



Atlantis Monthly Newsletter

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Highlights & Announcements

Swimmer of the Month

Laurel Garnham

- **Favorite Stroke:** Butterfly
- **Favorite Thing About ATLA:**
Everyone is so nice and friendly and some of my best friends are on the team too!
- **Fun Fact:** I am on the only the Piccolo player at my school (a Piccolo it's little screechy flute)

Laurel's dedication, attitude, and heart truly embody what ATLA is all about. She shows up every day with focus, kindness, and a drive to improve. She's thoughtful about the details, lifts up her teammates, and leads by quiet example. We're so proud to recognize Laurel for all the ways she makes our team better. Way to go Laurel!



90% Attendance Club

(** = 100%)

MAY

*Arianne Chan, Laurel Garnham, Rohan Joshi, Austin Liu**, Harlow Morris McIver, Dylan Nichols, Fin Rose**, Clyde Stover, Reed Vanderbeck, Mav Varney***

June Birthdays

1st - Alexandra Nichols turns 19
6th - Abdo Ahmed turns 15
8th - Maxwell Anderson turns 11
13th - Finley Rose turns 9
23rd - Dylan Nichols turns 15



New Cut Times

*****NO NEW AG CUTS THIS MONTH*****

New Team Records

Will Anderson

9&10 - 50 FR (*NEW*)
9&10 - 50 BR (Reset)

Arianne Chan

11&12 - 100/200 BR (Reset)



Highlights & Announcements

100 Mile Club

1. Arianne Chan: 171.88 miles
2. Dylan Nichols: 162.2 miles
3. Dean Fields: 152.61 miles
4. Reed Vanderbeck: 140.42 miles
5. Kian Chan: 139.08 miles
6. Abdo Ahmed: 121.39 miles
7. Benjamin Wienands: 103.56 miles
8. Alexandra Nichols: 92.06 miles
9. Brianne Lynch: 89.86 miles
10. Melia Dunn-Bolanos: 79.31 miles
11. Lucy Milutinovich: 74.77 miles
12. Aoife Ryan: 68.31 miles
13. Sam White: 52.28 miles
14. Youssef Ahmed: 49.47 miles
15. Anabel Munro-Dervan: 40.77 miles
16. Owen Kassatly: 32.67 miles
17. Peter Latsilnik: 23.66 miles
18. Rocco Rawlins: 18.63 miles

Important Dates

- 6/13-15 CS LCM Meet @ Jenny T.
- 6/21-22 ORO SCY Meet @ UNH
- 6/28-29 SOLO LCM Meet @ Jenny T.

Team Announcements

- Spring season is quickly coming to an end! Don't forget to check back with us mid-August for details on Fall season!
- Next year we will be trying to host the Bronze Champs at UNH again. We will need ALL HANDS ON DECK! Parents, we hope you guys are ready for 2025-2026!

June Practice Changes

- 6/6 NO PRACTICE, ALL GROUPS
- 6/15 LAST DAY FOR SCHOOL RELEASE
- 6/19 NO PRACTICE, ALL GROUPS

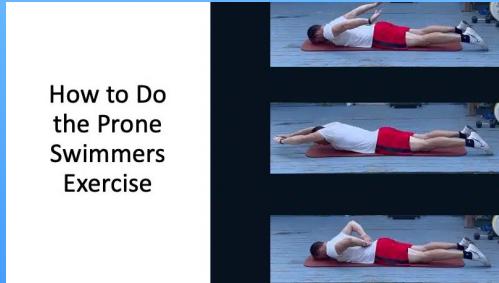


Dryland, Recovery & Nutrition

Exercise of the Month

Shoulder Mobility

We are getting into heavier training with the longer summer practices and we need to make sure we are taking good care of the things swimmers need most: our shoulders! This month we are going to pay particular attention to our shoulder mobility. Below are some links to a very important mobility movement we will be working on, there are a few variations to this exercise so make sure you watch them all!



VIDEOS

[Swimmer's Hover](#)

[Prone Swimmers](#)

[Scapular Stability](#)

Recipe of the Month

Chia Seed Pudding

(Brought to you by: [SwimSwam](#))

WHAT YOU'LL NEED

2 TBSP chia seeds

1/2 cup *milk of choice (dairy, almond, oat)*

Toppings like berries, banana, granola, nut butters, honey, cocoa nibs, nuts, etc.



READ ON: [Chia Seed Pudding](#)



Dryland, Recovery & Nutrition

“Whoa, That’s Cray!”

The Big Chill: Is Cold Water Immersion Good for Our Health?

From early ocean dips to ice-cold polar plunges, cold-water immersion is increasingly popular among athletes and wellness warriors. But how much of the hype is backed by science? In the most comprehensive systematic review and meta-analysis of its kind, University of South Australia researchers have taken a deep dive into the effects of cold-water immersion on health and wellbeing. Analyzing data from 11 studies with 3177 participants, researchers found that cold-water immersion may lower stress, improve sleep quality, and boost quality of life.

UniSA researcher Tara Cain says the study reveals time-dependent and nuanced effects on health and wellbeing measures. "Cold-water immersion has been extensively researched and used in sporting contexts to help athletes recover, but despite its growing popularity among health and wellbeing circles, little is known about its effects on the general population," Cain says.

"In this study, we noted a range of time-dependent results. Firstly, we found that cold-water immersion could reduce stress levels, but for only about 12 hours post exposure. We also noted that participants who took 20, 60, or 90 second cold showers reported slightly higher quality of life scores. But again, after three months these effects had faded," says Cain.

“Whoa, That’s Cray!”

The Big Chill: Is Cold Water Immersion Good for Our Health?

She continues, "Benefits may be gained from cold showers as well, with one study reporting that participants who took regular cold showers experiencing a 29% reduction in sickness absence. We also found some links to cold-water immersion and better sleep outcomes, but the data was restricted to males, so its broader application is limited. And while there have been many claims that cold-water immersion experiences can boost your immunity and mood, we found very little evidence to support these claims."

Cold-water immersion involves immersing the body partially or fully in cold water, in temperatures typically ranging from 10-15 degrees Celsius, and in this study, data was only included if exposure was at or above chest level, and for a minimum time of 30 seconds. It included cold showers, ice baths and cold plunges.

Co-researcher, UniSA's Dr Ben Singh says the study also showed that cold-water immersion caused a temporary increase in inflammation. "At first glance this seems contradictory, as we know that ice baths are regularly used by elite athletes to reduce inflammation and muscle soreness after exercise," Dr Singh says.

KEEP READING:

[The Big Chill: Is Cold Water Immersion Good for Our Health?](#)