



The Reactor Report

Vol. 10



With only a few weeks left in the 2024 summer, we hope that all of our families cherish this time before the craziness of school begins again. We are excited at the number of families, new and returning, who have signed up for the August program. We are shifting to morning practices, so please review the schedule (link below) to ensure that your athlete(s) are at the pool, for their training group. The entire coaching staff is excited for these next three weeks of training!

[August Addition Registration Link](#)

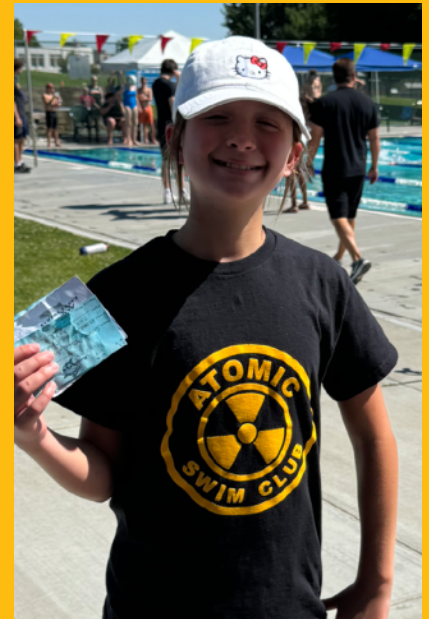
[August Addition Full Practice Schedule](#)

Atomic Swim Club would also like to welcome the newest member to our coaching staff, Jayden Henry. Coach Henry has a long history of swimming competitively, starting at the age of 6yrs old; swimming for the South Sound Titans and then the Rainier Foothills. She was a four year varsity athlete at Auburn High School in swimming, water polo, and gymnastics. Coach Henry earned her degree in teaching from the University of Idaho, where she also was a coach for Vandal Aquatics. We are all excited to have Miss Henry join the Atomic family and look forward to what she brings to the team.



Lastly, the Atomic coaches want to take the opportunity to recognize two ATOMs for their achievement of becoming American Red Cross Lifeguards. We are proud of both Cody Cowin and Taylor Valdez for their accomplishment and know that where ever they end up guarding it is a safer place. If you have an athlete that is 15 or older and would interested in getting their lifeguarding certification, please reach out to Coach Grow for more information.

Swimmer of the Week



Ceci Riggs

Our swimmer of the week this week is Ceci Riggs. Ceci always has a positive attitude and exemplifies the Atomic philosophy of having fun while working hard. Every day she comes to practice focused and determined to improve her strokes. She is an outstanding teammate, always encouraging her fellow ATOMs to be their best. The coaching staff can't say enough positive things about this amazing young athlete. Congrats Ceci!

August Addition Practice Schedule

Group	8/12	8/13	8/14	8/15	8/16	8/17
Electrons 1	x	Memorial 7:45-8:30am	x	Memorial 7:45-8:30am	x	x
Electrons 2	Memorial 7:45-8:30am	x	Memorial 7:45-8:30am	x	Memorial 8:30-9:15am	x
Neutrons	Memorial 6:30-7:30am	Memorial 6:30-7:30am	Memorial 6:30-7:30am	Memorial 6:30-7:30am	x	x
Protons	Memorial 6:30-7:30am	Memorial 6:30-7:30am	Memorial 6:30-7:30am	Memorial 6:30-7:30am	Memorial 9:30-10:30am	x
Uranium	Memorial 6:30-8:30am	Memorial 6:30-8:30am	Memorial 6:30-8:30am	Memorial 6:30-8:30am	Memorial 8:30-10:30am	NO PRACTICE
Plutonium	Memorial 6:30-8:30am	Memorial 6:30-8:30am	Memorial 6:30-8:30am	Memorial 6:30-8:30am	Memorial 8:30-10:30am	NO PRACTICE