



The Reactor Report

Vol. 6



I want to start by giving some well earned shoutouts for their performances at the 2024 Pendleton Open Meet:

- Logan Mulhausen** First ever club swim meet and did an outstanding job in his 50M Free, going 36.91 and placing 11th!
- Brie Riggs** 50M Free (3.54s drop), 100M Back (11.21s drop), 100M Breast (6.39s drop)
- Zeke Turner** 200M IM (4th), 200M Breast (4th), 50M Breast (5th)
- Taylor Valdez** 100M Back (3rd), 200M Back (4th), 100M Breast (4th), 50M Free (6th), 100M Fly (6th), Free (7th)
- EJ Wallace** First ever club swim meet and did an outstanding job in the 100M Free!

It has been great seeing so many of our Atomic athletes do so well and have so much fun at swim meets. There is one more meet opportunity this summer for our Uranium and Plutonium group swimmers. IES Long Course Champs is an upper division, qualification meet where our older athletes can really show how much their hard work and commitment have paid off. This year's meet will be held in Spokane and run from July 26-28. If you have a Uranium or Plutonium swimmer that is interested in competing at this meet please reach out to Coach Jesse ASAP. (Coaches will be talking to athletes who have RSVP'd at practice to determine what events they will swim.)

As a coach it has been heartwarming to see our Atomic athletes help out, cheer, and be positive role models for the summer league swimmers at these meets. We have another great volunteer opportunity for our athletes this weekend. There is one final George Prout Trout swim meet on Saturday 7/20. This is something that I want our team to continue to be a part of, so please, if your athlete can help out this Saturday, sign them up on Commit for one of the open jobs. Our team doing these small community outreach activities go a long way to improve the sport of swimming as a whole here in the Tri-Cities.

Swimmer of the Week



Brie Riggs

Brie had an three excellent swims this past weekend in Pendleton. She got lifetime best times in all of her events.

50M Free - 3.54sec time drop

100M Back - 11.21sec time drop

100M Breast - 6.39sec time drop

Brie has also done an amazing job out of the water as well. She has been a valuable volunteer at both of the George Prout summer swim meets. She always has a huge smile on her face, a positive attitude and, is on her feet cheering for every kid swimming in each event! Thank you Brie for bringing so much of your heart and soul to the Atomic Swim Club.

Practice Schedule

Group	7/15	7/16	7/17	7/18	7/19	7/20
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	Memorial 8:30-9:15am	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	Memorial 9:30-10:30am	x
Uranium	Memorial 7:00-8:45pm	Memorial 7:00-8:45pm	Memorial 7:00-8:45pm	Memorial 7:00-8:45pm	Memorial 8:30-10:30am	George Prout 8:30-10:30am
Plutonium	Memorial 7:00-8:45pm	Memorial 7:00-8:45pm	Memorial 7:00-8:45pm	Memorial 7:00-8:45pm	Memorial 8:30-10:30am	Memorial 8:30-10:30am