



The Reactor Report

Vol. 23



Atomic Swim Family,

We have officially finished out first week of morning practices at Kia Ora. The transition has been a good one and it has been wonderful seeing the commitment of these young athletes (and their parents) willing to get up that early and go to swim practice. During these winter training months we have decided to really hyper focus on power and technique. These are two areas often overlooked by many other programs, because they put far too much emphasis on just the total number of yards swam each workout/week.

This upcoming week will be busy one! There will be Atomic swimmers racing at two different meets this weekend. If you see any of these amazing athletes this week wish them the best of luck, and tell them to race hard at their meet:

Adam England Memorial
Coeur d'Alene

- Cody Cowin
- Jocelyn Foss
- Emma Greco
- Caleb Keaney
- Cameron Keaney
- Brie Riggs
- Julian Torres

Thankswimming
Moses Lake

- Michael Swenson
- Mathew Swenson

Staying on the topic of swim meets, the coaching staff have made some updates to our 2024-25 meet master schedule. With host teams changing meet dates, or receiving meet information/qualifying times, and with our current practice schedule please review the new meet schedule. It is Atomic's goal to still participate in several meets per month, but with this being our very first short course season and all of these new variables we have reduced the number of meets on our schedule.

If you do find a meet on our schedule that you would like your swimmer to participate in, great! Just remember to check the "Meets" section on Commit and register for that meet. Not all meets have been added to Commit yet, as the coaches do not have all of the information for future meets.

Thank you all,

Atomic Coaching Staff

Swimmer of the Week



Julian Torres

Our Atomic swimmer of the Week is Julian Torres. The amount of natural talent that this young man has is amazing. The amount of time that Julian has dropped at each meet he has gone to is amazing. Julian is always the first one at the pool for our morning practices. It is wonderful to see how eager he is to work hard and improve upon his talents. He exemplifies the Atomic mission of instilling passion in every athlete. Now if he could only remember to follow the pace clock during workouts... jk. Julian is a great athlete, and a great kid. Atomic is so happy that Julian has found his love for the sport of swimming and we look forward to many years of watching him grow and improve.

Practice Schedule

Group	11/11	11/12	11/13	11/14	11/15
Electrons 1/2	NO PRACTICE VERTERAN'S Day	6:00-7:00am	x	6:00-7:00am	x
Protons		x	5:30-7:00am	x	5:30-7:00am
Uranium		5:30-7:00am	5:30-7:00am	5:30-7:00am	5:30-7:00am
Plutonium		5:30-7:00am	5:30-7:00am	5:30-7:00am	5:30-7:00am