

Atlantis Monthly Newsletter

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Highlights & Announcements

Swimmer of the Month

Luca Ambra

- **FAVORITE STROKE:** Breaststroke
- **FAVORITE THING ABOUT ATLA:** Coach Julie's stroke instruction and swimming on the same team as my sister, Emily!
- **FUN FACT:** When I was 6, I hiked over 8 miles in the Grand Canyon!

Luca hit a big new milestone recently: competing in his very first swim meets!

He approached them with the same focus and great attitude he brings to every practice. He gives full effort, listens intently, applies feedback right away, and is always encouraging to his teammates. We're proud to recognize Luca's hard work and the positive presence he brings to the team!



December Birthdays

1st - Liam Murphy turns 14
6th - Benjamin Wienands turns 16
7th - Dean Fields turns 15
11th - Peter Latsilnik turns 18



New Cut Times

Dylan Nichols
AG (15-18) - 200 FR

Team Records

Arianne Chan
13&14 - 50 BR (NEW!)
OPEN - 50 BR (Reset)

Dylan Nichols
15&O - 500 FR (NEW!)
15&O - 100 BK (NEW!)
15&O - 100 FL (NEW!)
OPEN - 100 IM (NEW!)
OPEN - 100 FL (Reset)

90% Attendance Club

(** = 100%)

Abdo Ahmed, Luca Ambra**, Arianne Chan**, Joanna DiSaverio**,
Laurel Garnham**, Lulu Hussein**, Austin Liu, Harlow Morris McIver,
Allie McManus**, Tiernan McEachern, Penny McGerverey**, Dylan Nichols**,
Odile Rawlins**, Lydia Skovlund**, Reed Vanderbeck**

Highlights & Announcements

**ATLANTIS AQUATICS
FOOD DRIVE STANDINGS**

TEAM	ITEMS	WEIGHT
1 POULIN/JEFFREY	575	4,918.37 OZ
2 MEYERS	525	4,097.22 OZ
3 NICHOLS	473	3,086.51 OZ



100 Mile Club

1. Arianne Chan: 381.63 miles
2. Dylan Nichols: 374.36 miles
3. Reed Vanderbeck: 307.33 miles
4. Dean Fields: 278.22 miles
5. Kian Chan: 261.73 miles
6. Abdo Ahmed: 223.56 miles
7. Benjamin Wienands: 179.78 miles
8. Melia Dunn-Bolanos: 170.77 miles
9. Alexandra Nichols: 159.39 miles
10. Brianne Lynch: 141.92 miles
11. Lucy Milutinovich: 130.28 miles
12. Aoife Ryan: 118.95 miles
13. Youssef Ahmed: 102.92 miles
14. Peter Latsilnik: 97.38 miles
15. Will Desorda: 93.39 miles
16. Sam White: 93.16 miles
17. Owen Kassatly: 68.09 miles
18. Jacob Knowles: 55.91 miles
19. Rocco Rawlins: 55.58 miles
20. Garret Denneen: 39.34 miles
21. Leli Quitkin: 18.44 miles

Team Announcements

- Congratulations to this years food drive contest winners: Team Poulin/Jeffrey!
- January is Swim-a-thon month! Each family is responsible for raising \$200.
- Kraken, Leviathan, and Siren will have their swim Wednesday January 21st.
- Hydra, Triton, and Poseidon will have their swim Friday January 23rd. Make-up will be January 30th.

December Practice Changes

- **12/24-25 NO PRACTICE**
- **12/31-1/1 NO PRACTICE**

Important Dates

- **12/13 Winter Festival**
- **12/18-21 NE Senior Champs**
- **12/24-25 Christmas Break**
- **12/31-1/1 New Years Break**

Dryland, Recovery & Nutrition

Recipe of the Month

Three Bean Chili

Brought to you by: [TrueSport.org](https://truesport.org)



INGREDIENTS

15oz can *black beans*
15oz can *white beans*
15oz can *chickpeas*
30-32oz can *stewed, diced tomatoes*
15oz can *pureed tomatoes*
1/2 cup *yellow onion (chopped)*
1/2 bag *fresh or frozen spinach*
1-2 cups *chopped veggies of choice*
(carrots, peppers, mushroom, broccoli)
5 TBSP *chili powder or chili seasoning*
2 cups *brown rice or quinoa*
Optional: ground beef, shredded chicken

DIRECTIONS

<https://truesport.org/nutrition/3-meals-support-muscle-growth/>

Exercise of the Month

Thrusters

A thruster is one of the most important exercises a swimmer can do, especially for their flip turns and starts! This can very easily be done at home even if you do not have traditional weights. Get creative! You can use water bottles, canned goods, bags of rice, etc. as long as they weigh the same.

1. **Starting Position:** Hold dumbbells in a "front rack" position (on shoulders, elbows high, palms facing each other) with feet shoulder-width apart, toes slightly out.
2. **Squat:** Descend into a full front squat, keeping your chest up, back straight, and hip crease below your knees.
3. **Explode Up:** Drive powerfully through your hips and legs to stand up, using that momentum to press the dumbbells overhead in one continuous motion.
4. **Return:** Control the descent, bringing the dumbbells back to the front rack position, flowing immediately into the next squat without pausing.



VIDEO

- [Dumbbell Thrusters](#)

Dryland, Recovery & Nutrition

"Whoa, That's Cray!"

Warming Up for Speed and Power

Whether preparing for a marathon, squeezing in an after-work gym session, or stepping onto the field for a professional game, warming up appears to play a role that is nearly as crucial as the workout or competition itself. New research from Edith Cowan University (ECU) explored whether warm-up routines could influence exercise performance and found that elevated muscle temperature improves the speed and force of muscle contractions. This effect was especially noticeable during rapid, high-power movements.

"The research found that for every 1°C increase in muscle temperature, performance improved by about 3.5%, with the greatest benefits seen in rate-dependent muscle properties like speed and power, but not in maximum strength," said lead researcher Dr. Cody Wilson.

Comparing Passive and Active Warm-Up Approaches

The study assessed how different types of warm-ups influence muscular performance. Passive warm-ups relied on external heat sources, such as heat pads or a hot shower, to increase muscle temperature without movement.

Active warm-ups involved gentle activity like ten minutes on a stationary bike or completing a lighter version of the upcoming exercise.

Despite expectations, the researchers

"Whoa, That's Cray!"

Warming Up for Speed and Power

did not observe major differences between these two approaches. They suggest this may be because many studies used active warm-ups that did not closely match the exercises used during performance testing.

"While both active and passive warm-ups result in better speed and power, a lot of research shows that the warm-up exercises should be similar to the exercise you will be doing. If you are lifting weights, starting out by doing the exercise with lighter weights, because the practice actually helps us to activate our muscles more and to use more efficient movement patterns -- the nervous system can learn on-the-spot," fellow author and PhD student JP Nunes said.

Why Exercise-Specific Warm-Ups Matter

Dr. Wilson agrees that warm-ups that resemble the main workout can support better performance outcomes.

"Any warm-up is important, whether that's just walking to the gym or doing a ten-minute cycle before your work-out. But there is some indication that warm-ups not related to the exercise being performed do not have as great an effect on performance as just 'practicing' the performance."

READ ON

This Simple Warm-Up Trick Instantly Boosts Speed and Power