**Athlete Nominations**

**Katharine Mandy**

Swim Birmingham YMCAs (SBY)

Senior  
• Active year-round swimmer since 2008  
• Had experience as a coach and worked with all ages

• Helped to promote and grow high school swimming in the Birmingham area

• Very passionate about the swimming world  
  
Thank you for your time

Katharine M.

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* **James Collin Tracey**

**GPAC swimmer (Greater Pensacola Aquatic Club)**

**Pace High School Swim Team member**

**Class of 2020**

**2017-2018 Sophomore at Pace High School, Pace Florida**

* I have been swimming for eight years.
* I have ADHD and Dyslexia.
* I am a butterflier and a distance swimmer.
* I have a 4.4 weighted GPA.
* I have placed in about six events in the SES in my two last years of swimming.
* I am what my friends say a “try hard” meaning I give a hundred percent in every practice.
* I beat to my own drum I don’t care what others think.
* I am a leader.
* I am not afraid to speak my mind.
* I am courteous to people and a good sport.
* I respect others.
* I have helped with Special Olympics basketball.
* I help my pace high swim coach with new swimmers.
* I help my neighbors as needed.
* I am currently teaching a four-year-old to swim who is terrified of the water.

I want to be an athlete representative on the Board of Directors because I want to give back to the sport that has given me so much. I love to swim and plan on continuing the sport through college and beyond. Swimming has given me confidence, a sense of self-worth, focus, discipline, time management skills, health and how to persevere through difficulty. I have ADHD and Dyslexia both have been helped by swimming. Swimming helps me focus and has helped me with my Dyslexia by reading the clock and time intervals. Even though at times I still mess up with numbers and order it has improved those skills for me. I am not perfect nor will I ever be but swimming has given me the confidence and skills to learn to live with my learning disabilities. I hope you will give me the chance to work with the board of directors and give back to the sport that has given me so much.

**Kallie Chelsvig**

**Ensworth Aquatics**

Sophomore – High School Fall 2017

I moved to Nashville, TN in 2010 from Cheyenne, WY to be a part of a larger competitive swimming team and to engage in the wealth of experiences a larger city and state has to offer. Moving from a smaller town to a larger city presented challenges that I had never experienced before. One of the benefits I enjoy are the friends that I have made through swimming and school. I have known the past Athlete Representatives and have admired their hard work and dedication to Southeastern Swimming. I very much would like to be a representative this year for the following reasons:

● I want to advance my leadership skills

● I enjoy swimming and want to engage in other areas of the sport

● I want to be someone who represents all athletes equally and support the goals of the sport

● I want to learn how other LSC’s function compared to Southeastern Swimming

● I would like to bring new ideas back to my team which support Southeastern Swimming goal It would be an honor to be an athlete representative Southeastern Swimming

**Lauren Hurt**

**NAC**

Hello, my name is Lauren Hurt! I am 15 years old and I swim for Nashville Aquatic Club. I attend Brentwood High School where I will be a sophomore in the fall. I am a hardworking student and determined athlete. I have learned to balance my time between school and swimming, and I finished this past year with a 4.4 GPA. Last year I took part in different school clubs like FCA and Habitat for Humanity, and I have been taking music lessons for the past 10 years.   
 I have been swimming competitively since I was 5 years old. I have always loved swimming because it motivates me to become a better person for myself, my teammates, and my peers. I believe that I have demonstrated this by representing Southeastern Swimming at the Zones Championships in 2015 and 2016. I placed first in the 200 freestyle and proudly anchored the 400 Medley Relay, which also placed first. Additionally, I competed at the Speedo Winter Junior National Championships in 2016 with a cut in the 100 backstroke. I currently hold two National Age Group Records in the 400 medley relay and the 400 freestyle relay.  
 I believe that I would make a great representative because I love being in leadership positions. I was a member of Student Council for two years and I would love to use that experience to help me as an Athlete Representative. I cannot wait to have the opportunity to better Southeastern Swimming. Vote for me and I promise to do the best I can to make SES a more fun place to swim!

**Riley Worshek**

**Huntsville Swim Association**

I am entering my Sophomore year in High School with a consistent 4.0 GPA.

Competitive year-round swimmer since age 10 who also enjoys competing in triathlons.

Enjoy being around people and have made many friends throughout the LSC through Regional Meets, Southeastern Championships, and Zones.

Serve year-round as a volunteer coach for underserved and inner-city children in HSA’s Swim4Success Program designed “to save lives, fuel change, produce excellence, and build community.”

Assist coaching my summer league team and provide individual lessons to help swimmers prepare for year-round swimming.

I have learned many life lessons through the sport of swimming and understand that swimming produces life skills that extend far beyond the pool.

Enjoy serving others and have served on multiple mission teams in Nicaragua and Uganda and play the drums weekly for my church praise team.

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

**Morgan Misenar**

**Barracuda Swim Club**

**Junior at Science Hill High School in Johnson City,TN**

      I am a distance swimmer and butterflier.

      I have a 4.2 weighted GPA.

      I actively assist in coaching the younger levels of my team.

      I am the social media specialist for the Science Hill High School swim team.

      I am a dedicated and determined swimmer as well as student athlete who gives my 100% effort at everything I do.

      I am an active member of clubs such as FCCLA, HOSA, Project 9/12 Leadership, and Latin Club at my school.

      I am an excellent public speaker and equally comfortable in large events and small groups.

      I am willing and capable to attend the required meetings.

      I welcome new challenges

My goal, if I were to be elected to be an athletic representative for Southeastern Swimming, would be to promote swimming as an amazing way to be involved in a safe and fun sport. Additionally, I want it to be known that swimming is a phenomenal sport to be able to set goals and through hard work see those goals crushed. I would also make sure that I would always represent Southeastern Swimming’s core values of character, achievement, inclusion, respect, and dedication. In doing so, I would make sure that SES is well spoken for by always being prepared and focused on the tasks at hand.  I want to be able to see Southeastern Swimming held at the top of USA Swimming’s standards and be known around the country as the best swimming committee. I hope that you will vote for me and we can prove together just how amazing Southeastern Swimming is!

**Cason Forst**

* I am 16 years old
* I will be a junior in high school this fall
* I am in Future Business Leaders of America and was on a student advisory council for my high school
* I have been swimming for 4 years
* I swim for GPAC
* I have competed at the southeastern championship meet for 4 years
* Swimming has taught me many things not just in athletics but in everyday life. I would like to help this sport grow and prosper for years to come.
* I have a great respect for this sport and the people who work with it. I would be honored to be a voice for the athletes of the southeastern LSC.

**Lauren Crabtree**

**Wake Aquatics**

Mountain Brook High School class of 2018

Hello, my name is Lauren Crabtree. I am 16 years old and I swim for Wake Aquatics, where I was recently selected as Team Captain. I am a rising senior at Mountain Brook High School. I started swimming when I was five years old and I have an everlasting passion for swimming. My teammates describe me as a hard worker, a leader, and a high-achiever.

* I believe I have the courage, communication skills, integrity, and leadership qualities it takes to be an Athlete Representative for the LSC.
* I have participated in the MBHS Swim Team 2015, 2016, and 2017, and placed top 8 in the 200 Freestyle.
* I have qualified for several Southeastern Championships, Zones Championship Teams, NCSA’s, Futures Championships, and Speedo Sectionals.
* In 2016 I was selected as a SES Zones Team Captain