



The Reactor Report

Vol. 5



Thank you meet volunteers!

We have officially reached our 2 month anniversary and the ATOM coaches couldn't be more proud of how this team is growing and becoming the truly special group that we set out to create. It is easy to be selfish and only think about yourself, it takes hard work and sacrifice to be selfless and do something for others. I am blown away by the positive impact our little team is already having on Tri-Cities Swimming, in such a short period of time. That is a testament to the integrity of the athletes and the great values that you all, as parents, have instilled in them. Thank you!

The ATOMs had another great weekend of racing at the Pendleton Open. Athlete highlights and results will be sent out after the conclusion of the meet, in next week's report. This week has some changes to the practice schedule (see below); but we as a group are getting used to making these changes on the fly. I am also going to ask everyone to volunteer to help work the second George Prout Trout summer league swim meet on 7/13. If you are interested please sign-up on the "Jobs" link on your Team Commit dashboard. If our goal is to improve the swim community for all kids then we need to continue to be the change that we want to see! I cannot thank you all enough for your help, your support, and your words of continued encouragement.

Swimmer of the Week



Cody Cowin

It is difficult to distill down all of the positive things that Cody brings to the Atomic family. Not only is he one of the fastest ATOMs on the team, he is a natural leader, and the coaching staff are truly impressed with the positive example he is setting for the younger athletes. Cody, has truly risen to the challenge and exemplifies the qualities we look for and value at Atomic Swim Club. Thank you Cody for your hard work, and keep up the amazing work!

Practice Schedule

| Group | 7/8 | 7/9 | 7/10 | 7/11 | 7/12 | 7/13 |
|-------------|-------------------------|-------------------------|-------------------------|-------------------------|-----------------------------------|-------------|
| Electrons 1 | x | Memorial 7:00-7:45pm | x | Memorial 7:00-7:45pm | x | x |
| Electrons 2 | Memorial 7:00-7:45pm | x | Memorial 7:00-7:45pm | x | Leslie Grove Park 8:30-10:30am | x |
| Neutrons | Memorial 7:45-8:45pm | Memorial 7:45-8:45pm | Memorial 7:45-8:45pm | Memorial 7:45-8:45pm | x | x |
| Protons | Memorial 7:45-8:45pm | Memorial 7:45-8:45pm | Memorial 7:45-8:45pm | Memorial 7:45-8:45pm | Leslie Grove Park 8:30-10:30am | x |
| Uranium | Memorial 7:00-8:45pm | Memorial 7:00-8:45pm | Memorial 7:00-8:45pm | Memorial 7:00-8:45pm | Leslie Grove Park 8:30-10:30am | x |
| Plutonium | Memorial 7:00-8:45pm | Memorial 7:00-8:45pm | Memorial 7:00-8:45pm | Memorial 7:00-8:45pm | Leslie Grove Park 8:30-10:30am | No Practice |