

# Atlantis Monthly Newsletter

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# Highlights & Announcements

## Swimmer of the Month

### *Joey Fiermonti*

Joey joined ATLA in the thick of the pandemic and what a year he has had! Joey is an extremely hard worker and has a fun-loving personality that really makes him an amazing teammate. He is always encouraging to his fellow Atlanteans and really takes an interest in the swimmers of all levels on this program. Due to all of Joey's hard work and dedication over the last year, he qualified for his first competition final ever at the Jenny Thompson meet. We are so proud of the work you have done so far and your commitment to the sport Joey, and are excited to see what more you can accomplish in the next few years!



## July Birthdays

- 4th - Youssef Ahmed turns 9
- 5th - Margaret Spuler turns 15
- 14th - Adalyn Markley turns 13
- 16th - Harper Levitsky turns 12
- 27th - Olivia Levitsky turns 14



## New Cut Times

*Harper Levitsky*

AG - 50/100 FR, 50 BK

*Dylan Nichols*

AG - 50/100 FR, 50/100 BK, 50 FL

## New Team Records

\*\*\*No New Records This Month\*\*\*\*

## Poseidon's 90% Attendance Club

(\*\* = 100%)

LAST MONTH

None

THIS SWIM YEAR (9/14/20-Current)

*Alexandra Nichols, Katie Rocha*

# Highlights & Announcements



## **Poseidon's 100 Mile Club**

1. A. Nichols - 234.46 miles
2. K. Rocha - 218.79 miles
3. M. Spuler - 192.84 miles
4. E. Stokel - 192.46 miles
5. G. Costello - 185.90 miles
6. J. Murray - 158.96 miles
7. J. Fiermonti - 142.59 miles
8. O. Levitsky - 136.67 miles
9. L. Hawkins - 114.10 miles
10. S. Green - 43.38 miles
11. C. Dales - 29.28 miles
12. T. Gregg - 23.63 miles
13. M. Little - 16.78 miles

## **Important Dates**

- **7/4** *Independence Day*
- **7/8-11** *11-12 AG Champs @ Jenny T*
- **7/27** *Silvers ENTRY DUE*

## **Team Announcements**

- We are having a team gathering at the Nichols household in Rochester after morning practice on Thursday 7/15 to tie dye our summer shirts. We hope everyone can attend! Please refer to the group email chain for details or reach out to a coach!
- We need ideas for a final party for the summer! We were thinking something relaxing outside (maybe a lake or the beach) or some sort of fun outdoor activity (mini golf, go karts, etc). Please contact a coach with ideas!

## **July**

### **Practice Changes**

- **7/9** *NO DRYLAND (ALL groups)*

# Dryland, Recovery & Nutrition

## Dryland Challenge of the Month

### ***The Plank Challenge***

How long can you hold a plank for? The answer may surprise you! We're not talking about the kinds of planks where you want to cry and your form falls apart, oh no! We want those good quality, low hip, steel trap kind of planks!

This month, start by holding a good quality plank (see below) for as long as you can, time yourself! Do it each day and see if you can stretch it out until the end of July!

The world record for longest plank is 8 hours, 15 minutes, and 15 seconds held by George Hood. How close can you get to the world record? If you want to check out his routine, [CLICK HERE!](#)



## Recipe of the Month

### ***Healthy Breakfast Cookies***

Brought to you by: [Swimswam.com](http://Swimswam.com)



### **INGREDIENTS**

2 cups *rolled oats*  
2 *mashed bananas (ripe and spotty)*  
2/3 cup *nut butter of choice*  
3 TBSP *ground flax seeds*  
4 TBSP *chia seeds*  
Pinch *sea salt*  
1 tsp *cinnamon (optional)*  
*Chocolate chips, other mix-in faves*

### **DIRECTIONS**

1. Combine mashed bananas, oats, salt, and cinnamon in large mixing bowl.
2. Add in nut butter, flax seeds, and chia seeds. Stir to combine.
3. Add whatever mix-ins you like and combine again.
4. Scoop out about 12 cookies then flatten them out with your hands.
5. Bake at 350\* for 15-16 minutes.

# Dryland, Recovery & Nutrition

## **“Whoa, That’s Cray!”**

### ***How Expectations Influence Performance***

Whether we do so consciously or not, we all form expectations about certain things in our lives, from how much we think we’ll enjoy a particular experience to the expectations we form about ourselves and others. Sometimes these expectations are based on prior experience, but more often than not, they’re based on what we’ve been told or the subconscious beliefs we hold.

A growing body of research shows that expectations can influence everything from our perception of taste and enjoyment of experiences to our performance on specific tasks. And it’s not just our own expectations that matter, but the expectations of those around us too.

This is particularly important in the context of learning, because how well we expect to perform, or how well teachers expect their students to perform, can influence the outcome. In general, high expectations improve performance, whereas low expectations seem to undermine achievement.

The first study to look at whether expectations can positively influence performance was carried out in the 1960s by Harvard psychologist Robert Rosenthal together with elementary school principal Lenore Jacobson.

In order to determine whether teacher expectations would influence student

## **“Whoa, That’s Cray!”**

### ***How Expectations Influence Performance***

motivation and performance, they told teachers that certain students were expected to be high achievers based on their results from a specialised Harvard test. In reality, however, the students had been chosen at random.

Rosenthal and Jacobsen followed these students over the next couple of years to see how the teachers’ expectations would affect them. Sure enough, they found that the students from whom teachers expected more were more likely to have made larger gains in their academic performance.

This psychological phenomenon is now known as the “Pygmalion effect” and was named after a Greek myth about a sculptor who falls in love with a statue he carved.

The opposite of this is the “Golem effect;” named after a similar Jewish myth about a clay creature that was given life by a Rabbi. The idea behind it is that when lower expectations are placed upon us, whether by ourselves or others, our performance goes down.

Both of these effects are forms of self-fulfilling prophecies, but how does it work?

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

**[How Expectations Influence Performance](#)**