



Highlights & Announcements

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Highlights & Announcements

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Highlights & Announcements

Swimmer of the Month

Dylan Nichols

Dylan has had quite a month with ATLA. In June we are seeing him turn 11 but with the dedication he has shown lately you would think he was 16! Dylan has been attending all of the workouts allowed to his age group, he has stepped up his intensity at dryland, put his nose to the grindstone in the pool on the days he trains with the older swimmers, and he has started learning to journal his swim habits. Although we haven't had chances to race lately, we are so excited to see what he can do with this new found love of his craft! We are proud of you D man!



June Birthdays

- 1st - Alexandra Nichols turns 15
- 7th - Emily Stokel turns 15
- 15th - Andre Duval turns 11
- 23rd - Dylan Nichols turns 11
- 29th - Annie Martino turns 14



New Cut Times

****FUTURE SITE OF LCM CUTS!!!*****

New Team Records

****FUTURE SITE OF NEW RECORDS!!!*****

Poseidon's 90% Attendance Club

(** = 100%)

LAST MONTH

Gabby Costello

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

Alexandra Nichols, Katie Rocha



Highlights & Announcements



Poseidon's 100 Mile Club

1. A. Nichols - 185.69 miles (297,100m)
2. K. Rocha - 176.63 miles (282,600m)
3. E. Stokel - 153.34 miles (245,350m)
4. G. Costello - 147.53 miles (236,050m)
5. M. Spuler - 146.16 miles (233,850m)
6. O. Levitsky - 115 miles (184,000m)
7. J. Murray - 112.41 miles (179,850m)
8. J. Fiermonti - 103.56 miles (165,700m)
9. L. Hawkins - 95.97 miles (153,550m)
10. S. Green - 43.38 miles (69,400m)
11. T. Gregg - 23.63 miles (37,800m)
12. C. Dales - 10.53 miles (16,850m)

Team Announcements

- There are a few practice changes this month. Please keep a close eye on the newsletter and your email to make sure you don't miss the notices!
- ***Tryouts for summer have begun!!*** Contact coach Kirsty or coach DJ for details on how to schedule and evaluation.
- We are going to be looking for Poseidon swimmers who want to help coach younger swimmers in Rochester for summer. Please reach out to coach Rhi if you have not already about this opportunity!

Important Dates

- **6/19-20** NSSC SCY Meet @ Gardner
- **6/21** Rochester AM practice starts
- **6/24-27** SSA LCM Meet @ Jenny T.

June Practice Changes

- **6/15** LAST AM YMCA PRACTICE
- **6/19** NO Y PRACTICE
- **6/21** SUMMER SCHEDULE BEGINS
- **6/25-26** NO Y PRACTICE



Dryland, Recovery & Nutrition

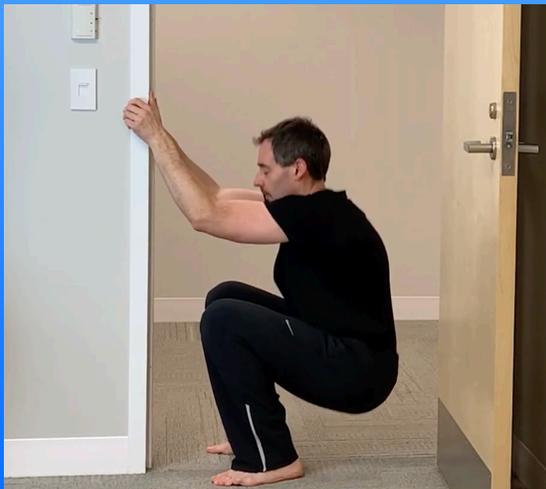
Dryland Challenge of the Month

10 Minute Squat Challenge

The challenge this month is to accumulate ten minutes of time spent in the bottom of your squat position each day for a whole month. The 10 minutes do not have to be consecutive, but as the month goes on try to spend longer intervals in the bottom of your squat.

If you are finding you are having difficulty staying low, use a door frame or the side of a couch or chair to hold on to.

You are not expected to be able to spend ten straight minutes in this position at first, or to have perfect posture. As the month goes on we will work on improving how long we can hold this position and improving our posture.



Recipe of the Month

Zucchini Pomodoro Penne Bake

Submitted by: Emily Stokel



WHAT YOU'LL NEED

- 1 yellow onion
- 2 Roma tomatoes
- 2 zucchinis
- 12 oz penne pasta
- 28 oz marinara sauce
- 1 tsp Italian seasoning
- 2 cups ricotta cheese
- 1 cup mozzarella cheese
- 1 tsp chili flakes

DIRECTIONS

<https://www.hellofresh.com/recipes/zucchini-pomodoro-penne-bake-605a5b163dfdae720a53fb61/>



Dryland, Recovery & Nutrition

“Whoa, That’s Cray!”

THE SCIENCE OF FREAKING OUT

Acute stress can be debilitating. It can cause professional baseball players to lose the ability to throw a ball 30 feet, something they’ve been doing since elementary school. In theater, it can cause stage fright, freezing, and forgetting lines that you’ve spent hours memorizing.

The impact of stress isn’t just on our behavior, it can shift how we see, hear, and experience the world around us. It can cause us to disassociate: a type of foggy, zoning out; where reality is literally distorted. In a study on US soldiers going through a survival training simulation, 96 percent of soldiers reported symptoms of disassociation. What did that mean? After facing a stressor, soldiers reported:

- 52 percent: seemed unreal, as if in a dream.
- 41 percent: a feeling of separation from what was happening, as if you were watching a movie.
- 57 percent: things happened that you were unable to account for later.
- 98 percent: felt as if you were looking at the world through a fog; people and objects appeared far away or unclear.
- 65 percent: spaced out or lost track of what was going on.

Let’s take a brief foray into the science of stress and what it can do to our brain, body, and cognition.

“Whoa, That’s Cray!”

THE SCIENCE OF FREAKING OUT

At low levels of arousal our attention is broad. We pick up a little bit of information from a bunch of different sources. As our arousal climbs, we start suppressing more extraneous information, narrowing our attention. It’s why our signal to noise ratio is often best at moderate levels, where we are in that sweet spot between broad and narrow. The contrast between items or sensations becomes clearer. We start seeing distinct divisions instead of shades of grey. In the brain, a moderate level of the hormone norepinephrine (one of the primary drivers of arousal) helps bring clarity to the picture.

But as we continue along the stress and arousal journey, our perception increasingly narrows. We get tunnel vision. We start missing cues from our periphery. As our arousal further increases, we start overestimating how tall items are. Our accuracy in assessing the passage of time declines. We start perceiving time as moving slower or quicker than it actually is. As norepinephrine rises to exceedingly high levels, we lose the ability to focus and concentrate. It’s as if we are on our overload.

KEEP READING:

<https://thegrowtheq.com/the-science-of-freaking-out/>