



The Reactor Report

Vol. 13



Welcome to the 2024-25 short course swim season! We are excited to welcome a ton of new members to the Atomic Swim Family. Our dream of expanding the swimming opportunities in the Tri-Cities is coming true because of wonderful, supportive people like all of you, thank you!

With all of the new faces joining our team, we want to approach the beginning of this new season by focusing on the fundamentals! Our coaching staff is excited to get back to the basics and build our entire team, from the ground up, with a solid foundation in all of the strokes. Diversification of strokes in training is important to the health and longevity of the athletes. It helps increase performance, reduce the risks of repetitive use injuries, and it can delay/eliminate the likelihood of overtraining.

Remember if you have not registered your athlete on USA Swimming, you need to get that done as soon as possible. We will not be allowing anyone to participate in practices until they have their USA Swimming memberships completed. Use the link below to get your account all setup. If you are having trouble registering for anything or have any questions please contact Coach Jesse directly; you can also stop by the pool on 9/3 or 9/5 and he will happily assist you in any way that he can.

[USA Swimming Registraton Link](#)

Welcome the Newest ATOMs

Tyler Melvin
Michael Swenson
Matt Swenson
Marcus Belsito
Jocelyn Foss
Rebekah Jenks
Jack Vickery

Caleb Keaney
Cameron Keaney
Mailey Parish
Aubrey Porter
Julia Orr
Cruz Morfin

Swimmer of the Week



EJ Wallace

Congratulations EJ for earning Swimmer of the Week. EJ has accomplished so much in such a short period of time, just talking about them as a swimmer would be a disservice. EJ has been a strong member of the Hanford High swim program for the last for years and has earned a spot as one of the team captains for the 2024 season. EJ is also one of the top students at Delta High School, and was a collaborating member on national level research papers. It is EJ's goal to pursue a career in healthcare and help others. Thank you EJ for being such a top their representative of the Atomic Swim family!

9/2 - 9/7 Practice Schedule

Group	9/2	9/3	9/4	9/5	9/6	9/7
Electrons 1	NO PRACTICE LABOR DAY	Memorial 5:30-6:15pm	x	Memorial 5:30-6:15pm	x	x
Electrons 2		x	Memorial 5:30-6:15pm	x	Memorial 5:30-6:15pm	x
Neutrons		Memorial 6:30-7:30pm	Memorial 6:30-7:30pm	Memorial 6:30-7:30pm	x	x
Protons		Memorial 6:30-7:30pm	Memorial 6:30-7:30pm	Memorial 6:30-7:30pm	Memorial 6:30-7:30pm	x
Uranium		Memorial 5:30-7:30pm	Memorial 5:30-7:30pm	Memorial 5:30-7:30pm	Memorial 5:30-7:30pm	NO PRACTICE
Plutonium		Memorial 5:30-7:30pm	Memorial 5:30-7:30pm	Memorial 5:30-7:30pm	Memorial 5:30-7:30pm	NO PRACTICE