



Highlights & Announcements

(Page 2)

- Swimmer Spotlight
- October Birthdays
- New Cut Times
- New Team Records
- 90% Attendance Club



Highlights & Announcements

(Page 3)

- Team Announcements
- 100 Mile Club
- Important Dates
- October Practice Changes



Dryland, Recovery, & Nutrition

(Pages 4+5)

- Exercise of the Month
- Recipe of the Month
- "Whoa, That's Cray!"



Highlights & Announcements

Swimmer Spotlight

Eleni Morse

- FAVORITE STROKE: Backstroke
- FAVORITE THING ABOUT ATLA: The people. They are like my second family.
- FUN FACT: My favorite subjects are History, English and Art. I love going to concerts and building legos.

Eleni has been part of the Atlantis family for a long time, and lately we've seen her take things to a whole new level. Her work ethic, positivity, and willingness to tackle new challenges have all stepped up — especially her fearless attitude in trying new races. We're so proud of her growth and excited to see where it takes her!



October Birthdays

2nd - Kian Chan turns 17
6th - Lea McCarthy turns 14
7th - Joanna DiSaverio turns 9
11th - Owen Kassatly turns 16
15th - Rohan Joshi turns 13
16th - Arianne Chan turns 13
19th - Everett Connell turns 10
19th - Zachary Khouili turns 10
29th - Grayson Kelley turns 14



New Cut Times

****No New Cuts from Sept.****

New Team Records

Arianne Chan

11&12 - 1000/1650 FR (NEW)

90% Attendance Club

(= 100%)**

SEPTEMBER

*Abdo Ahmed, Youssef Ahmed**, Luca Ambra**, Arianne Chan**,
Lena Cabanilla**, Joanna DiSaverio**, Lulu Hussein**, Rohan Joshi**,
Grayson Kelley, Zachary Khouili**, Austin Liu**, Chris Lynch**,
Harlow Morris Mclver**, Nico Melchor Trajani**, Penny McGerverey**,
Dylan Nichols, Lulu Smith**, Vera Walker***

Events & Announcements



100 Mile Club

1. **Arianne Chan: 301.06 miles**
2. **Dylan Nichols: 289.7 miles**
3. **Reed Vanderbeck: 240.97 miles**
4. **Dean Fields: 223.3 miles**
5. **Kian Chan: 207.19 miles**
6. **Abdo Ahmed: 151.81 miles**
7. **Melia Dunn-Bolanos: 135.53 miles**
8. **Benjamin Wienands: 135.16 miles**
9. **Brianne Lynch: 133.45 miles**
10. **Alexandra Nichols: 132.42 miles**
11. Lucy Milutinovich: 94.3 miles
12. Sam White: 93.16 miles
13. Aoife Ryan: 90.64 miles
14. Youssef Ahmed: 78.06 miles
15. Peter Latsilnik: 71.17 miles
16. Owen Kassatly: 38.11 miles
17. Jacob Knowles: 33.41 miles
18. Will Desorda: 29.72 miles
19. Rocco Rawlins: 26.06 miles
20. Garret Denneen: 12.34 miles
21. Leli Quitkin: 12.31 miles

Team Announcements

- Buddy week will be Monday October 20th to Friday October 24th.
- Our team Fall party is Saturday Oct. 25th at Tendercrop Farm Corn Maze. Please keep an eye out for more details!
- In the month of November, we will be doing our annual food drive contest for a donation to be made to a local food bank. Stay on the lookout for the team you will be assigned to.

October Practice Changes

- **10/13 NO PRACTICE** (All groups)
- **10/26 NO PRACTICE** (All groups)

Important Dates

- **10/3-5 CS Meet @ Haverhill**
- **10/11-12 PHX Meet @ Lawrence**
- **10/13 Indigenous People's Day**
- **10/25 Fall Party @ Coppal Farm**
- **10/26 ORO Meet @ UNH**

Dryland, Recovery, & Nutrition

Exercise of the Month

High Side Plank Twist

1. Lie on your right side, legs extended and stacked from hip to feet. Right hand is directly under your shoulder. Ensure your head is directly in line with your spine. Extend your left arm up towards the ceiling.



2. Bring your left arm down underneath your body while twisting at the torso. Keep your eyes locked on your moving hand throughout the movement to allow your torso full range of motion.



3. Bring your left arm back to the starting position. Do 10 reps each side. Stagger your feet if you are having trouble balancing. Inhale when your free hand is above your body, exhale as you bring your arm down, inhale as you bring your arm back to start.

VIDEO HERE

This can also be done on your elbow/forearm. Just place your free hand on your head instead of up to ceiling.

Recipe of the Month

Brownie Loaf

Brought to you by: swimswam.com



INGREDIENTS

1.5 cups *almond flour*
1 tsp *baking powder*
5 TBSP *melted butter*
1.75 cups *coconut sugar*
3 large *eggs*
1 tsp *vanilla extract*
1/2 cup *chocolate chips* (+ extra for top)
3/4 cup *cocoa powder*

DIRECTIONS

<https://swimswam.com/the-hungry-swimmer-brownie-loaf/>



Dryland, Recovery, & Nutrition

“Whoa, That’s Cray!”

Breathwork and the Brain

Breathwork while listening to music may induce a blissful state in practitioners, accompanied by changes in blood flow to emotion-processing brain regions, according to a study published August 27, 2025, in the open-access journal PLOS One by Amy Amla Kartar from the Colasanti Lab in the Department of Clinical Neuroscience at Brighton and Sussex Medical School, U.K., and colleagues. These changes occur even while the body's stress response may be activated and are associated with reporting reduced negative emotions.

The popularity of breathwork as a therapeutic tool for psychological distress is rapidly expanding.

Breathwork practices that increase ventilatory rate or depth, accompanied by music, can lead to altered states of consciousness (ASCs) similar to those evoked by psychedelic substances.

High ventilation breathwork (HVB) might offer a non-pharmacological alternative, with fewer legal and ethical restrictions to large-scale adoption in clinical treatment. However, the neurobiological mechanisms and subjective experience underlying ASCs induced by HVB have not been studied extensively.

To fill this knowledge gap, Kartar and colleagues characterized ASCs induced by HVB in experienced practitioners by analyzing self-reported data from 15 individuals who

“Whoa, That’s Cray!”

Breathwork and the Brain

participated online, 8 individuals who participated in the lab, and 19 individuals who underwent magnetic resonance imaging. Their task consisted of a 20- to 30-minute session of cyclic breathing without pausing while listening to music, followed by a series of questionnaires within 30 minutes of finishing the breathwork session.

The results showed that the intensity of ASCs evoked by HVB was proportional to cardiovascular sympathetic activation, as indicated by a decrease in heart rate variability, indicating a potential stress response. In addition, HVB-evoked ASCs were associated with a profound decrease in blood flow to the left operculum and posterior insula - brain regions implicated in representing the internal state of the body, including breathing. Also, despite HVB causing large and global reductions in blood flow to the brain, there was a progressive increase in blood flow during the session to the right amygdala and anterior hippocampus, which are brain regions involved in the processing of emotional memories. These blood flow changes correlated with psychedelic experiences, demonstrating that these alterations may underlie the positive effects of this breathwork.

READ ON:

Breathwork and the Brain