



# The Reactor Report

Vol. 4



Lets begin by giving a huge shoutout to the group of 6 Atomic boys who represented the team this weekend at the 103rd Annual Seattle Senior Open! Their presence created quite the buzz amongst the other teams and with our 3rd place finish overall in Boys Team scores, it is no wonder. Here are the highlights for the weekend:

- Cody Cowin: 50M Back (1st), 100M Back (2nd), 50M Free (5th)
- Jack Elliott: 50M Breast (2nd), 100M Breast (6th)
- Andy Gelston: 100M Fly, 200IM & 100M Back (1st), 200M Fly (2nd), 400M Free (3rd)
- Andrew Jones: 50M Fly, 100M Breast & 50M Breast (1st)
- Riley Pasicaran: 200M Back (3rd), 50M Back (6th), 100M Back (7th)
- Elijah Vickery: Set a team record in the 200 Freestyle
- 400 Medley Relay: Cody Cowin, Jack Elliott, Andy Gelston, Andrew Jones (1st)

With one meet officially in the books for Atomic Swim Club, it is time that we prepare for swim meet number two, this coming weekend in Pendleton. For many of these athletes this will be their first ever club swim meet! I want everyone to wish the following swimmers good luck as they go down and race their hearts out:

- Logan Mulhausen
- Brie Riggs
- Zeke Turner
- Taylor Valdez
- EJ Wallace

Our final message for this week has to do with community. When we created this club we knew that we wanted to use swimming as an opportunity to make our athletes better people and the community a better place. We have our first community outreach opportunity this coming Saturday (7/6), as the Atomic Swim Club will be helping time, officiate, and run the swim meet hosted by the George Prout Trout. I know that many of our swimmers were once summer league swimmers and how it ignited their love for the sport. This is a perfect chance for all of us to return the favor. If you are interested in volunteering your athlete, or have questions, please sign up on the Commit "Jobs" section on your dashboard, or contact Coach Jesse directly and he will assign them a job. The world can only be an wonderful place if we all choose to be wonderful people and help others.

## Swimmer of the Week



**Andy Gelston**

Andy had a dominating performance at this weekend's Seattle Open. He placed in the top 3 for all five of his individual events, taking the first place slot in 3 of them. He also had a strong butterfly split on the 400 Medley Relay, which went on to finish first as well. Andy was the second highest scorer for individual points in the entire meet. He accomplished all of this while supporting his team mates, racing hard, demonstrating good sportsmanship, and having fun!

## Welcome the Newest ATOMs

Daniel Dillingham  
John Gilbert

## Practice Schedule

Group	7/1	7/2	7/3	7/4	7/5	7/6
Electrons 1	x	Memorial 7:00-7:45pm	x	No Practice	x	x
Electrons 2	Memorial 7:00-7:45pm	x	Memorial 7:00-7:45pm	x	Memorial 8:30-9:15am	x
Neutrons	Memorial 7:45-8:45pm	Memorial 7:45-8:45pm	Memorial 7:45-8:45pm	No Practice	x	x
Protons	Memorial 7:45-8:45pm	Memorial 7:45-8:45pm	Memorial 7:45-8:45pm	No Practice	Memorial 9:30-10:30am	x
Uranium	Memorial 7:00-8:45pm	Memorial 7:00-8:45pm	Memorial 7:00-8:45pm	No Practice	Memorial 8:30-10:30am	x
Plutonium	Memorial 7:00-8:45pm	Memorial 7:00-8:45pm	Memorial 7:00-8:45pm	No Practice	Memorial 8:30-10:30am	No Practice