



# The Reactor Report

Vol.9



This is it, this is the last week of our first regular summer season. I cannot express enough, from the entire Atomic coaching staff, how much it means to us to have had the help and support from so many amazing families this summer. It is at times like this that I am reminded that “it is about the journey, not the destination.” This journey that we all embarked upon just a few months ago has already made a positive impact on the swimming community in the Tri-Cities. It warms my heart to see how many athletes are finding a home in the world of club swimming for the time.

We all knew that this wouldn’t be a simple or easy process. It will continue to take hard work and dedication from all of us as we move into the future. We will continue to put the needs of the athletes first and do everything within our means to help them work towards achieving their goals. I am very excited for our three upcoming tryout dates, and all the new faces that we hope to welcome into the Atomic Swim Family. I am working diligently behind the scenes to finalize the practice and meet schedules for the short course season. Being the new team in town and with the bubble over the Pasco pool being delayed we will all have to work together, and be flexible with the schedule.

This is the final reminder, for anyone interested, to signup for the August Addition program. It is a short 3 week bridge program for those families/athletes that want to continue their training from 8/12 - 8/30. Registration will remain open until 8/12 and it is one flat rate for all swimmers, regardless of training group. Use the links below to register and look at the schedule.

[August Addition Registration Link](#)

[August Addition Practice Schedule](#)

I mean this from the bottom of my heart, thank you all for helping this wild dream of ours become a reality.

One more final, final thing! If you don’t currently follow the team on Instagram or Facebook just search Atomicswimclub and follow. We like to post fun updates about how the team/athletes is doing at practice and swim meets. After all we are here for the kids, and they deserve all the recognition that they earn.

## Swimmer of the Week



Alaina Muenks

Alaina was one of the first Atomic swimmers and the amount of growth she has made in the few months of being on the team is outstanding. The coaches have noticed the improvements that she has made, especially in her butterfly. It will be exciting to watch how well she performs this fall when she returns for her sophomore season of Richland Bomber Swimming! Alaina is also a great representative for the Atomic team outside of the water. She has volunteered at several of the summer swim league meets and continues to provide comedic relief as a selfless member of the Atomic program.

## Practice Schedule

Group	8/5	8/6	8/7	8/8	8/9	8/10
Electrons 1	x	Memorial 7:00-7:45pm	x	Memorial 7:00-7:45pm	x	x
Electrons 2	Memorial 7:00-7:45pm	x	Memorial 7:00-7:45pm	x	Memorial 8:30-9:15am	x
Neutrons	Memorial 7:45-8:45pm	Memorial 7:45-8:45pm	Memorial 7:45-8:45pm	Memorial 7:45-8:45pm	x	x
Protons	Memorial 7:45-8:45pm	Memorial 7:45-8:45pm	Memorial 7:45-8:45pm	Memorial 7:45-8:45pm	Memorial 9:30-10:30am	x
Uranium	Memorial 7:00-8:45pm	Memorial 7:00-8:45pm	Memorial 7:00-8:45pm	Memorial 7:00-8:45pm	Memorial 8:30-10:30am	NO PRACTICE
Plutonium	Memorial 7:00-8:45pm	Memorial 7:00-8:45pm	Memorial 7:00-8:45pm	Memorial 7:00-8:45pm	Memorial 8:30-10:30am	NO PRACTICE