

Atlantis Monthly Newsletter

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Swimmer Highlights

Swimmer of the Month

Dylan Nichols

Dylan had a very big month! He added 3 new cuts for AG champs, he attended every meet on our schedule in January, and he achieved 100% practice attendance this month. On top of all that, he was also a standout teammate. At our meet at UNH, Dylan made sure all of his teammates were in the right lanes at the right times. He also made sure to have teammates who weren't racing cheering for the ones who were. Dylan embodied exactly what it means to be an Atlantean this month: he worked hard, followed the program 100%, and made sure to watch over his other teammates in the process. The future is bright for this guy!



February Birthdays

16th - Laurel Van De Water turns 10



New Cut Times

Sophia Dmytruk

AGs 200 FL

Lexi Gurshin

Silvers 50 BK

Nomusa Gwebu

Silvers 50 BK, 100 BR

Olivia Levitsky

Silvers 200 FR

Dylan Nichols

AGs 50 BK, 100 BK, 50 FL

Laurel Van De Water

Silvers 50 BK

New Team Records

(* indicates OPEN record)

Sophia Dmytruk - 200 FL*

Dylan Nichols - 50 BK, 200 IM

Ethan Van De Water - 500 FR

Training & Attendance

Monthly Distance

Gold Group - 143,100m (H.S. = 81,100m-96,800m)

Silver Group - 109,600m

Bronze Group - 58,900m

90% Attendance Club (= 100%)**

Gold Group - N/A

Silver Group - Gabby Costello, Alexandra Nichols**, Katie Rocha**

Bronze Group - N/A

Events & Announcements



RELAX!!



Atlanteans Doing Things

January is a very tough month for a swimmer. The better part of December is spent out of school for holiday coupled with a mid-season taper, a swimmer's dream combo! When January starts, school begins again and swim begins to ramp back up, and harder than in the fall to boot. While we love our Atlantis family outings, January always proves to be a tough month to get together. Keep your eyes peeled for an activity in February!

Important Dates

- **2/6** *St John Entry Due (Mar 20-22)*
- **2/7-9** *NSSC Meet at St John*
- **2/11** *10&U AG Entries Due*
- **2/14** *Valentine's Day*
- **2/14-15** *NHIAA State Meet*
- **2/18** *11-14 AG Entries Due*
- **2/21-23** *10&U Age Group Champs*
- **2/25** *15-18 AG Entries Due*

Team Announcements

- **SPRING/SUMMER REGISTRATION WILL BE UP BY THE END OF THE MONTH!**
- For Spring/Summer season, we will be requiring at least one parent from each family attend a parent meeting. If you do not attend the meeting in person to sign your forms, you will not be given a registration link to the team. Stay tuned for a date and time!
- We will be running tryouts for our pre-team continuously throughout the remainder of the season. See a coach for details!

February Practice Changes

- **2/6** *LAST GOLD AM PRACTICE*
- **2/7** *NO PRACTICE ALL GROUPS*
- **2/8** *NO PRACTICE ALL GROUPS*

Dryland, Recovery & Nutrition

Exercise of the Month

The V-Up

- Start in supine position.
- Keep arms and legs extended.
- Squeeze legs together
- Trunk and hips flex to pull torso and legs together.
- Arms reach forward during the ascent.
- Complete with the hands touching toes at the top.



Recipe of the Month

Instant Pot Minestrone Soup

(Brought to you by: SpiceCravings)

INGREDIENTS

2 TBSP *extra virgin olive oil*
1 can *Northern Beans (drained, rinsed)*
1 cup *chopped celery*
1 cup *chopped carrots*
32 oz *low-sodium vegetable broth*
2-3 cloves *chopped garlic*
1 tsp *salt*
1 tsp *ground black pepper*
1 tsp *smoked paprika*
2 tsp *Italian seasoning*
1-2 TBSP *Sambal Oelek chili paste*
3 TBSP *tomato paste*
1/2 cup *elbow macaroni*

ADD-ONS AFTER PRESSURE COOK:

2 cups *baby spinach (chopped)*
2 links *chicken sausage (cooked)*

DIRECTIONS

1. In inner pot, combine all ingredients and stir well.
2. Close lid and set vent to "Sealing Mode". Cook on manual (high) for 3-4 mins, depending on how you like your vegetables (I cook for 3 mins).
3. When cooking is done, wait 5 mins and release the pressure manually. Open lid and stir in chopped spinach and chicken sausage if using.



Dryland, Recovery & Nutrition

“Whoa, That’s Cray!”

SWIMMING IN THE FOUNTAIN OF YOUTH

The fountain of youth might just be in a lap pool near you, according to research at Indiana University Bloomington's Counsilman Center for the Science of Swimming, which is examining the effects of long-term participation in vigorous activity on "optimal aging."

The researchers are adding a new twist to aging research by studying a very active population. Recent studies, says Counsilman Center Director Joel Stager, often are drawn from a diseased or declining population, casting them as the 'general' population.

"Are Masters Swimmers unique, or are we what 'normal' people should look like?" Stager recently told USMS Swimmer, the official magazine of United States Masters Swimming.

The IUB researchers conducted a battery of tests on elite swimmers -- United States Masters Swimmers competing in the U.S. championships in 2004 and in the FINA world championships at Stanford in 2006. They measured age markers, whose physiological functional capacity typically decline by 0.5 percent to 1 percent per year beginning around the age of 35, and compared their findings with similar data collected on the general population. From their 2004 data, they found that regular and fairly intensive swimming substantially delayed the decline of such age

“Whoa, That’s Cray!”

SWIMMING IN THE FOUNTAIN OF YOUTH

markers as blood pressure, muscle mass, blood chemistry and pulmonary function.

"We're starting to find out that a lot of the decline is probably related to a decline in activity rather than aging per se," said Stager, a professor in IUB's Department of Kinesiology. "The hypothesis is that activity preserves physiological function."

The researchers found that by regularly swimming 3,500 to 5,000 yards (roughly 2 to 3 miles) three to five times a week, the USMS swimmers examined in 2004 postponed the aging process, not only for years but for decades. They found that many of the swimmers delayed this natural decline until the age of 70. Stager, who also competed at the FINA Masters World Championships this summer, is an avid swimmer himself, swimming roughly 3,000 yards per day five times a week. For recreational swimmers, any amount of swimming is beneficial, he said, particularly for the least active. A workout should depend on goals, such as preparing for competition, improving fitness or seeking health and well-being benefits.

KEEP READING:

<https://newsinfo.iu.edu/news/page/normal/4030.html>