



The Reactor Report

Vol. 1



The Atomic Swim Club has officially finished its first full month of training, and the team is really bonding together. This is but the first of many Reactor Reports. It is my goal to send out this report weekly, keeping everyone up to date and in the know of what is going on with the team.

I want to thank you all for your patience and flexibility navigating this first month. There will continue to be some minor flux in the practice times as we transition into the summer schedule. This is something we knew would come up when we started this journey together; we are at the mercy of the public pool schedule/management. Please continue to check your emails regularly so you are aware of any changes that may occur due to circumstances beyond our control.

It has been truly a wonderful time on the pool deck watching all of the swimmers push themselves to new limits, but have fun while doing it. The entire coaching staff is impressed with the determination and dedication we have seen from each and every athlete throughout our training sessions. With school coming to a close we are really hoping to see more of the Tri-Cities join the Atomic Age of swimming.

Looking ahead I want to make everyone aware that we are strongly considering attending the 56th Annual Pendleton Open (July 5th-7th). If you think your athlete would be interested or you would like additional information please reach out to Coach Ashton or Coach Jesse.



Interested in Atomic Swag?

Team shirts are available for parents, friends, and other family members to purchase, just contact Coach Jesse.

Swimmer of the Week



It is our honor to announce our first swimmer of the week: **Zeke Turner!** Zeke is dedicated every day he is in the water. He consistently pushes himself out of his comfort zone to improve his strokes and endurance making him a standout amongst his peers. Congratulations Zeke, keep up the amazing work!!

Welcome the Newest ATOMs

Cody Cowin
Camilla Douglas

Practice Schedule

Group	6/10	6/11	6/12	6/13	6/14	6/15
Electrons 1	x	Memorial 6:15-7:00pm	x	Memorial 8:30-9:15am	x	x
Electrons 2	Memorial 6:15-7:00pm	x	Memorial 6:15-7:00pm	x	Memorial 6:15-7:00pm	x
Neutrons	Memorial 7:00-8:00pm	Memorial 7:00-8:00pm	Memorial 7:00-8:00pm	Memorial 9:30-10:30am	x	x
Protons	Memorial 7:00-8:00pm	Memorial 7:00-8:00pm	Memorial 7:00-8:00pm	Memorial 9:30-10:30am	Memorial 7:00-8:00pm	x
Uranium	Memorial 6:15-8:00pm	Memorial 6:15-8:00pm	Memorial 6:15-8:00pm	Memorial 8:30-10:30am	Memorial 6:15-8:00pm	x
Plutonium	Memorial 6:15-8:00pm	Memorial 6:15-8:00pm	Memorial 6:15-8:00pm	Memorial 8:30-10:30am	Memorial 6:15-8:00pm	No Practice