

Atlantis Monthly Newsletter

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Swimmer Highlights

Swimmer of the Month

Margaret Spuler

Margaret is one of our hardest workers and a junior captain on the team this year. She is a constant example of what it takes to be a great swimmer. Her attitude towards sets and laser focus has led her to improve on every one of her test sets over the last few weeks. Just recently, she went the furthest in our Step-down 50 test for girls in our team's history. COVID has not stopped this girl from pushing herself to the max at every workout she attends, and with her attendance percentages, that's a LOT! Hard work always pays off! We are proud of you Margaret!



December Birthdays

10th - Finn Doyle turns 10

12th - Steph Franceschi turns 13



New Cut Times

Silly COVID

New Team Records

Silly COVID

Training & Attendance

Poseidon Monthly Distance

71,650m (From Portsmouth to Lake Winnepesaukee!)

Poseidon 90% Attendance Club (** = 100%)

Julia Murray, Alexandra Nichols, Katie Rocha**, Margaret Spuler

Events & Announcements

Atlanteans Giving Back!!



Team Announcements

There was a TIE in our food drive contest this year! Congrats to TEAM KATIE for donating the most items, and another congrats TEAM JULIA for donating the heaviest. HUGE thank you to team leader JULIA MURRAY for being our biggest donator at 54 POUNDS! All members of teams Katie and Julia who donated food will be receiving a team themed surprise in the next few weeks! For Christmas, Coach Kirsty has planned an awesome wreath decorating event at Sundance Farm in Farmington! There is a sign up genius involved so double check your emails for the invites!

Atlanteans Doing Things

In November, the Atlantis swimmers had their annual food drive contest. Our four junior captains led the way this year and, even in the midst of a pandemic, we had an incredibly successful food drive. Atlanteans donated 200 lbs of food to the SHARE fund in Rochester. We wanted to give a big thank you to the city who gave us a home this summer when all the pools were shut down. Thank you for all of your help!

Important Dates

- 12/5-6 Dual with SOLO
- 12/13 Wreath Decorating
- 12/24-31 Christmas Break
- 12/31 New Year's Eve

December Practice Changes

- 12/5 NO POSEIDON PRACTICE
- 12/23 LAST DAY OF FALL 2
- 12/24-31 NO PRACTICE

Dryland, Recovery & Nutrition

Recipe of the Month

5 Ingredient PB Energy Bites

(Brought to you by: ChefSavvy)

INGREDIENTS

2/3 cup *creamy peanut butter*
1/2 cup *semi-sweet chocolate chips*
1 cup *old fashioned oats*
1/2 cup *ground flaxseed*
2 TBSP *honey*

DIRECTIONS

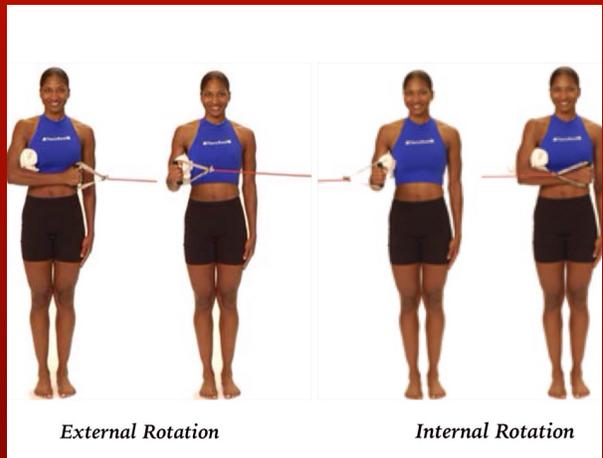
- Combine all 5 ingredients in a medium bowl. Stir to combine. Place in the refrigerator for 15-30 minutes so they are easier to roll.
- Roll into 12 bites and store in the fridge for up to a week.
- Instead of rolling out into balls, the mixture can be placed in a square baking dish lined with parchment paper. Refrigerate and cut to make no bake energy bars!



Exercise of the Month

Internal/External Band Rotation

- Grab a resistance band and tie it to a pole or door.
- With feet hip width apart, stand with your right side to the door or pole. For internal band rotation, hold the band in the hand ***closest*** to the door. For external band rotation, hold the band in the hand ***furthest*** from the door.
- Keep your back straight and do not let your elbow flair out from your side.
- **FOR INTERNAL:** Pull the band into your stomach and let it back out slowly.
- **FOR EXTERNAL:** Pull the band away from your stomach and let it back in slowly.



Dryland, Recovery & Nutrition

“Whoa, That’s Cray!”

Video Analysis of Underwater Kick

Underwater kicking is the fastest stroke. Elite level male sprinters can swim the first 15 m of the race in about 5 sec. That’s almost 3 m/sec speed! No swimmer on the surface can swim so fast.

There are at least three reasons why swimmers can reach higher speed underwater:

1. When kicking underwater, swimmers are minimizing frontal drag by keeping arms in streamline position.
2. By engaging strong body muscles, swimmers can kick underwater strongly in both directions – up-kick and down-kick.
3. Our Swim Power studies show that up-kick is much stronger underwater than on the surface.

Keeping arms fully extended in streamline position is very important to reduce frontal drag. Swimmers should squeeze the head and keep arms strong and stable. Water is 784 times more dense than air. That’s why even small motion with arms creates significant drag, which reduces swimming speed underwater. The fastest swimmers are keeping arms very stable and strong.

Video analysis with Swim Power tests shows that underwater dolphin kick includes three phases:

1. *Bending the Knees:* Based on Swim Power tests, even elite level swimmers

“Whoa, That’s Cray!”

Video Analysis of Underwater Kick

may lose 40% and more speed when bending knees underwater. There is strong correlation between bending knees and loss of swimming speed: the more swimmers bend knees, the more speed they lose. When swimmers bend knees too much, knees below the body and shins above the body create additional drag. To minimize drag at this phase, swimmers should bend knees less and kick more from the body.

2. *Down-Kick:* Down-kick is the most powerful phase of the underwater kick. Elite level swimmers increase their speed up to 70% during this phase. The fastest rate of speed increase is the beginning of the down-kick motion, when swimmers push more water back. At the end of the down-kick, swimming speed starts to drop down.

3. *Up-Kick:* Video analysis with Swim Power tests shows that the up-kick can be as powerful as the down-kick. In fact, some really fast underwater swimmers can kick up stronger than down.

READ ON:

<https://learning.fina.org/video-analysis-of-underwater-kick/>