

# Atlantis Monthly Newsletter

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# Highlights & Announcements

## Swimmer Spotlight

### *James McGonagle*

- **FAVORITE STROKE:** Backstroke, because I can breathe while swimming.
- **FAVORITE THING ABOUT ATLA:** I like how team members support and cheer for each other. Team spirit! And team merch is pretty drip, too.
- **FUN FACT:** My goal for this summer is to learn Morse Code. Otherwise, my mom won't let me play video games.

James has been working incredibly hard over the last few months, moving up a group and setting a personal goal to improve all four strokes — and he definitely delivered at our last meet! He qualified for his first Silver Champs in the 50 Fly, 50 Back, 100 Breast, and 100 Free. We're so proud of James and all he's achieved through his focus and determination. Way to go, James!



## July Birthdays

4th - Youssef Ahmed turns 13  
14th - Rocco Rawlins turns 14  
23rd - Emma Walker turns 13



## New Cut Times

Will Anderson  
10&U AG - 50 FR

Dylan Nichols  
NE SENIORS - 100 FL

## New Team Records

Will Anderson  
9&10 - 50 FR (Reset; LCM)  
9&10 - 50/100 BR (Reset; LCM)

Arianne Chan  
11&12 - 400 FR (\*NEW\*; LCM)  
11&12 - 100/200 BR (Reset; LCM)  
1&12 - 400 IM (Reset; LCM)

Dylan Nichols  
13&14 - 50 BK (Reset; SCY)  
13&14/OPEN - 50/100 FR (Reset; LCM)  
13&14/OPEN - 50/100 BK (Reset; LCM)  
13&14/OPEN - 50/100 FL (Reset; LCM)  
13&14/OPEN - 200 FR (\*NEW\*; LCM)  
15&O - 200 BK (\*NEW\*; LCM)

## 90% Attendance Club

(\*\* = 100%)

JUNE

Arianne Chan\*\*, Will Desorda, Lulu Hussein, Presley Lemelin,  
Harlow Morris McIver\*\*, Allie McManus\*\*, Dylan Nichols\*\*



# Highlights & Announcements



## **100 Mile Club**

1. **Arianne Chan: 223.36 miles**
2. **Dylan Nichols: 214.06 miles**
3. **Dean Fields: 180.23 miles**
4. **Reed Vanderbeck: 175.81 miles**
5. **Kian Chan: 167.05 miles**
6. **Abdo Ahmed: 121.39 miles**
7. **Benjamin Wienands: 108.13 miles**
8. **Brianne Lynch: 106.23 miles**
9. **Alexandra Nichols: 106.17 miles**
10. **Melia Dunn-Bolanos: 102.73 miles**
11. **Aoife Ryan: 80.23 miles**
12. **Sam White: 75.53 miles**
13. **Lucy Milutinovich: 74.77 miles**
14. **Youssef Ahmed: 49.47 miles**
15. **Anabel Munro-Dervan: 42.08 miles**
16. **Peter Latsilnik: 35.34 miles**
17. **Owen Kassatly: 32.67 miles**
18. **Rocco Rawlins: 18.63 miles**

## **Important Dates**

- **7/10-13 Senior Champs @ Brown**
- **7/11-13 10&U AG @ Brown**
- **7/18-20 11-14 AG @ Brown**
- **7/25-27 Silvers @ Jenny T**
- **8/2-3 Moose Meet @ Jenny T**

## **Team Announcements**

- Fall/Winter schedule, pricing, and tryout information will be released in early August. Please check back with us if you have not heard from us by then!
- Don't forget about our referral program for the fall! We are going to have open tryouts at the beginning of September, for every swimmer you refer that makes the team, you get a kickback!
- Parent jobs are going to be re-vamped and released in late August. Please keep an eye out for those!

## **July Practice Changes**

- **7/4 NO PRACTICE, ALL GROUPS**
- **7/11 NO PRACTICE, ALL GROUPS**
- **7/14 DRYLAND ENDS, ALL GROUPS**
- **8/1 LAST DAY OF PRACTICE**



# Dryland, Recovery & Nutrition

## Exercise of the Month

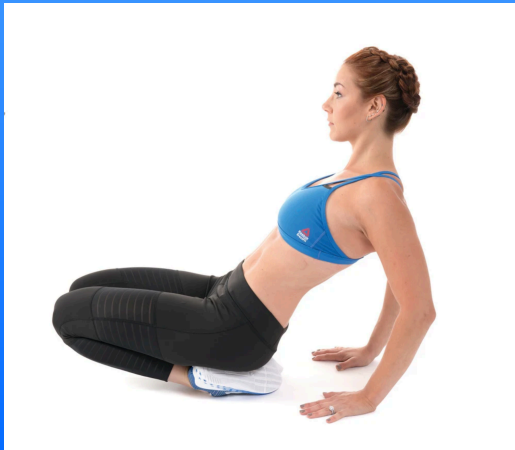
### ***ANKLE DRIVERS***

- Start in a staggered stance, trying to keep both feet flat on the ground.
- Bend your back knee, really trying to stretch out the ankle and Achilles.
- Focus on keeping both heels down flat, toes both pointed forward, drive the knee forward.
- Hang on to wall or something for assistance.



### ***ANKLE ROCKERS***

- Sit on the back of your heels, feet under you, toes pointed back.
- Lean back, lifting your knees off the ground. You'll feel the stretch pretty quickly in the top of your feet.
- Hold for 1-2 minutes. Repeat a couple times.



## Recipe of the Month

### ***Salmon Bowl***

Brought to you by: Swimswam.com



### **INGREDIENTS**

#### **For the Salmon**

6 oz *salmon fillet*  
2 TBSP *soy sauce*  
1 tsp *sesame oil*  
1 tsp *chili powder*  
1 tsp *garlic powder*  
1 TBSP *kewpie mayo*

#### **For the Bowl**

1 cup *jasmine rice (cooked)*  
1/2 cup *steamed edamame (shelled)*  
1/2 cup *diced cucumber*  
1 cup *greens of choice (spring mix, etc)*  
1 TBSP *speckled ginger*

#### **For the Sriracha Mayo**

2 TBSP *kewpie mayo*  
1 TBSP *sriracha*

### **DIRECTIONS**

<https://swimswam.com/the-hungry-swimmer-salmon-bowl/>



# Dryland, Recovery & Nutrition

## **"Whoa, That's Cray!"**

### ***Is Cheese Secretly Fueling Your Nightmares?***

Scientists have found that eating too much dairy could ruin your sleep. Researchers questioned more than 1,000 students about the quality of their sleep, their eating habits, and any perceived link between the two, and found a strong association between nightmares and lactose intolerance -- potentially because gas or stomach pain during the night affects people's dreams.

"Nightmare severity is robustly associated with lactose intolerance and other food allergies," said Dr Tore Nielsen of Université de Montréal, lead author of the article in *Frontiers in Psychology*. "These new findings imply that changing eating habits for people with some food sensitivities could alleviate nightmares. They could also explain why people so often blame dairy for bad dreams!"

Although folk beliefs have long held that what you eat affects how you sleep, there's very little evidence to prove or disprove them. To investigate, researchers surveyed 1,082 students at MacEwan University. They asked about sleep time and quality, dreams and nightmares, and any perceived association between different kinds of dreams and different foods. They also asked about participants' mental and physical health and their relationship with food.

## **"Whoa, That's Cray!"**

### ***Is Cheese Secretly Fueling Your Nightmares?***

About a third of respondents reported regular nightmares. Women were more likely to remember their dreams and to report poor sleep and nightmares, and nearly twice as likely as men to report a food intolerance or allergy. About 40% of participants said that they thought eating late at night or specific foods affected their sleep; roughly 25% thought particular foods could make their sleep worse. People who ate less healthily were more likely to have negative dreams and less likely to remember dreams.

"We are routinely asked whether food affects dreaming -- especially by journalists on food-centric holidays," said Nielsen. "Now we have some answers."

Most participants who blamed their bad sleep on food thought sweets, spicy foods, or dairy were responsible. Only a comparatively small proportion -- 5.5% of respondents -- felt that what they ate affected the tone of their dreams, but many of these people said they thought sweets or dairy made their dreams more disturbing or bizarre.

#### **KEEP READING:**

***Is Cheese Secretly Fueling Your Nightmares?***