



The Reactor Report

Vol. 3



We are pleased to announce that swim meet season has officially begun. The Atomic Swim Club will be sending a group of athletes to compete at the 103rd Annual Seattle Senior Open meet this weekend. This is Atomic's first swim meet and we are looking to make waves against the Western WA teams. We are really going to show them what the Atomic Age of Swimming looks like!

Looking into the very near future, we would also like to remind everyone about the Pendleton Open swim meet, July 5-7th. This is a perfect meet for our younger or first time swimmers. If this is your first time signing up for a swim meet, events and information can be found on your Commit dashboard (Deadline 6/24). There are event limits per day, but it is entirely up to you and your athlete which events they swim or what days they choose to compete on. Since it is only a short drive to Pendleton from the TC, you will be responsible for providing transportation for your athlete. If you have any questions or would like to know please reach out to Coach Ashton or Coach Jesse.

Why should your athlete participate in swim meets? Research shows that there are many benefits, for children and adults, who participate in healthy sporting completion. One, of the many reasons, why swimming is such a great sport is that it allows athletes to focus on how their attitude and performance can directly benefit their team. Every race is a learning opportunity, filled with positive experiences, as long as everyone involved: athletes, coaches, and parents; set realistic expectations and boundaries. Regardless of a race's outcome, it is the ATOM philosophy to give 100% effort and be satisfied with the outcome.

There is no shame in losing a race or adding time, there is only shame in not trying your best!

- Final note, we are still waiting on the City of Richland before we can begin having morning practices for the Plutonium group. I will be sending out updates as they develop.



Swimmer of the Week



Taylor Valdez

Taylor is always upbeat and brings a positive attitude to every team activity. The entire coaching staff are impressed with the growth and improvements that he has made since joining the ATOM team. We are excited to see how well all of his hard work pays off at the upcoming Pendleton Open meet!

Welcome the Newest ATOMs

Victor Petyuk
Alex Zink
Juliana Woodward

Interested in Atomic Swag?

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

Practice Schedule

Group	6/24	6/25	6/26	6/27	6/28	6/29
Electrons 1	x	Memorial 7:00-7:45pm	x	No Practice	x	x
Electrons 2	Memorial 7:00-7:45pm	x	Memorial 7:00-7:45pm	x	No Practice	x
Neutrons	Memorial 7:45-8:45pm	Memorial 7:45-8:45pm	Memorial 7:45-8:45pm	No Practice	x	x
Protons	Memorial 7:45-8:45pm	Memorial 7:45-8:45pm	Memorial 7:45-8:45pm	No Practice	No Practice	x
Uranium	Memorial 7:00-8:45pm	Memorial 7:00-8:45pm	Memorial 7:00-8:45pm	No Practice	No Practice	x
Plutonium	Memorial 7:00-8:45pm	Memorial 7:00-8:45pm	Memorial 7:00-8:45pm	No Practice	No Practice	No Practice