

Atlantis Monthly Newsletter

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Swimmer Highlights

Swimmer of the Month

Katie Rocha

Katie has had her biggest month ever since being on Atlantis. She has been in the 90% attendance club every month this season, hitting 100% on five out of the six months! Her hard work paid off big time in the form of her first Silver's cut in the 200 FL without the aid of a racing suit. The next weekend she made two more Silver's cuts in 100 FL and 100 BR to boot! On top of that, she was a super supportive teammate, helping to cheer on her three other Silver Sisters to their first Silver's cuts as well. We are so proud of you Katie!



March Birthdays

1st - Lucy Bonner turns 10
9th - Kora Cochrane turns 10
11th - Erin Madden turns 17
15th - Lexi Gurshin turns 11
16th - Ethan Van De Water turns 17
24th - Clara Nardone turns 14



New Cut Times

Thomas DePalo - **AGs 200 FL**
Lexi Gurshin - **Silvers 200 FL**
Julia Murray - **Silvers 50 FR**
Alexandra Nichols - **Silvers 200 BK**
Chad Rocha - **Sectionals 200 BR**
Katie Rocha - **Silvers 100/200 FL, 100 BR**
Margaret Spuler - **Silvers 500 FR**
Ethan Van De Water - **AGs 100 FL**

New Team Records

(* indicates OPEN record)
Nomusa Gwebu - **50 BR**
Dylan Nichols - **50 FL**

Training & Attendance

Monthly Distance

Gold Group - 113,700m (H.S. = 96,900m)
Silver Group - 98,500m Bronze Group - 55,200m

90% Attendance Club (= 100%)**

Gold Group - Chad Rocha
Silver Group - Julia Murray, Alexandra Nichols, Katie Rocha**
Bronze Group - N/A

Events & Announcements



Atlanteans Doing Things

Champs season has commenced and our Atlanteans are breaking new ground. We had our biggest 10&U Age Group team to date, including our first relay! Congratulations to Dylan Nichols, Harper Levitsky, Nomusa Gwebu, and Jake Stevens on a great AG champs! Our HS states was equally impressive. Erin Madden, Chad Rocha, Sophia Dmytruk, Thomas DePalo, and Ethan Van De Water all ended up with multiple top four finishes. In addition, Ethan broke his HS record in the 100 FR! Freshmen Ryan Byrnes and Ben Hawkins also ended up with multiple top 16 finishes for their first states!

Team Announcements

- **DON'T FORGET TO REGISTER FOR SPRING AND SUMMER SEASON!** Tryouts are this month so we will be filling empty slots as soon as possible. You do not want to miss yours!
- Our final team party is **FRIDAY MARCH 27th** at the Portsmouth Indoor Pool from 6-8:30 PM! Bring something to drink, something to swim in, and a change of clothes!

Important Dates

- **3/1** 11-14 AG Champs @ WPI
- **3/3** Silver Entry Due
- **3/6-8** 15-18 AG Champs @ WPI
- **3/12-15** Sectionals @ AWAY
- **3/13-15** Silver Champs @ WPI
- **3/19** LAST DAY OF PRACTICE
- **3/20-22** Team Champs @ St John

March Practice Changes

- **3/7** NO DRYLAND ALL GROUPS
- **3/13** NO PRACTICE ALL GROUPS
- **3/14** NO PRACTICE ALL GROUPS
- **3/19** LAST DAY OF PRACTICE

Dryland, Recovery & Nutrition

Recipe of the Month

Hoisin Sesame Roasted Veggie Bowls
(Brought to you by: HelloFresh)

INGREDIENTS

4 scallions
2 thumbs ginger
2 sweet potatoes
16 oz cremini mushrooms
2 bell peppers
4 TBSP hoisin sauce
1.5 cups jasmine rice
4 TBSP mayonnaise
4 TBSP sour cream
4 TBSP soy sauce
2 tsp sriracha
2 TBSP sesame seeds
2 TBSP butter
Vegetable Oil

DIRECTIONS

1. Preheat oven to 425 degrees.
2. Trim and thinly slice scallions, separate whites from greens. Peel and mince or grate ginger. Dice sweet potato into 1/2 inch pieces. Trim and quarter mushrooms. Core, deseed, and dice bell pepper into 1/2 inch pieces.
3. Melt butter in small pot over medium-high heat. Add scallion whites and 2 TBSP minced ginger and cook until fragrant (1-2 mins). Add rice, 2 1/4 cups water, and a pinch of salt. Bring to boil then cover and reduce to low simmer. Cook until rice is tender (15-18 mins).
4. In a medium bowl, toss sweet potato and mushrooms with a drizzle of oil, half the hoisin sauce, salt and pepper. Place on one side of prepared baking sheet.

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DIRECTIONS

5. In a medium bowl, toss sweet potato and mushrooms with a drizzle of oil, half the hoisin sauce, salt and pepper. Place on one side of prepared baking sheet.
6. Toss bell pepper on the other side of the same baking sheet or a new one if there isn't space. Drizzle with oil, salt and pepper. Roast until slightly tender. Once veggies have roasted 15 minutes, add the rest of the hoisin sauce to the sweet potato and mushrooms and toss to coat. Add half sesame seeds and roast until glaze is tacky, about 5-8 more minutes.
7. While veggies roast, combine mayo, sour cream, soy sauce, and as much sriracha as you like.
8. Fluff rice with fork and divide between bowls. Top with veggies, spicy mayo mixture, remaining sesame seeds, and scallion greens.

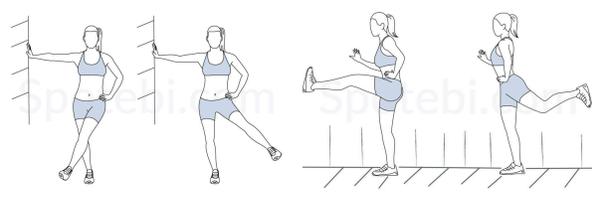


Dryland, Recovery & Nutrition

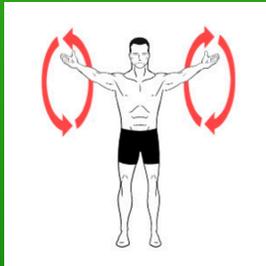
Exercise of the Month

Meet Prep

- Instead of our regular exercise of the month we want to highlight some exercises you can use at meets on the deck to help warm your body up before or between swims for champs.
- **LEG SWINGS:** Ideal for hip and leg mobility. Helps get the hip joints and legs warmed up.



- **ARM SWINGS:** Ideal for shoulder and arm mobility. Helps get the shoulder muscles and joints warmed up.



- **BIRD DOG:** Helps get your body prepped for strong swims with core activation.



Exercise of the Month

Meet Prep

- **BAND STRETCHING:** Helps keep the muscles long in between swims.



- **LEG DRAINS:** Helps rejuvenate leg muscles by creating positive circular flow to your core.



Dryland, Recovery & Nutrition

“Whoa, That’s Cray!”

PERCEPTION OF EFFORT, PAIN, & FATIGUE

Research has shown that an athlete’s perception of pain has an impact on cognitive appraisals of injury, emotional and behavioral responses to the injury, and return to sport. According to the Fear Avoidance Model, when pain is misinterpreted as catastrophic, the athlete becomes fearful of pain, thus exhibiting avoidance behaviors due to kinesiophobia or fear of re-injury/movement.

PURPOSE: To determine if psychological factors can predict an athlete’s perception of pain following induced muscle injury.

METHODS: 35 (24 men) Division I collegiate student-athletes underwent a high-intensity conditioning session following a week of inactivity from their sport in order to induce muscle soreness. Prior to completing the exercise protocol, participants completed the Fear of Pain Questionnaire (FPQ -III), Pain Catastrophizing Scale (PCS), Athlete Fear Avoidance Questionnaire (AFAQ), Tampa Scale Kinesiophobia (TSK), and State Trait Anxiety Inventory Scale (STAI). Immediately following the protocol, participants completed the Pain Rating Numeric Scale. 24 and 48 hours post, participants were given the PCS, TSK, Pain Rating Numeric Scale, Brief Pain Inventory, and Quick Dash.

“Whoa, That’s Cray!”

PERCEPTION OF EFFORT, PAIN, & FATIGUE

RESULTS: Athletes who reported a high sense of fear avoidance were more likely to identify their pain as catastrophic and lack the ability to perform his/her sport 24 hours post. Fear avoidant beliefs also had a positive effect on how they rated their pain, identified their pain, feared re-injury, and performed their sport 48 hours post. Similar to fear avoidant beliefs, trait anxiety prior to the conditioning, had a positive effect on how an athlete identified his/her pain, and their capability to perform their sport 24 hours post. At 48h post, trait anxiety also had an impact on how the athlete identified his/her pain and the level of fear of re-injury.

CONCLUSION: Results suggest that an athlete’s fear avoidance beliefs and trait anxiety before injury may influence reports of their pain intensity and disability. Thus the results of this study provide support for the use of psychological constructs in predicting outcomes from muscle soreness.

KEEP READING:

Influences of Psych Factors On DOMS