



The Reactor Report

Vol. 22



It is official, tomorrow is our first day of the new winter schedule, and morning practices at Kia Ora Fitness. Pay close attention to the schedule below, as some groups have changed... Atomic will still do everything that we can to work with the unique scheduling needs that some families may require. If you have not done so already, please communicate with the coaching staff any schedule considerations that your athlete may require: zero hour classes, needing a ride to school after practice, etc. We are all on the same team and we can all work together to help each other find success.

As we move into a new practice facility, the coaches want to emphasize that we are ALL guests at Kia Ora Fitness and that we need to be on our most respectful behavior while in the facility. How our team treats, or mistreats, a facility can have a serious impact on the Atomic reputation. Remember our goal is to be the role models in the community and show the Tri-Cities how wonderful club swimming can and should be! Coaches will be going over entry/exit protocols for the building tomorrow (and Tuesday) so please be to practice a little early so you don't miss any info. There will also be a separate document sent out to everyone explaining facility rules/expectations.

Atomic is extremely proud of all of our athletes and what they are able to achieve. This weekend was the District Championship meet for girls swim and dive. There were quite a few Atomic swimmers representing multiple high schools from around the Tri-Cities at the meet. Here is a brief recap of how amazing the Atomic swimmers did this weekend for their respective schools:

Martha Gilmour (Hanford)

200 IM - 15th Place
100 Fly - 15th Place

Alaina Muenks (Richland)

100 Fly - 12th Place
500 Free - 9th Place

EJ Wallace (Hanford)

100 Fly - 14th Place
500 Free - 12th Place

Rebekah Jenks (Pasco)

100 Fly - 6th Place
100 Back - 14th Place

Brie Riggs (Hanford)

500 Free - 6th Place
100 Back - 9th Place

Julianna Woodward (Southridge)

200 Free - 16th Place

Atomic cannot thank you all enough for your continued support of the athletes and of the team. This is only possible because of amazing people and families like yours. From all of the Atomic staff, thank you.

Swimmer of the Week



Skyla Munn

Atomic is excited to announce that our youngest member, Skyla Munn is the Swimmer of the Week. Skyla has been a joyful addition to the Atomic Family. Backstroke is her best stroke (so far) and she is showing great improvement in everything else. Skyla is always laughing and having a fun time at practice even when it is freezing outside and everyone else may be complaining that it is cold. It has been wonderful to see how much Skyla has grown as an athlete, and with amazing swimmers like her the future of Atomic looks bright!

Practice Schedule

Group	10/28	10/29	10/30	10/31	11/01
Electrons 1/2	x	6:00-7:00am	x	6:00-7:00am	x
Protons	5:30-7:00am	x	5:30-7:00am	x	5:30-7:00am
Uranium	5:30-7:00am	5:30-7:00am	5:30-7:00am	5:30-7:00am	5:30-7:00am
Plutonium	5:30-7:00am	5:30-7:00am	5:30-7:00am	5:30-7:00am	5:30-7:00am