

# Atlantis Monthly Newsletter

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## Highlights & Announcements

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# Highlights & Announcements

## Swimmer of the Month

### *Dylan Nichols*

- **FAVORITE STROKE:** Freestyle
- **FAVORITE THING ABOUT ATLA:** I have been on the team for so long that it feels like a part of my family
- **FUN FACT:** My first age groups cut was in the 100 butterfly the first time I ever swam it at 8 years old.

Dylan had a huge month with ATLA in February. After two 3rd place finishes at his first high school state meet ever, he went on to AG Champs and made finals in every event he swam. In addition, he picked up three new NE Senior cut times and became our third swimmer EVER to qualify for a Sectionals meet. We are so proud of you D!!



## March Birthdays

2nd - Maya Puyanin turns 10  
11th - Chris Lynch turns 8  
12th - Austin Liu turns 13  
16th - Lulu Hussein turns 11  
29th - Calvin Erikson turns 13



## New Cut Times

### *Dylan Nichols*

Mid-West Sectionals - 100 FR  
Seniors - 50 & 100 FR, 100 BK

### *Reed Vanderbeck*

AG (11&12) - 50, 100, 200 BR

## New Team Records

### *Dylan Nichols*

13&14 - 50/100 FR (Reset)  
13&14 - 100 BK (Reset)  
13&14 - 50 & 200 FL (NEW!)  
OPEN - 100 BK (Reset)  
OPEN - 50 FL (NEW!)

## 90% Attendance Club

(\*\* = 100%)

### FEBRUARY

Youssef Ahmed\*\*, Kian Chan\*\*, Arianne Chan\*\*, Everett Connell\*\*,  
Dean Fields\*\*, Grayson Kelley, Dylan Nichols, Reed Vanderbeck\*\*,  
Emma Walker\*\*



# Highlights & Announcements



## 100 Mile Club

1. Arianne Chan - 79.13 miles
2. Dylan Nichols - 76.84 miles
3. Dean Fields - 71.67 miles
4. Reed Vanderbeck - 70.19 miles
5. Kian Chan - 60.89 miles
6. Abdo Ahmed - 55.72 miles
7. Alexandra Nichols - 51.5 miles
8. Benjamin Wienands - 47.14 miles
9. Aoife Ryan - 42.03 miles
10. Brianne Lynch - 40.56 miles
11. Sam White - 39.47 miles
12. Lucy Milutinovich - 30.41 miles
13. Melia Dunn-Bolanos - 24.61 miles
14. Peter Latsilnik - 23.66 miles
15. Owen Kassatly - 21.13 miles
16. Anabel Munro-Dervan - 20.05 miles
17. Miles Borne - 17.06 miles
18. Jenny Ryan - 6.97 miles
19. Leli Quitkin - 4.44 miles

## Important Dates

- **3/21** LAST DAY OF PRACTICE
- **3/22-23** TSSA Champs @ UNH
- **3/30** Team Banquet

## Team Announcements

- We are so proud of our Age Group teams this year! This is the first time we have qualified a relay since 2019 as well as our first 15-18 AG swimmer since COVID! It was also one of our biggest showings at champs. Way to go Arianne, Presley, Dylan, Reed, Youssef, and Sam!
- There will be a jotform registration sent out soon to RSVP to the end of season party. Please keep an eye out for this form!
- The last practice of the season is Friday March 21st. Break will be until April 14th for all groups. New registration and schedule will be released soon!

## March Practice Changes

- **3/21** LAST DAY OF PRACTICE

# Dryland, Recovery & Nutrition

## Exercise of the Month

### *The Hundred*

- Focus on the percussive breathing here — it's five sharp, quick breaths in, then five strong, quick exhales. Each breath further engages your abdominals.
- Start lying on your back with your legs in tabletop position. Engage your deep abs to round your lower spine into the floor.
- Exhale and lift your upper back off the floor, until the bottom tips of your shoulder blades are just touching the floor. Straighten your legs to a 45-degree angle, making sure your low back is staying connected to the floor. Reach your arms toward your feet, about two inches off the floor.
- Pump your arms up and down with a small range of motion, keeping your elbows straight. Inhale for five arm pumps, and exhale for five pumps. That's one set or cycle. Over time, work your way up to 10 cycles.
- [LINK TO VIDEO](#)



## Recipe of the Month

### *Slow Cooker Tuscan Chicken*

*(Brought to you by: Feed The Swimmers)*

#### **WHAT YOU'LL NEED**

1-1.5 lbs *chicken breast*  
1 medium *yellow onion (finely chopped)*  
1 medium *carrot (diced)*  
1 rib *celery (diced)*  
32 oz *chicken or veggie stock*  
12 oz *quartered, marinated artichoke hearts (drained, not rinsed)*  
4.5 oz *julienne-cut sun-dried tomatoes*  
15.5 oz *cannellini beans (drained)*  
*Salt & pepper to taste*



#### **DIRECTIONS**

Slow Cooker Tuscan Chicken



# Dryland, Recovery & Nutrition

## **“Whoa, That’s Cray!”**

### ***THE ‘RED ADVANTAGE’***

Wearing a red outfit in combat sports has been believed to provide an advantage for athletes, but a new study suggests there is no longer any truth in the claim. In boxing, taekwondo and wrestling, athletes are randomly assigned either red or blue sports attire. Previous research in 2005 found that wearing red may be linked to a higher likelihood of winning in Olympic combat sports, particularly in closely contested bouts, but this had not been tested across multiple tournaments.

Psychologists from Vrije Universiteit Amsterdam and Northumbria University joined with researchers from Durham University who led the initial study on the red advantage to test the hypothesis across sixteen major international tournaments. Using advanced data analysis techniques, they analyzed the outcomes of over 6,500 contestants from seven summer Olympic Games and nine World Boxing Championships held between 1996 and 2020.

Their analysis revealed that athletes in red won 50.5% of the time, meaning the color the athletes wore had no significant effect on their performance. In close contests with a narrow points difference, those wearing red won 51.5% of the time, but this is also not considered to be a statistically significant bias.

The researchers believe that the red advantage has faded since 2005 due to

## **“Whoa, That’s Cray!”**

### ***THE ‘RED ADVANTAGE’***

an increased use of technology in scoring points and changes in tournament rules. Their findings have been published in Scientific Reports. Leonard Peperkoorn, a social psychologist from VU Amsterdam explained: "The advantage has likely faded due to changes in tournament regulations. In the past, referees played a larger role in assigning points. Today, scoring is increasingly supported by technology, and the clarification of rules leaves less room for interpretation in awarding points. As a result, combat sports are increasingly able to offer a level playing field."

"This is an important synthesis going beyond single tournaments," said Professor Thomas Pollet, an expert in human behavior and social relationships in Northumbria University's Department of Psychology, who co-authored the study. "When looking across many tournaments, the data suggest there is little evidence that the so-called red advantage currently plays an important role for combat sports at the elite level."

While athletes wearing red once gained a potential benefit, this new and extensive analysis shows that the rule changes and awareness of the impact of clothing color that have come since 2005 have helped remove its impact in combat sports."

### ***KEEP READING:***

***The “Red Advantage”***