



The Reactor Report

Vol. 7



Let's dive in with a quick thank you and shoutout to all of the athletes/parents who volunteered at the George Prout Trout swim meet on Saturday. It is great to watch our team interact with the novice swim league kids. It makes a positive impact on those young kids and the swim community as a whole, so thank you for giving up a small part of your weekend for a good cause.

This week's schedule will be shortened due to Atomic sending a group of athletes to IES Champs this weekend in Spokane. I want to recognize the 2024 Atomic Swim Champs team:

Cody Cowin	Jack Elliott	Andy Gelston	Taylor Valdez	Elijah Vickery
200IM	50FR	200IM	200IM	50FR
50FR	100FL	50FR	100BR	200FR
200FR	100FR	200FL	200FR	100FL
100BA		100BA	100BA	100FR
200BA		200BA	100FL	
100FR		100FL	100FR	

If you see any of these athletes at practice this week, please wish them luck this weekend as they represent Atomic, racing against some of the fastest swimmers in the IES.

It is crazy to think that we are already closing in on the end of July, and the end of the summer. The official end date for the summer program is August 9th. However, we have a large group of college swimmers that have convinced us to offer an extended August training program. This program will run from 8/12 - 8/31. Like always the practice schedule is somewhat dependent on the Pasco Pool, but I will send out those details soon. Fees will be set at a flat rate for all groups/athletes. We just want to provide pool time for those athletes and families that are interested. Registration is currently open on Commit. If you have any questions please contact Coach Jesse.

Swimmer of the Week



John Gilbert

John is still new to the club swimming world, but he brings a strong work ethic and high level of determination to his training. John has been a big part of the Hanford Boys program since his Freshman year and he has really taken his swimming performance to the next level this summer. He is a selfless teammate, and an amazing young man who is always one of the first people to volunteer when help is needed. Thank you John, you've earned the title of Swimmer of the Week!

Welcome the Newest ATOMs

Jadley Jeppson

Practice Schedule

Group	7/22	7/23	7/24	7/25	7/26	7/27
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	NO PRACTICE	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	NO PRACTICE	x
Uranium	Memorial 7:00-8:45pm	Memorial 7:00-8:45pm	Memorial 7:00-8:45pm	NO PRACTICE	NO PRACTICE	NO PRACTICE
Plutonium	Memorial 7:00-8:45pm	Memorial 7:00-8:45pm	Memorial 7:00-8:45pm	NO PRACTICE	NO PRACTICE	NO PRACTICE