



Atlantis Monthly Newsletter

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Swimmer Highlights

Swimmer of the Month

The Silver Sisters

This month, our swimmer of the month race was so close, we had to give it to this entire group. These girls have all come a long way, both individually and as team mates. Since this season has started, they have all pushed each other to finish some of the hardest sets they've seen yet, have covered more distance together than ever before, and learned some invaluable life lessons in the process. All of these girls embody what it means to be an Atlantean and are a shining example of the direction the program is going.



January Birthdays

29th - Cordelia Kroll turns 10
29th - Elise Kroll turns 10



New Cut Times

Sophia Dmytruk

Seniors 100 BK

AGs 200 IM

Olivia Levitsky

Silvers 100 FL

Chad Rocha

Seniors 200 BR, 200 FL

AGs 400 IM, 100 BR

Ethan Van De Water

Seniors 100 FR, 200 FR

New Team Records

(* indicates OPEN record)

Tyler Bosma - 200 FR, 1650 FR*

Ethan Van De Water - 100 FL*

Training & Attendance

Monthly Distance

Gold - 76,550m (Since Sept, we've gone from Portsmouth to Staten Island, NY!)

Silver - 65,900m

Bronze - 43,900m

90% Attendance Club (= 100%)**

Gold - N/A

Silver - Isabella Giacomoni, Julia Murray,
Alexandra Nichols**, Katie Rocha**

Bronze - N/A



Events & Announcements



ATLA Christmas!!



Team Announcements

Last month, ATLA had their first annual Swim-a-thon! Below are the results, winners of each group get a prize package of stickers, tattoos, pins, wristbands, and team equipment bag!

- BLACK** - Landon + Lucy Bonner (\$600)
- BLUE** - Melia Dunn-Bolanos (\$300)
- WHITE** - Adalyn Markley (\$550)
- BRONZE** - Lily Hawkins (\$500)
- SILVER** - Margaret Spuler (\$900)
- GOLD** - Tyler Bosma (\$575)

- MOST RAISED** - Margaret Spuler
- MOST LAPS** - Chad Rocha (8,567.5m)

In addition, every swimmer who raised \$100 or more will get a free long sleeve team shirt!

Important Dates

- **1/1** New Year's Day
- **1/4-5** NSSC Meet at MIT
- **1/10-12** SOLO Meet at Haverhill
- **1/25-26** SSA Meet at UNH

Atlanteans Doing Things

ATLA had a fabulous Christmas party this year! Thank you again to the Rocha family for always being incredible hosts and making sure we all have fun together. Another huge thank you to the DePalo family for providing an added twist to this years Yankee gift swap, a chance wheel!! There were lots of surprises, laughs, and memories will last a lifetime.

Stay tuned this month for another social activity we will be planning!

January Practice Changes

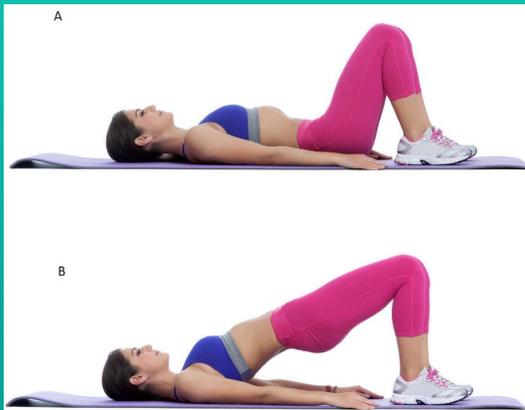
- **1/1** NO PRACTICE ALL GROUPS
- **1/4** NO PRACTICE ALL GROUPS
- **1/10** NO DRYLAND ALL GROUPS
- **1/10** SHORTENED YMCA PRACTICE
- **1/11** NO DRYLAND ALL GROUPS
- **1/25** NO PRACTICE ALL GROUPS

Dryland, Recovery & Nutrition

Exercise of the Month

Glute Bridge

1. Bend knees and place feet flat on ground.
2. Lift hips up to maximum level, lifting entire back up off ground. Think of extending knees forward toward wall in front of you so you can lengthen hips.
3. Interlace fingers underneath body by rolling up onto shoulder heads to get even more release through front of body and hips.
4. Lift high and hold.



Recipe of the Month

Tuscan Garlic Chicken

(Brought to you by: EasyFamilyRecipes)

INGREDIENTS

2 lbs boneless, skinless chicken breast
2 cloves garlic
2 oz fresh baby spinach
1 can artichoke hearts
1 jar sun-dried tomatoes
1 cup mozzarella cheese
Salt + pepper to taste

DIRECTIONS

1. Preheat oven to 375 degrees. Drain and chop artichoke hearts. Drain sun-dried tomatoes, reserving 1 TBSP oil.
2. Lay chicken flat in the bottom of a greased casserole dish. Season with salt and pepper, press garlic and spread it evenly over the chicken breast. Place the spinach, artichoke hearts and sun dried tomatoes on top and then drizzle the TBSP of oil reserved from the sun dried tomatoes. Finish by topping with mozzarella cheese.
3. Bake for 45-50 minutes total. Cook 20 minutes uncovered then loosely cover with foil for 25-30 minutes or until the chicken is cooked through.



Dryland, Recovery & Nutrition

“Whoa, That’s Cray!”

“The 100 Day Squat Challenge”

Brad Dieter is a research scientist and nutrition coach. Brad’s experience, from the weight room to the laboratory, enables him to bridge the gap between science and real-world results.

Challenging the notion of the typically accepted General Adaption Syndrome (GAS) which describes the notion that training breaks down your muscles and you must rest to allow your body to adequately recover and adapt to the training program. This idea coincides with overtraining and the belief that you must cycle your training, breaking up hard training sessions with days of rest as well as not performing maximum effort training sessions multiple days in a row.

In order to test GAS and the ideas on overtraining, Brad designed a simple squat program for 100 consecutive days. He would build to 85-95% of his 1 rep max every day.

After completing his experiment he had several important take aways and lessons learned.

1. *Your Body is Much Stronger than Your Mind.*

Despite what appeared to be debilitating soreness, he managed to foam roll, warm up, and hammer out his training sessions at a high level. You can train through DOMS. It won't be

“Whoa, That’s Cray!”

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pleasant, but toughen up and do it anyway. Many days he described his warm-up sets felt like a car was on his back, but he was always able to get to around 90-95% of the current 1RM. Your body lies to your mind. Just don't listen to it. You can train a little harder than you think you can.

2. *Getting Started Is the Hardest Part.*

There is a law in physics: An object at rest will stay at rest and an object in motion will stay in motion unless an outside force acts upon it. This also applies to training. During every single day of the 100 training sessions, the first warm-up set was always the hardest. After completing the first one his mind flipped a switch and it was go time. If you're mulling over whether to train or not, the answer is yes. Get started, it's all downhill after that.

3. *Do it Over and Over Again.*

The biggest issue with his squat was a technique flaw, and the best way to get better at something is to practice it. During the 100 days of squatting he performed approximately 3,000 back squats. That's the equivalent of two years of squatting volume if you squat heavy once a week. While his squat is still far from perfect, it's a million times better than it was 100 days ago. Caveat: If you want the reps and high volume to ingrain better movement patterns,



Dryland, Recovery & Nutrition

“Whoa, That’s Cray!”

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you'd damn well better be performing the best reps you can. Practice doesn't make perfect. Perfect practice makes perfect. If you decided to cram in two years worth of squatting in 100 days with crappy form, you're going to develop two years worth of bad habits.

4. If it is important find a way

Life is hectic. Traveling for work, work itself, family, training, dating, it all adds up. There were several days where he had to squat at 3 AM or 11 PM. There were days where he traveled for 16 hours and still had to find time to squat. It would've been much easier to say, "Well, I squatted 97 days out of 100" but that would have meant failure.

5. Success is a road paved with hard work.

I set 8 PRs over the span of the 100 days, each of which were both elating and frustrating. I'd been stuck at a plateau for over two years and the fact I could smash through that plateau six times in a little over three months taught me something very humbling: I hadn't been training at the level I should've been. This experiment showed me what hard work really meant. You learn how to push yourself past current milestones and levels of intensity. When you have to mentally bring it every day you learn to embrace the hard work and cherish those "make-or-break" moments.

“Whoa, That’s Cray!”

“The 100 Day Squat Challenge”

Just showing up and putting in work doesn't get you where you need to be if the work isn't high quality.

6. Reaching your goals is not a linear path.

There were setbacks: knee tweaks, sore legs, tired back, repetition fatigue, lack of interest... the list goes on. Some days he was able to hit the prescribed percentages he set for myself with ease. Most days he missed a rep or two on his last set. Not missed as in he didn't attempt them, but missed as in the weight buried him. For every PR there was probably 2-3 misses. Don't let momentary failures cloud your view for the future. View them as learning opportunities and move on. He began to analyze my misses more than his PRs and learned a lot about why he would miss because he didn't want to miss for the same reason twice.

READ MORE AT:

<https://www.t-nation.com/training/100-day-squat-challenge>