

Atlantis Monthly Newsletter

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Highlights & Announcements

Swimmer Spotlight

Grayson Kelley

- **FAVORITE STROKE:** Breaststroke
- **FAVORITE THING ABOUT ATLA:** Being a part of the team and all of the friends I've made.
- **FUN FACT:** I play the drums, love to surf and I share a birthday with my oldest sister (9 years apart).

Grayson has been with ATLA for the last 3 years but this past season he has shown us what he's really made of. His improvement in the pool, fueled by a new level of focus, determination, and drive, has been a joy to watch. His growth outside the pool has been just as impressive: becoming a more mature, thoughtful teammate, and bringing charisma, positivity, and fun to every practice. We're so proud of the athlete, and person, Grayson is becoming!



November Birthdays

2nd - Melia Dunn-Bolanos turns 17
7th - Will Halstead turns 10
7th - Harlow Morris McIver turns 11



New AG Cut Times

No New Cuts from Oct.

New Team Records

Arianne Chan

11&12 - 200 BR (Reset)

Dylan Nichols

15&O - 50 BK (NEW)

OPEN - 50 BK (NEW)

90% Attendance Club

(** = 100%)

OCTOBER

Abdo Ahmed, Arianne Chan**, Will Desorda, Victoria Fast, Lulu Hussein, Penny McGervey**, Dylan Nichols**, Odile Rawlins**, Lydia Skovlund

Highlights & Announcements



100 Mile Club

- 1. Arianne Chan: 340.45 miles**
- 2. Dylan Nichols: 330.45 miles**
- 3. Reed Vanderbeck: 268.81 miles**
- 4. Dean Fields: 244.16 miles**
- 5. Kian Chan: 233.98 miles**
- 6. Abdo Ahmed: 187.36 miles**
- 7. Benjamin Wienands: 159.09 miles**
- 8. Melia Dunn-Bolanos: 151.77 miles**
- 9. Alexandra Nichols: 145.33 miles**
- 10. Brianne Lynch: 137.2 miles**
- 11. Lucy Milutinovich: 114.34 miles**
- 12. Aoife Ryan: 103.27 miles**
- 13. Youssef Ahmed: 102.92 miles**
14. Sam White: 93.16 miles
15. Peter Latsilnik: 82.34 miles
16. Will Desorda: 61.48 miles
17. Jacob Knowles: 45.59 miles
18. Owen Kassatly: 41.17 miles
19. Rocco Rawlins: 32.06 miles
20. Garret Denneen: 26 miles
21. Leli Quitkin: 18.44 miles

Team Announcements

- For Thanksgiving, Atlantis will be running a food drive contest. Each coach will be assigned a team of swimmers and will have until November 9th to bring in as many food donations as possible.
- Our winter team party is right around the corner on December 13th! Please be on the lookout for a sign up!
- Our fall party to the Tendercrop Farm Corn Maze was so much fun! Don't forget to follow our instagram account!

November Changes

- **11/11 NO PRACTICE**
- **11/26-28 NO PRACTICE**

Important Dates

- **11/7-9 CS Meet at Haverhill**
- **11/9 Turn in food drive goods**
- **11/21-23 T/F NSSC Meet at PA**

Dryland, Recovery & Nutrition

Recipe of the Month

Almond Flour Banana Muffins

Brought to you by: swimswam.com



INGREDIENTS

1 cup ripe bananas, mashed
3 large eggs
1/4 cup honey
2.5 cups almond flour
1 tsp baking soda
1 tsp vanilla extract
1/2 tsp cinnamon
Pinch of salt

DIRECTIONS

<https://swimswam.com/the-hungry-swimmer-almond-flour-banana-muffins/>

Exercise of the Month

Shoulder Strengthening

This month, we are going to focus on making sure we are taking good care of our shoulders as the intensity of ATLA practice increases as well as high school swim being added into the mix for some.

In this article, we are going to look at five different moves that we are either going to be mixing into dryland or swimmers can be doing on their own at home for proper shoulder maintenance.

EQUIPMENT NEEDED

Resistance band

Lacrosse ball

Pole or Dowel

Peanut or homemade peanut

1. **Banded Arm Pull Aparts**
2. **Banded Arm Circles**
3. **Pectoralis Minor LAX Ball Release**
4. **External Rotation PAILS/RAILS**
5. **John Travoltas on a Peanut**

FOLLOW THIS LINK TO THE ORIGINAL ARTICLE AND A MORE IN DEPTH HOW TO FOR EACH EXERCISE!

Dryland, Recovery & Nutrition

"Whoa, That's Cray!"

Exercise and the Immune System

Regular physical activity does more than improve muscle strength and cardiovascular health -- it also enhances immune function. This conclusion comes from a study of older adults with a long history of endurance training, which includes sustained forms of exercise such as long-distance running, cycling, swimming, rowing, and walking. An international team of scientists examined the immune cells of these individuals and found that their "natural killer" cells, which patrol the body to eliminate viruses and abnormal cells, were more adaptable, less prone to inflammation, and used energy more efficiently.

The research, funded by FAPESP and published in Scientific Reports, focused on natural killer (NK) cells, a type of white blood cell (lymphocyte) that targets infected or damaged cells, including cancer cells. As key players in the body's first line of defense, NK cells detect and neutralize invading pathogens. The team analyzed samples from nine participants with an average age of 64, dividing them into two groups: one untrained and the other composed of individuals who had engaged in endurance exercise for years.

"In a previous study, we found that obesity and a sedentary lifestyle can trigger a process of premature aging of defense cells. This made us want to investigate the other side of the story,

"Whoa, That's Cray!"

Exercise and the Immune System

that is, whether an older adult who has been practicing endurance exercises for more than 20 years may have a better-prepared immune system. And that's indeed what we found. In these individuals, NK cells functioned better in the face of an inflammatory challenge, in addition to using energy more efficiently. Therefore, it's as if exercise also trains the immune system," says Luciele Minuzzi, a visiting researcher at Justus Liebig University Giessen (JLU) in Germany.

Minuzzi's work forms part of her postdoctoral research and contributes to a broader project led by São Paulo State University (UNESP) in Brazil, also supported by FAPESP. The findings indicate that consistent endurance training helps regulate inflammation over time. "When we compared the cells of trained older adults with those of non-athletes of the same age, we found that those with a history of endurance exercise had fewer inflammatory markers and more anti-inflammatory markers. This means that, compared to non-athletic older adults, they had much better control of inflammation," says Fábio Lira, a professor at the Faculty of Science and Technology (FCT-UNESP), Presidente Prudente campus, and project coordinator.

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