

Atlantis Monthly Newsletter

Swimmer Highlights (Page 2)

- Swimmer of the Month
- November Birthdays
- New Cut Times
- New Team Records
- Training and Attendance



Events & Announcements (Page 3)

- Team Announcements
- Atlanteans Doing Things
- Important Dates
- November Practice Changes

Dryland, Recovery, & Nutrition (Page 4+5)

- Recipe of the Month
- Exercise of the Month
- "Whoa, That's Cray!"



Swimmer Highlights

Swimmer of the Month

Alexandra Nichols

Alexandra has had a real breakout year with Atlantis. Before the pandemic, she made her first Silvers cut in the 200 BK, an impressive feat since it was alone in a time trial! Even with the meet being cancelled, she didn't let that get her down this summer, she won our team contest for total workout points! This season, she has dedicated herself even further by adding her first morning practices. In the month of October, she even had 100% attendance! We are so proud of you Alexandra, a shining example of what we want to be here!



November Birthdays

2nd - Melia Dunn-Bolanos turns 12
14th - Coach Kirsty turns 40
15th - Katie Rocha turns 15



New Cut Times

Joey Fiermonti - Silvers 100 FR, 100 BK
Harper Levitsky - Silvers 50 FR
Dylan Nichols - AGs 50 FR

New Team Records

(* indicates OPEN record)
Dylan Nichols - 50 FR

Training & Attendance

Poseidon Monthly Distance

93,820m (From Portsmouth to south Boston!)

Poseidon 90% Attendance Club (= 100%)**

*Alexandra Nichols***, *Katie Rocha***, *Margaret Spuler*

Events & Announcements



Atlanteans Doing Things

This summer, we ran a workout contest for the swimmers. Each time someone came to practice, dryland, or did a workout on their own, they received a star point. At the end of the whole summer we added up all the star points and our winners were in the same fit fam! Congrats to Dylan Nichols and Alexandra Nichols on their big wins, and big gainz ;)

Team Announcements

For Thanksgiving, the Atlantis junior captains will be running a food drive contest. Each captain will be assigned a team of swimmers and will have until the week of Thanksgiving to bring in as many food donations as possible for families in need. The winning team will get a prize!

TEAMS: Team Julia, Team Katie, Team Alexandra, Team Margaret

Important Dates

- **11/1** Daylight Savings (Back 1 hr)
- **11/3** Election Day
- **11/11** Veterans Day
- **11/20-22** CRA Meet at BSI
- **11/23-25** Turn in food drive goods
- **11/26** Thanksgiving

November Practice Changes

- **11/20** NO PRACTICE ALL GROUPS
- **11/26** NO PRACTICE ALL GROUPS

Dryland, Recovery & Nutrition

Recipe of the Month

Tortellini Toscana

(Brought to you by: HelloFresh)

INGREDIENTS

- 1 tsp *minced garlic*
- 4 TBSP *butter*
- 4 TBSP *cream cheese*
- 2 TBSP *creme fraiche*
- 8 oz *cooked sweet peas*
- 2 medium *zucchini*
- 1 medium *lemon*
- 18 oz *cheese tortellini*

DIRECTIONS

1. Cook *cheese tortellini* according to package instructions. Save 1 cup of pasta water for later. Drain and set aside.
2. Trim ends off *zucchini*. Using a peeler, shave lengthwise into ribbons, rotating as you go, until you get to the seedy core. Discard core. Zest and quarter *lemon*.
3. In drained pasta pot, add *butter* on medium-high heat. Once melted, add *garlic* and cook until fragrant (30 secs).
4. Stir in 1/3 cup reserve pasta water, *cream cheese*, *creme fraiche*, and *parmesan* until combined and creamy. Simmer until thickened (1-2 mins). Season with salt and pepper.
5. Add tortellini, zucchini ribbons, peas, lemon zest, and a squeeze of lemon juice to pot. Cook stirring until everything is thoroughly coated and zucchini ribbons are tender (2-3 mins).

Exercise of the Month

ANKLE DRIVERS

- Start in a staggered stance, trying to keep both feet flat on the ground.
- Bend your back knee, really trying to stretch out the ankle and Achilles.
- Focus on keeping both heels down flat, toes both pointed forward, drive the knee forward.
- Hang on to wall or something for assistance.



ANKLE ROCKERS

- Sit on the back of your heels, feet under you, toes pointed back.
- Lean back, lifting your knees off the ground. You'll feel the stretch pretty quickly in the top of your feet.
- Hold for 1-2 minutes. Repeat a couple times.



Dryland, Recovery & Nutrition

“Whoa, That’s Cray!”

How Long Does it Actually Take to Form a New Habit?

Maxwell Maltz was a plastic surgeon in the 1950s when he began noticing a strange pattern among his patients. When Dr. Maltz would perform an operation — like a nose job, for example — he found that it would take the patient about 21 days to get used to seeing their new face. Similarly, when a patient had an arm or a leg amputated, Maxwell Maltz noticed that the patient would sense a phantom limb for about 21 days before adjusting to the new situation.

These experiences prompted Maltz to think about his own adjustment period to changes and new behaviors, and he noticed that it also took himself about 21 days to form a new habit. Maltz wrote about these experiences and said, “These, and many other commonly observed phenomena tend to show that it requires a minimum of about 21 days for an old mental image to dissolve and a new one to jell.”

In 1960, Maltz published that quote and his other thoughts on behavior change in a book called *Psycho-Cybernetics* (audiobook). The book went on to become a blockbuster hit, selling more than 30 million copies. And that’s when the problem started.

You see, in the decades that followed, Maltz’s work influenced nearly every major “self-help” professional from Zig

“Whoa, That’s Cray!”

How Long Does it Actually Take to Form a New Habit?

Ziglar to Brian Tracy to Tony Robbins. And as more people recited Maltz's story — like a very long game of “Telephone” — people began to forget that he said “a minimum of about 21 days” and shortened it to, “It takes 21 days to form a new habit.”

And that’s how society started spreading the common myth that it takes 21 days to form a new habit (or 30 days or some other magic number). It’s remarkable how often these timelines are quoted as statistical facts. Dangerous lesson: If enough people say something enough times, then everyone else starts to believe it.

It makes sense why the “21 Days” Myth would spread. It’s easy to understand. The time frame is short enough to be inspiring, but long enough to be believable. And who wouldn’t like the idea of changing your life in just three weeks?

But the problem is that Maxwell Maltz was simply observing what was going on around him and wasn’t making a statement of fact. Furthermore, he made sure to say that this was the minimum amount of time needed to adapt to a new change.

READ ON:

<https://jamesclear.com/new-habit>