



The Reactor Report

Vol. 17



I honestly don't know where to begin this week's Reactor Report. There is so much good news from this weekend's Cougar Fall Fury meet to share, that it will be difficult to fit it all onto just one page. Atomic had one of the smaller groups at the meet, with only 14 athletes, but I think that our team made one the biggest overall impacts at the meet. There was quite the buzz surrounding "the new team from the Tri-Cities".

Lets start by saying that the coaching staff received several amazing comments from the officials and the host team's parents on how wonderful our swimmers were. We are not talking about how well they swam but how well they acted at the meet. There were Atomic swimmers giving high fives and cheering for swimmers from all teams this weekend and that is what our sport is all about. The high level of dignity, respect, and sportsmanship that our swimmers showed this weekend is exactly what we look for from all members of the Atomic Family. It is behavior like this that will make us stand above others and show it is not always about who has the fastest swimmers, but who has the BEST swimmers.

Now, lets get to the good part. Of the 14 Atomic swimmers at the meet, half of them participated in their FIRST club swim meet ever! For some this was their first swim meet ever. Marcus Belsito, Jocelyn Foss, Cameron Kartchner, Cruz Morin, Mailey Parish, Julian Torres, and Jack Vickery all did an outstanding job this weekend. We did not have anyone miss a single event (which is a big achievement for so many first timers). Every one of our new athletes gave all they had in every event and showed us that all of their hard work in practice is truly paying off. Keep up the great work!

The second half of our team, the "veterans" (Cody Cowin, Emma Greco, Caleb Keaney, Cameron Keaney, Matthew Swenson, Michael Swenson, and Zeke Turner), also had some great swims! Session 1 on Saturday started out a little slow but once they got in the groove the Atomic swimmers stepped up and really showed everyone that they were there to race! I have to give a shoutout to our 200 butterflies: Michael Swenson and Cameron Keaney. Those boys had a tough session on Sunday swimming the 200 fly early on and then still going out a pushing through the pain of the 100 free and Cameron having a 400IM. Those two boys, like the whole group, really swam with a lot of heart this weekend. I also want to give a shoutout to Emma, Cody, and Zeke. They all swam great, but I was more impressed at how much they help all of the new swimmers get to their events and show them the ropes of how a club swim meet works. I wish I could go a detailed rundown for each athlete from this weekend but that would require another 10 pages!

I want to finish by thanking all of the parents. We had several parents that stepped up and volunteered to time and that is outstanding. Without those volunteers swim meets wouldn't be possible, thank you. I also want to thank all the parents for driving all the way to Pullman and supporting the Atomic team. It was wonderful seeing so many Atomic parents in the stands cheering for our swimmers. I can't thank you all enough for your continued support as this adventure keeps going.

9/30 - 10/4 Practice Schedule

Group	9/30	10/1	10/2	10/3	10/4
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	6:30-7:30pm
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



Mailey Parish

We are honoring Mailey Parish as the Atomic Swimmer of the Week! Mailey has a positive attitude at every practice. She works really hard and encourages her teammates to always do their best. Mailey had some outstanding swims this weekend at the Cougar Fall Fury meet. In her 50 fly she swam the entire first 25 with her goggles in her mouth... but she knew not to stop or she would get DQ'd! She fixed her goggles at the turn and then had a great second 25 to finish the event. Thank you Mailey for being such a great swimmer, but more importantly a great person. Keep up the great work!

Suggestion from the Coaches



We highly recommend that you download the app Meet Mobile. It is a vital tool where use can access the heat sheet and results of swim meets. There is an annual fee but it is well worth it!