

Atlantis Monthly Newsletter

Highlights & Announcements

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- February Birthdays
- New Cut Times
- New Team Records
- 90% Attendance Club



Highlights & Announcements

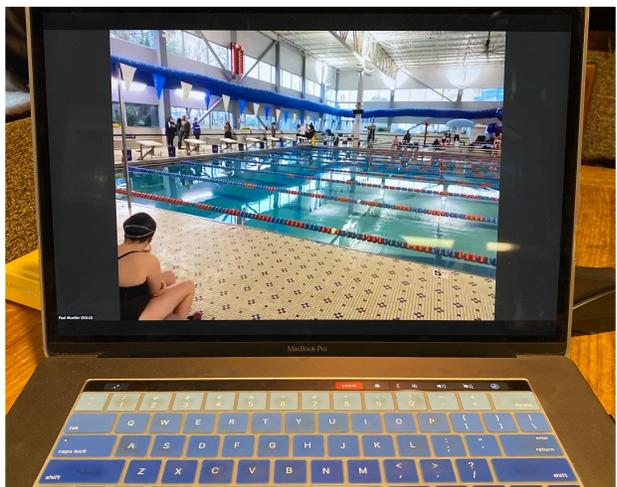
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Highlights & Announcements

Swimmer of the Month

Melia Dunn-Bolanos

Melia has been part of Atlantis Aquatics for only two short years but in that time has made tremendous progress. She is an extremely hard worker and has really shown her dedication through the pandemic by making sure she attends practice whenever it is available to her. Watching Melia develop her strokes has been a true delight for the coaching staff, especially her progress on butterfly (a truly challenging stroke!). Melia is very supportive and can always be seen with her teammates, smiles on all their faces. We are excited to watch you race again, Melia!



February Birthdays

2nd - Presley Lemelin turns 8
23rd - Jolie Gilton turns 11



New Cut Times

****Silly COVID****

New Team Records

****Silly COVID****

Poseidon's 90% Attendance Club

(** = 100%)

LAST MONTH

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

THIS SEASON (9/14/20-Current)

Alexandra Nichols, Katie Rocha, Margaret Spuler

Highlights & Announcements



RELAX!!



Poseidon's 100 Mile Club

1. Alexandra N. - 60.19 miles (96,300m)
2. Katie R. - 59.69 miles (95,500m)
3. Margaret S. - 56.44 miles (90,300m)
4. Emily S. - 46.91 miles (75,050m)
5. Lily H. - 43.53 miles (69,650m)
6. Julia M. - 42.16 miles (67,450m)
7. Olivia L. - 37.66 miles (60,250m)
8. Gabby C. - 30.78 miles (49,250m)
9. Joey F. - 21.41 miles (34,250m)

Team Announcements

- MARCH/APRIL SWIM SCHEDULE WILL BE CHANGING SLIGHTLY! PLEASE KEEP A LOOKOUT FOR THE EMAIL ANNOUNCEMENT!
- We are still running team tryouts for our Kraken group and have only a couple more spots for Leviathan! Our Poseidon group is currently at MAX capacity.
- We are looking into the possibility of a final winter season meet at the end of March. An email will go out asking about interest once plans are finalized!

Important Dates

- **2/9** NE BOD Meeting (Virtual)
- **2/14** Valentine's Day
- **2/20-21** NHIAA State Meet
- **2/27-28** MEET @ WOC Salem, NH

February Practice Changes

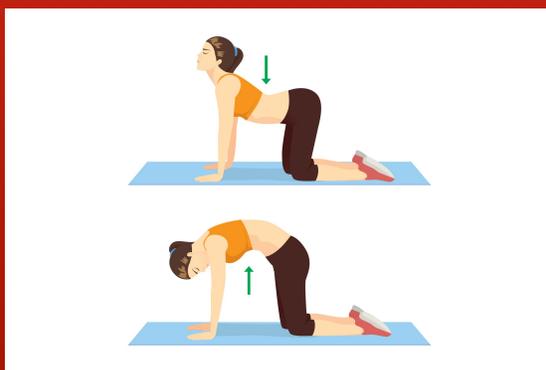
- **2/18** LAST FEB AM PRACTICE
- **2/27** NO PRACTICE ALL GROUPS

Dryland, Recovery & Nutrition

Exercise of the Month

Cat/Cow

- Begin with your hands and knees on the floor. Make sure your knees are under your hips, and your wrists are under your shoulders. Begin in a neutral spine position, with your back flat and your abs engaged. Take a big deep inhale.
- On the exhale, round your spine up towards the ceiling, and imagine you're pulling your belly button up towards your spine, really engaging your abs. Tuck your chin towards your chest, and let your neck release. This is your cat-like shape.
- On your inhale, arch your back, let your belly relax and go loose. Lift your head and tailbone up towards the sky — without putting any unnecessary pressure on your neck. This is the Cow portion of the pose.
- Continue flowing back and forth from Cat Pose to Cow Pose, and connect your breath to each movement — inhale for Cow Pose and exhale on Cat Pose.
- Repeat for at least 10 rounds, or until your spine is warmed up.



Nutrition Tip of the Month

Elisabetta Politi, RD, nutrition director at the Duke Diet & Fitness Center, gives some tips for how to effectively combine eating and exercise:

- **Eat for energy.** Two to three hours before exercise, eat a combination of carbohydrates and protein. The carbohydrates will give you energy, and the protein will sustain that energy. Suggested meals or snacks include half a whole wheat bagel topped with peanut butter or a cup of yogurt with fruit.
- **Break your fast.** If you exercise first thing in the morning, it's important to break your fast before exercising. When you eat before you workout, you actually fuel your workout and burn calories more effectively. If you can't stomach a big meal, just eat half a banana or a small apple to get your metabolism working.
- **Hydrate properly.** During your workout, you do not need to consume calories if you are exercising for less than an hour. If your workout is longer than an hour, drink a sports drink with calories or eat a piece of fruit to keep your blood sugar up. Avoid fruit juices and sodas that are high in sugar.
- **Make healthy food choices.** Remember that just because you work out doesn't mean you can eat whatever you want. Watch your caloric intake and make healthy food choices that support the work you're doing in the gym.

Dryland, Recovery & Nutrition

“Whoa, That’s Cray!”

Hand Position Matters

The best way for competitive swimmers to hold their fingers is to spread them slightly apart so they rake the water, a new study finds.

In the hunt for the technique that could bring the fastest freestyle swimming, previous research hinted that swimmers could improve their efficiency by spreading their fingers apart, but much remained uncertain how this might work and how much swimmers needed to spread their fingers to benefit.

To solve this mystery, fluid dynamicists investigated both virtual models of human arms in computer simulations and 3D-printed models of human arms in wind-tunnel experiments. They analyzed the forces that these models experienced at five different levels of finger spreading: At zero degrees of spread, where all the fingers were pressed together like a paddle, through progressively wider 5-degree intervals all the way to 20 degrees of spread.

The best results were seen with 10-degree finger spreading in both computer simulations and wind-tunnel experiments, the researchers said.

The researchers explained that as fingers spread apart, some water slips through them. However, the resulting turbulence can limit the flow of water between the fingers. As such, slight finger spreading can effectively

“Whoa, That’s Cray!”

Hand Position Matters

increase the surface area of a hand. Up to a certain point, the benefit from this effective boost in surface area outweighs the effect of water lost between the fingers, said study co-author Josje van Houwelingen, a swimming fluid dynamicist at the Eindhoven University of Technology in the Netherlands.

In the study, even 5-degree finger spreading reduced the amount of drag that arms experience by 2 percent in computer simulations and 5 percent in wind-tunnel experiments.

"Using optimal finger-spreading might give a competitive edge," van Houwelingen told Live Science.

Although these effects are subtle, they could make a big difference in races between elite swimmers. "When you are a top swimmer, this very small effect, only a few percent, can make the difference between a gold medal and no medal at all," van Houwelingen said in a statement.

KEEP READING:

<https://www.livescience.com/56998-fastest-freestyle-swimming-finger-spread-science.html>

<https://rittersp.com/technique/freestyle-pull>