



The Reactor Report

Vol.8



Atomic made a huge splash this weekend at the 2024 IES Long Course Champs meet. There was quite the buzz surrounding the newest team to join the IES. Our small but mighty group of athletes did an outstanding job representing the Atomic culture and the Tri-Cities as a whole. Here are just a few of the standout swims from the weekend:

<u>Cody Cowin</u>	<u>Jack Elliott</u>	<u>Andy Gelston</u>	<u>Taylor Valdez</u>	<u>Elijah Vickery</u>
200IM - 8th	Key player in both relays, splitting a 57.80 on the 400 free and a 1:10.15 breast on the 400 Medley.	200IM - 3rd	100BR - 11th	PR'd in every event, missing a Zones cut by only 0.06s in the 100 Free.
50FR - 6th		50FR - 4th	100BA - 12th	
100BA - 2nd		200FL - 2nd	100BA - 3rd	

400 Medley Relay (Cody Cowin, Jack Elliott, Andy Gelston, Elijah Vickery) - 2nd

400 Free Relay (Andy Gelston, Elijah Vickery, Jack Elliott, Cody Cowin) - 3rd

With the summer season quickly coming to a close I wanted to extend my deepest gratitude to everyone who has helped this summer and who continue to support the team. Our dream of expanding the swim opportunities in the Tri-Cities is becoming a growing reality. Without all of you, none of this would have been possible. Thank you!

Last few housekeeping items; the summer league Championship meet is this Friday 8/2 at Memorial Pool. I would love to have a strong showing of volunteers to help out at this meet. We have done such a great job helping the Prout Trout this summer with their meets, I think it would be great to help this one last time. I will send out more details once I have them from the City of Pasco. I also want to remind everyone, who is interested, to register for the August Addition (8/12 - 8/31). Registration is currently open on Commit. If you have any questions please contact Coach Jesse.

Swimmer of the Week



Elijah Vickery

Elijah embodies all of the values that we at Atomic look for in an athlete. He demonstrates a deep commitment to improving the swim community as a whole by helping train the next generation of swimmers as the head coach for the George Prout Trout Summer swim team. He demonstrated outstanding leadership skills as a captain off the Richland Bombers Swim Team, and now as a senior leader on Atomic. Elijah will continue his swimming career next year as a freshman at Pacific Lutheran University. It is Elijah's dream to someday become a college swim coach and help others achieve their own swimming dreams!

Practice Schedule

Group	7/29	7/30	7/31	8/1	8/2	7/27
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 6:00-6:45pm	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 6:00-7:45pm	x
Uranium	Memorial 7:00-8:45pm	Memorial 7:00-8:45pm	Memorial 7:00-8:45pm	Memorial 7:00-8:45pm	Memorial 6:00-7:45pm	NO PRACTICE
Plutonium	Memorial 7:00-8:45pm	Memorial 7:00-8:45pm	Memorial 7:00-8:45pm	Memorial 7:00-8:45pm	Memorial 6:00-7:45pm	NO PRACTICE