

# Atlantis Monthly Newsletter

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# Highlights & Announcements

## Swimmer of the Month

### ***Presley Lemelin***

- **FAVORITE STROKE:** Butterfly
- **FAVORITE THING ABOUT ATLA:** Competing in meets where I get to swim hard and cheer with my teammates.
- **FUN FACT:** I also enjoy acting and drama. I was in 3 productions this year and can't wait to do more.

Presley had a really big summer with ATLA! For the last few months, she has been super focused on her butterfly and it paid off big time at the Silver Champs. Presley swam her heart out and, not only did she win Silver Champs in the 100 FL but also broke a team record in the event! Way to go Presley!!



## August Birthdays

5th - Aoife Ryan turns 16  
11th - Panagiotis Bouzianis turns 8  
11th - Brianne Lynch turns 12  
21st - Lydia Skovlund turns 9  
22nd - Emily Ambra turns 8  
30th - Maddy Stevens turns 14

## September Birthdays

4th - Anabel Munro-Dervan turns 13  
6th - Samay Jain turns 9  
7th - Eleni Morse turns 12  
29th - James McGonagle turns 11



## New Cut Times

\*\*\*No new cuts\*\*\*

## New Team Records

Arianne Chan

9&10 - 50 FL (LCM)

Kian Chan

13&14 - 100 BR (LCM)

Joey Fiermonti

15&O - 50 FR, 200 FR (LCM)

Presley Lemelin

9&10 - 100 FL (LCM)

## 90% Attendance Club

(\*\* = 100%)

JULY

*Arianne Chan\*\*, Lulu Hussein, Rohan Joshi, Harlow Morris McIver\*\*, James McGonagle,*

LCM SEASON

*Arianne Chan, Harlow Morris McIver\*\**



# Highlights & Announcements



## **100 Mile Club**

1. Dylan Nichols - 214.27 miles
2. Alexandra Nichols - 196.98 miles
3. Katie Rocha - 166.8 miles
4. Kian Chan - 152.39 miles
5. Lily Hawkins - 123.61 miles
6. Anna Burrus - 98.84 miles
7. Aoife Ryan - 87.94 miles
8. Joey Fiermonti - 85.94 miles
9. Noah Rich - 74.3 miles
10. Lucy Milutinovich - 70.91 miles
11. Leli Quitkin - 63.06 miles
12. Melia Dunn-Bolanos - 62.97 miles
13. Owen Kassatly - 56.2 miles
14. Miles Borne - 25.22 miles
15. Jenny Ryan - 15.28 miles
16. Sam White - 13.88 miles
17. Myles Reilly - 7.44 miles

## **Important Dates**

- **9/11** FIRST DAY OF REG. SEASON
- **9/18** ALL OCT MEET ENTRIES DUE

## **Team Announcements**

- CONGRATULATIONS to our team captains for the 2023-2024 season: Joey Fiermonti, Alexandra Nichols, and Katie Rocha!
- At this time, our pre-team is full! We may still have some open spots on regular team, let your friends know!
- We are planning on a parent meeting this month (either virtual or in person to be determined) so please keep an eye out for our news updates!
- October/November social events are in the planning stages! If you'd like to help our team captains out with party stuff, please let a coach know!

## **September Practice Changes**

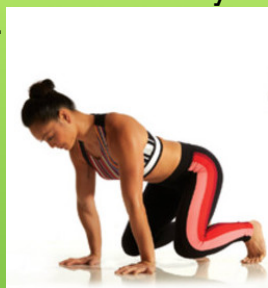
***NO CHANGES FOR NOW!***

# Dryland, Recovery & Nutrition

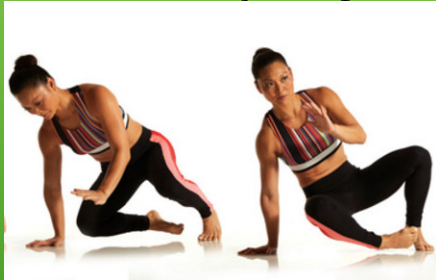
## **Exercise of the Month**

### ***Lateral Kick Throughs***

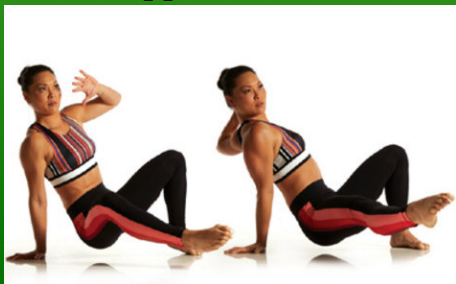
1. Start in a tabletop position, hands under shoulders and knees under bellybutton (not your hips). Tuck toes under and lift your knees off the floor so you're balanced between your toes and your hands.



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**

### ***Strawberry Pretzel Jell-O Dessert***

Brought to you by: Swimswam.com



### **INGREDIENTS**

6 oz *strawberry jell-o*  
2 cups *boiling water*  
2 1/2 cups *salted pretzels*  
1/4 cup *granulated sugar (for base)*  
8 TBSP *unsalted butter*  
8 oz *cream cheese (softened)*  
1/2 cup *granulated sugar (for filling)*  
8 oz *cool whip (thawed in fridge)*  
1 lb *fresh strawberries (sliced)*

### **DIRECTIONS**

<https://swimswam.com/the-hungry-swimmer-strawberry-pretzel-jello-dessert/>





# Dryland, Recovery & Nutrition

## **“Whoa, That’s Cray!”**

### ***What Does It Really Take to Build a New Habit***

Our habits govern our lives, literally. Research shows that around half of our daily actions are driven by repetition. This is probably why behavioral scientists and psychologists have spent so much time writing about how to establish and keep positive habits. Regular sleep and exercise, a healthy diet, an organized schedule, and mindfulness are just a few examples of practices that — if done regularly — can improve our work, relationships, and mental health. But what if those things don’t come naturally to you? What does it take to build a new habit?

While there are plenty of hacks on the internet competing to answer these questions, the neuroscience behind habit formation doesn’t offer shortcuts. Experts advocate for the old-fashioned approach: incremental progress. Dedicated commitment is what, time and again, has proven to lead to change. Surprisingly, the first step towards creating long-term change involves building routines — not habits themselves.

#### **Routines vs. Habits**

Most of us assume the two are interchangeable. But Nir Eyal, author of *Indistractable: How to Control Your Attention and Choose Your Life*, told me that this is a common fallacy — one that tends to end in disappointment. “When we fail at forming new patterns of behavior, we often blame ourselves,”

## **“Whoa, That’s Cray!”**

### ***What Does It Really Take to Build a New Habit***

he said, “rather than the bad advice we read from someone who doesn’t really understand what can and cannot be a habit.”

Eyal explained that a habit is a behavior done with little or no thought, while a routine involves a series of behaviors frequently, and intentionally, repeated. **A behavior has to be a regularly performed routine before it can become a habit at all.** The problem is that many of us try to skip the “routine” phase. According to Eyal, this is because we think that habits will allow us to put tedious or unenjoyable tasks on autopilot. (Your to-do list would be so much better if it just conquered itself, somehow.)

It makes sense. Unlike habits, routines are uncomfortable and require a concerted effort. Waking up early to run every morning or meditating for 10 minutes every night, for instance, are rituals that — initially — are hard to keep up. Habits, on the other hand, are so ingrained in our daily lives that it feels strange not to do them. Imagine not brushing your teeth before bed or not drinking a cup of coffee with breakfast. If these are habits you have already formed, avoiding them might even feel bad.

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

<https://hbr.org/2021/02/what-does-it-really-take-to-build-a-new-habit>