

Atlantis Monthly Newsletter

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Highlights & Announcements

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Highlights & Announcements

Swimmer Spotlight

Each month in this section we feature a swimmer on ATLA. If you would like to nominate a swimmer to be featured in the swimmer spotlight (even if it's yourself!), please email a coach. Any swimmer can be in the spotlight, performance is not the leading factor! :)



August Birthdays

5th - Aoife Ryan turns 18
11th - Brianne Lynch turns 14
21st - Lydia Skovlund turns 11
22nd - Emily Ambra turns 10
31st - Luca Ambra turns 8

September Birthdays

7th - Eleni Morse turns 14
10th - **Lena Cabanilla** turns 10
15th - Tiernan McEachern turns 9



New Cut Times

NO NEW CUTS

New Team Records

Will Anderson

9&10 - 50 FR (Reset)

9&10 - 100 BR (Reset)

Arianne Chan

11&12 - 100/200 BR (Reset)

Dylan Nichols

15&O - 50/100 FR (NEW)

15&O - 50/100 BK (NEW)

15&O - 50/100/200 FL (NEW)

OPEN - 50/100 FR (Reset)

OPEN - 50 BK (Reset)

OPEN - 50/100 FL (Reset)

OPEN - 200 FL (NEW)

90% Attendance Club

(** = 100%)

JULY

Arianne Chan**, Joanna DiSaverio**, Harlow Morris McIver,
Allie McManus**, Dylan Nichols**

Highlights & Announcements



100 Mile Club

- 1. Arianne Chan: 274.48 miles**
- 2. Dylan Nichols: 263.97 miles**
- 3. Reed Vanderbeck: 218.34 miles**
- 4. Dean Fields: 205.2 miles**
- 5. Kian Chan: 181.88 miles**
- 6. Abdo Ahmed: 127.02 miles**
- 7. Alexandra Nichols: 124.48 miles**
- 8. Brianne Lynch: 122.2 miles**
- 9. Melia Dunn-Bolanos: 121.69 miles**
- 10. Benjamin Wienands: 111.63 miles**
11. Sam White: 93.16 miles
12. Aoife Ryan: 82.64 miles
13. Lucy Milutinovich: 78.77 miles
14. Peter Latsilnik: 56.75 miles
15. Youssef Ahmed: 55.13 miles
16. Owen Kassatly: 38.11 miles
17. Rocco Rawlins: 21.13 miles
18. Jacob Knowles: 17.78 miles
19. Leli Quitkin: 5.94 miles
20. Will Desorda: 4.64 miles
21. Garret Denneen: 4.25 miles

Important Dates

- **9/22 ALL OCT MEET ENTRIES DUE**

Team Announcements

- Parent meeting will be on **Saturday October 4th at 10 AM!** We will be going LIVE in the Water Country conference room and will have a virtual option for those who cannot make it.
- We are hoping to bring pre-team back in November! If you have swimmers you know who want to join the team, don't forget our referral bonus!
- October/November social events are in the planning stages! If you'd like to help out with party stuff, please let a coach know!

September Practice Changes

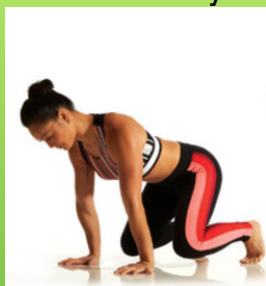
NO CHANGES FOR NOW!

Dryland, Recovery & Nutrition

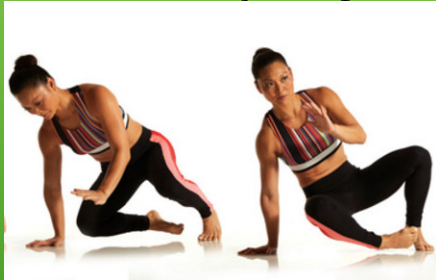
Exercise of the Month

Lateral Kick Throughs

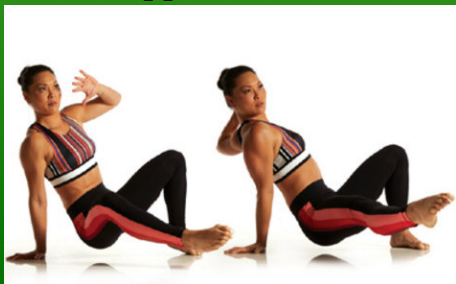
1. Start in a tabletop position, hands under shoulders and knees under bellybutton (not your hips). Tuck toes under and lift your knees off the floor so you're balanced between your toes and your hands.



2. From there, lift your right leg and left hand off the floor, pivot on the ball of your left foot and turn your hips over.



3. Plant your left heel and keep your hips low as you extend your right leg straight out from your hip just above the floor and draw your left elbow back behind your shoulder. Pause, then reverse the steps to return to start, and repeat on the opposite side.



Recipe of the Month

Mediterranean Steak Salad

Brought to you by: Swimswam.com



INGREDIENTS

For the salad

6 cups *romaine/mixed lettuce, chopped*
1 cup *cherry tomatoes, halved*
1/2 cup *kalamata olives, pitted & halved*
1/2 cup *pepperonchini, sliced*
1/2 cup *feta cheese, crumbled*
4-6 oz *cooked steak*

For the dressing

1/4 cup *extra virgin olive oil*
2 TBSP *red wine vinegar*
1 tsp *dijon mustard*
1 large *clove garlic, minced*
Salt & pepper to taste

DIRECTIONS

<https://swimswam.com/the-hungry-swimmer-mediterranean-steak-salad/>



Dryland, Recovery & Nutrition

“Whoa, That’s Cray!”

Train Your Brain

Your brain has the ability to learn and grow as you age — a process called brain plasticity — but for it to do so, you have to train it on a regular basis. Eventually, your cognitive skills will wane and thinking and memory will be more challenging, so you need to build up your reserve. Embracing a new activity that also forces you to think and learn and requires ongoing practice can be one of the best ways to keep the brain healthy.

Physical and Mental Game

Research has shown that regular physical exercise is one way to improve cognitive functions like memory recall, problem solving, concentration, and attention to detail. However, it is not clear if the physical aspect alone boosts your brain or if a combination of other factors — like the mental challenge of the activity, the frequency you do it, and the desire to improve — also contribute.

Take swimming, for example. It has obvious cardiovascular and muscle-building benefits, but also involves constant thinking, processing, and learning. You have to be mindful of your breathing rhythm and how to properly execute strokes and kicks. You also can measure your expertise in terms of endurance and speed, which motivates you to practice your skills to be a better swimmer.

A brain training activity doesn't always have to be exercise-related. Much

“Whoa, That’s Cray!”

Train Your Brain

research has found that creative outlets like painting and other art forms, learning an instrument, doing expressive or autobiographical writing, and learning a language also can improve cognitive function.

Prep Your Brain

These tips can support your new brain training endeavor:

- Pick one new activity. Devote your time and attention to only one additional activity, so you won't be tempted by other interests.
- Sign up for a class. Classes are a good way to learn the basics of any new activity, especially one that requires specific skills, like painting or music.
- Schedule practice time. Don't focus on the amount of time you practice at first, but rather aim for consistency. Devote what time you can, but be firm with your commitment. Schedule it and do it.

KEEP READING:

Train Your Brain - Harvard

Doing One Hard Thing Can Make You Smarter

Doing Hard Things Podcast

HOW TO: Train Your Brain to Do Hard Things

Exercising Your Brain