

# Atlantis Monthly Newsletter

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## Highlights & Announcements

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## **Swimmer of the Month**

### ***Presley Lemelin***

- **FAVORITE STROKE:** Butterfly
  - **FAVORITE THING ABOUT ATLA:**  
The close bond between us all, it's almost like we're family
  - **FUN FACT:** I play the euphonium!
- Presley had a great month starting back up this season. She has been working so hard at practice focusing on her stroke consistency and grit in longer swims, and boy has that paid off. She had a monster 500 FR, keeping her stroke together the entire time and building through the race to drop almost 25 seconds! We can't wait to see how much more she has in her! Way to go Pres!



## **April Birthdays**

6th - Olivia Scott turns 13  
15th - Sophia Mills turns 14  
23rd - Allie McManus turns 12  
25th - Lucy Milutinovich turns 16

## **May Birthdays**

3rd - Reed Vanderbeck turns 13  
12th - Axel Anderson turns 7  
31st - Anna Hale turns 14



## **New Cut Times**

*Arianne Chan*  
AG (11-12) - 50 FR

## **New Team Records**

\*\*\*NO NEW RECORDS FROM APR\*\*\*

## **90% Attendance Club**

(\*\* = 100%)

APRIL

*Abdo Ahmed\*\*, Youssef Ahmed, Kian Chan, Arianne Chan\*\*,  
Dean Fields\*\*, Malin Falzone, Laurel Garnham\*\*, Rohan Joshi, Austin Liu\*\*,  
Harlow Morris McIver\*\*, Emma Walker*



# Highlights and Announcements



## **100 Mile Club**

1. **Arianne Chan: 130.06 miles**
2. **Dylan Nichols: 123.38 miles**
3. **Dean Fields: 119.83 miles**
4. **Kian Chan: 106.11 miles**
5. **Reed Vanderbeck: 105.27 miles**
6. **Abdo Ahmed: 94.89 miles**
7. **Alexandra Nichols: 78.2 miles**
8. **Benjamin Wienands: 77.94 miles**
9. **Brianne Lynch: 69.03 miles**
10. **Aoife Ryan: 60.28 miles**
11. **Melia Dunn-Bolanos: 57.91 miles**
12. **Lucy Milutinovich: 56.47 miles**
13. **Sam White: 52.28 miles**
14. **Anabel Munro-Dervan: 28.2 miles**
15. **Owen Kassatly: 28.14 miles**
16. **Peter Latsilnik: 23.66 miles**
17. **Youssef Ahmed: 22.38 miles**
18. **Rocco Rawlins: 7.17 miles**

## **May Practice Changes**

- **5/26 NO PRACTICE ALL GROUPS**

## **Team Announcements**

- In March at the TSSA Champs, we repeated our performance from last year and placed 1st overall scoring against other small teams. To be back to back small team champs is a BIG DEAL for Atlantis! We are so proud of all our swimmers for stepping up for their team and swimming fast!
- In April, we had our end of season team party with a super fun photo booth! If you missed the picture thread, please reach out to a coach!
- Summer season is ramping up here! Make sure you are signed up for all the meets you wish to attend!

## **Important Dates**

- **5/10-11 CRA Meet @ Harvard**
- **5/26 MEMORIAL DAY**



## **Exercise of the Month**

### ***Top 5 Pilates Exercises for Swimmers***

This month we are going to dive more heavily into pilates work to strengthen our core and glutes muscles. Below are the top 5 exercises for swimmers, you will see these at dryland over the coming weeks! **[LINK HERE!!](#)**

#### **1. Quadruped Thoracic Rotation**



#### **2. Swimmers 100**



#### **3. Swimming in Sidelye**



#### **4. Breaststroke Prep with Arms in Wide 'V'**



#### **5. Swimming Prep in Quadruped**



## **Recipe of the Month**

### ***4-Ingredient Protein Bagels***

*(Brought to you by: SwimSwam)*

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

- 1 cup *greek yogurt*
- 1 cup *flour (may use gluten free baking mix!)*
- 2 tsp *baking powder*
- 1 large *egg*



#### **READ ON:**

#### **4 Ingredient Protein Bagels**





## **“Whoa, That’s Cray!”**

### ***Uncovering the Secrets of Dolphin Kick***

Researchers have shed new light on the propulsion mechanism behind swimming by studying the water flow generated by swimmers using the dolphin-kick technique.

While observing transparent water with the naked eye or a camera is difficult, the team employed particle image velocimetry, a method used in fluid dynamics, to visualize water-flow patterns. The study, conducted in an experimental circulating-water channel, investigated how water flow changes as swimmers vary their speed during the dolphin-kick.

The findings revealed that as swimmers increased their speed, the water-flow velocity also increased during the lower-limb action of the underwater dolphin-kick, creating a strong vortex during the kicking motion. This phenomenon may contribute to the enhanced propulsive force experienced by swimmers. Moreover, the researchers observed that the flow generated during the downward-kick phase was recycled during the transition to the upward-kick phase, with this effect becoming more pronounced at higher swimming speeds. This study is the first to document water-flow changes during dolphin-kick swimming at different speeds.

## **“Whoa, That’s Cray!”**

### ***Uncovering the Secrets of Dolphin Kick***

“This study marks the first observation of water-flow changes during dolphin-kick swimming at varying speeds,” the researchers noted.

The research is expected to further advance the understanding of water flow, a crucial aspect of swimming research. Furthermore, it provides scientific evidence for instructors to adopt kick-swimming techniques in their training programs.

This work was supported by Japan Science and Technology Agency, Grant Number 22 K19725.

#### **READ ON:**

**Uncovering the Secrets of Dolphin Kick**

**Dolphin Kick Swimming and Water Flow Utilization**

**How Swimming Speed Alters Foot Vortex Dynamics**