



The Reactor Report

Vol. 14



We have officially finished our first week of training in the 2024-25 season. We are off to a great start and it has been wonderful to welcome all of the new athletes to the Atomic Swim Family. The entire coaching staff is impressed with the improvements we have seen in stroke mechanics and technique after just a few days of drills and skills. This back to basics approach will ensure that your athlete has a strong foundation to build upon as we progress through the season.

Swim Meets & Racing

Competition is a large part of club swimming and we would like to take a moment to discuss the Atomic philosophy regarding swim meet expectations.

- First, and foremost, swim meets are never required, but they are highly encouraged. There is a lot of great life skills that can be taught and learned when an athlete is engaged in a healthy/supportive competitive environment.
- Second, there is more power in being positive, than there ever is in being negative. This goes for all of us; athletes, coaches, and parents. We ask that parents allow the coaches to coach the athletes, and support them the process. After all, we are all on the same team and we all want what is best for your athlete(s).
- **WINNING ISN'T EVERYTHING!** Every race, every meet, every swim is a learning opportunity. Each season must be viewed as a long, thought out investment process. A majority of the time will be spent training for the smaller meets. During these smaller meets athletes will be sore and tired; none of us should be expecting a large number of lifetime best times at these meets. It is when we get to the larger, Championship style meets that our training changes to set up athletes for the highest chances of success and PRs.

We will be sending out, in an email and posting on our website, an updated swim meet schedule for the 2024-25 season. Our first swim meet opportunity will be on 9/28 & 9/29 in Pullman, WA (more details will be coming in a separate email). We have a large number of new families to club swimming and for these first few meets the coaches want to work with every family to help them figure out the most successful race plan for their athlete(s). It is the Atomic philosophy to educate and empower athletes to be the arbiters of their own successes.

As always we want to thank you all for being such a big part of the Atomic Swim Family. Your continued support and belief in the work that we are doing means the world to the entire coaching staff. If you have any questions or concerns please feel free to let Jesse know as soon as possible so we can continue to build something great together!

Welcome the Newest ATOMs

Paul Beery

Julian Torres

Cameron Kartchner

9/9 - 9/14 Practice Schedule

Group	9/9	9/10	9/11	9/12	9/13	9/14
Electrons 1	x	5:30-6:15pm	x	5:30-6:15pm	x	x
Electrons 2	5:30-6:15pm	x	5:30-6:15pm	x	5:30-6:15pm	x
Neutrons	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	x	x
Protons	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	x
Uranium	5:30-7:30pm	5:30-7:30pm	5:30-7:30pm	5:30-7:30pm	5:30-7:30pm	NO PRACTICE
Plutonium	5:30-7:30pm	5:30-7:30pm	5:30-7:30pm	5:30-7:30pm	5:30-7:30pm	NO PRACTICE

Swimmer of the Week



Jack Vickery

Jack has been a wonderful addition to the Atomic Swim Family, and we are excited to announce that he is the Swimmer of the Week.

Everyday, Jack comes to practice with a positive attitude and he is always supporting his teammates through tough workouts with his words of encouragement. Outside of the pool Jack can be found diligently working on his studies or playing the piano. All of the Atomic coaches are so impressed at how much growth Jack has made since joining, Atomic. Thank you Jack for bringing so many great things to the team!