



The Reactor Report

Vol. 15



Atomic had yet another great week of technical work, focusing on each swimmer's need for improving their stroke mechanics. Now is the point in the season that we start ramping up the training volume and pushing the athletes out of their comfort zones. It is during these physically challenging times that we as a team can make a huge difference on the mental health of all of the athletes. I ask that we all support each other to make sure that the athletes are staying well hydrated throughout the day, well fed with nutrient dense foods, and well rested by getting lots of sleep! If you see your athlete sore and tired, that is to be expected, but if they are not taking care of themselves adequately, then the next few weeks are going to be rough.

The entire coaching staff have noticed what huge improvements that all the athletes have made over these first few weeks of the season. This has been the most evident in the quality of everyone's kicking. Specifically focusing on the kick for each stroke is vital for seeing improvements in overall performance, and it is a great way to push athletes. As a coach, it is always awesome to hear athletes cheering each other on during a grueling kick workout. Athletes are tired, they are hurting, their legs are about to cramp and somehow they still find the energy to motivate each other to push harder, and be the best that they can be.

We are excited to announce that we have ten athletes committed to the upcoming meet in Pullman on 9/28 & 9/29. If your swimmer is interest and you have not yet registered there is still time. You can find all of the information under the "meets" tab on your Commit account. We hope to add to our numbers representing Atomic for this first meet of the season! As always, thank you all for being so supportive and such integral parts of the Atomic Swim Family.

9/9 - 9/14 Practice Schedule

Group	9/16	9/17	9/18	9/19	9/20
Electrons 1	x	5:30-6:15pm	x	5:30-6:15pm	x
Electrons 2	5:30-6:15pm	x	5:30-6:15pm	x	5:30-6:15pm
Neutrons	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	x
Protons	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm
Uranium	5:30-7:30pm	5:30-7:30pm	5:30-7:30pm	5:30-7:30pm	5:30-7:30pm
Plutonium	5:30-7:30pm	5:30-7:30pm	5:30-7:30pm	5:30-7:30pm	5:30-7:30pm

Swimmer of the Week



Daniel Dillingham

The Swimmer of the Week, this week, is Daniel Dillingham. Since joining the team at the beginning of the summer, Daniel has made some of the biggest improvements of any Atomic swimmer. He is now able to swim all four competition strokes legally! Daniel is always working his hardest at practice, staying positive and paying close attention to everything coach Syd tells him. He LOVES swimming butterfly and he would do all of the workouts butterfly, if the coaches let him. Daniel is an outstanding student and the kind of well-rounded person that we look for and appreciate having as a member of the Atomic Swim Family. Thank you Daniel for being such great part of our team.

Welcome the Newest ATOMs

Max Kelly