Atlantis Monthly Newsletter

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Highlights & Announcements

Swimmer of the Month
Tiernan McEachern

- **FAVORITE STROKE:** Breaststroke
- **FAVORITE THING ABOUT ATLA:** Feeling a part of a team!
- **FUN FACT:** I really really love wolves more than anything!

Tiernan is new to ATLA this season but has already made her mark on the sport. In her first season ever, she qualified for the Bronze Champs which took place in January! Even more impressive, she ended up making her first Silver meet ever in January as well! ATLA is very excited to see where Tiernan will go!

February Birthdays

2nd - Presley Lemelin turns 12
21st - Will Anderson turns 10
21st - Sam White turns 18

New AG Cut Times
Arianne Chan
AG (11&12) - 100 IM

Dylan Nichols
AG (13&14) - 200/500 FR, 200 IM

New Team Records

No new team records

90% Attendance Club

(** = 100%)
JANUARY

Youssef Ahmed**, Maxwell Anderson, Arianne Chan**, Laurel Garnham**, Lulu Hussein, Austin Liu, Harlow Morris McIver, Allie McManus, Tiernan McEachern**, Dylan Nichols**, Savannah Spelman**, Mav Varney**, Leni Wienands**, Emma Walker

Highlights & Announcements

100 Mile Club

1. Arianne Chan - 46.45 miles
2. Dylan Nichols - 44.3 miles
3. Dean Fields - 40.05 miles
4. Reed Vanderbeck - 37.52 miles
5. Abdo Ahmed - 33.27 miles
6. Kian Chan - 31.69 miles
7. Aoife Ryan - 28.77 miles
8. Alexandra Nichols - 24.59 miles
9. Brianne Lynch - 23.98 miles
10. Benjamin Wienands - 22.58 miles
11. Sam White - 22.53 miles
12. Peter Latsilnik - 18.34 miles
13. Melia Dunn-Bolanos - 16.64 miles
14. Anabel Munro-Dervan - 16.55 miles
15. Owen Kassatly - 13.13 miles
16. Miles Borne - 12.39 miles
17. Lucy Milutinovich - 12.11 miles
18. Leli Quitkin - 4.44 miles
19. Jenny Ryan - 3.97 miles

Important Dates

- **2/2-3** *Silver Champs @ UVAC*
- **2/9** *ORO Meet @ UNH*
- **2/15** *HS States @ UNH*
- **2/17** *President's Day*
- **2/20-23** *11-14 AG Champs @ CRA*

Team Announcements

- Congratulations to our Swim-a-thon winners in each group: Izzy Willette, Laurel Garnham, Grayson Kelley, Rohan Joshi, Dean Fields, and Melia Dunn-Bolanos!
- Another big congrats to our top 3 overall winners: Rohan Joshi, Izzy Willette, and Dean Fields!
- Big prizes are on the way! Please stay tuned for our announcement on the end of season party which will be on **SUNDAY MARCH 30th!** It is going to be a BLAST this year!

February Practice Changes

- **2/17** *NO PRACTICE ALL GROUPS*

Dryland, Recovery & Nutrition

Exercise of the Month

Recovery Tools

- We are coming into the thick of champ season, so instead of our regular exercise of the month we want to highlight some great tools and techniques you can use at home to help speed up the recovery process.
- FOAM ROLLERS: Ideal for rolling out sore muscles over the entire body.
- BACK KNOBBERS: One of coach DJ's favorite for getting out those awful shoulder and upper back knots that plague swimmers.
- TRAVEL ROLLER STICK: A must have in every swimmer's bag. Great for on the spot rolling out of tight leg or arm muscles.
- LACROSSE OR TENNIS BALLS: Perfect for rolling out tough to reach spots that a foam roller can't reach.

Recipe of the Month

Baked Falafel Bites
(Brought to you by: SwimSwam)

WHAT YOU'LL NEED
(2)15.5oz cans *chickpeas (drained, rinsed)*
1 large *carrot (roughly chopped)*
1 large *yellow onion (quartered)*
1 TBSP *olive oil*
1 tsp *minced garlic*
1 tsp *dried dill*
1/2 tsp *ground coriander*
1/2 tsp *dried parsley*
1 tsp *cumin*
1 tsp *dried cilantro*
1/2 tsp *paprika*
1 tsp *baking soda*
2 TBSP *flour*
Dash *cayenne powder*
1 large *lemon (zested)*
1/2 large *lemon (juiced)*

DIRECTIONS
The Hungry Swimmer: Baked Falafel Bites

Dryland, Recovery & Nutrition

"Whoa, That's Cray!"

New Brain Pathway Quashes Instinct to Flee From Danger

Fear is very useful for survival – but so is being able to control it. It's wise to be scared of the unfamiliar, especially when it resembles a known threat. However, once you realize that thing lying by the door is actually just a draught excluder and not a reticulated python, you can safely set that fear aside. Scientists have just discovered how the brain helps us do this, by uncovering for the first time a brain circuit in mice that can override instinctual fear.

"We wanted to understand whether a specific brain area, the ventrolateral geniculate nucleus (vLGN), could play a role in learning to overcome fear responses," Professor Sonja Hofer and Dr Sara Mederos, lead authors of the new study, told IFLScience. "Previous findings from our lab showed that the vLGN can strongly modulate instinctive fear responses and suggested that its activity tracks prior knowledge of threats. This led us to investigate whether the vLGN is involved in the learned suppression of fear and how this learning occurs."

The team, from the Sainsbury Wellcome Centre at University College London, designed an experiment to test escape behavior in mice. When faced with a threatening visual stimulus, mice will instinctively flee to find shelter. In this experiment, the mice were presented with expanding black dots projected

"Whoa, That's Cray!"

New Brain Pathway Quashes Instinct to Flee From Danger

towards them, representing a looming threat – but, crucially, they weren't able to escape. Over time, they learned that the stimulus posed no real threat and stopped trying to flee.

Using a variety of different methods, including optogenetics to silence specific brain areas and electrophysiological recordings of the activity inside cells, the team were able to determine that a group of brain regions in the visual cortex called the posterolateral higher visual areas (plHVA) are vital for the initial learning phase. However, once the mouse has learned to suppress its instinctive fear of the stimulus, this memory appears to be stored in the vLGN.

"One very exciting thing about the study is that the combination of many different methodologies enabled us to describe the detailed mechanisms of how the brain learns to overcome fear, from brain areas and neural pathways all the way down to the necessary neurons, synaptic connections and molecular plasticity mechanisms," Hofer and Mederos said. "It is rare to achieve such a deep understanding of a brain function."

KEEP READING:
Scary or Safe? New Brain Pathway Quashes Instinct to Flee from Danger

Overwriting an Instinct