. Poof!

Balance is funny that way; we don’t seem to appreciate it until we lose it. But how do we lose our sense of steadiness? Many of us might answer with one simple word: age. We tend to correlate a decrease in balance with an increase in age. But is this true? And when we lose our sense of balance, where does it go?

“Whoa, That’s Cray!”

Balance: Use It or Lose It

Katy Bowman says in her book, *Dynamic Aging*, that “age isn’t solely responsible for a dramatic loss of balance — the problem is more a sedentary lifestyle where [we] haven’t practiced balance in a long time.” She adds that “the moves we do with confidence are simply the moves we do multiple times a day.” I find this comforting. The balance of our youth is not something to be lost but something to be maintained. The partnership between your balance and your mobility is a two-way street. Ever heard of the vestibular system? It’s the miracle inside your head that assures your stability.

As a sensory network, the vestibular system is basically three structures of your inner ear that resemble loops and act as canals filled with fluid and tiny hair follicles to help detect movement. These ducts are called semicircular canals and each of the three loops detects a different movement of the head: up-down, left-right, or tilting side-to-side. These intricate canals of your inner ear allow for proper balance and spatial orientation.

READ ON:

Balance: Use It or Lose It