



Southeastern Swimming LSC

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February 2021 Newsletter



(Via @ensworthaquatics on Instagram)

Monthly Highlights

HONORABLE MENTIONS FROM COLLEGE CONFERENCE CHAMPIONSHIPS:

- The University of Kentucky women won their first conference championship title in program history at the 2021 SEC Swimming & Diving Championships, with former SES and XCEL alum **Riley Gaines** leading the charge to victory, scoring the most points of her team with a grand total of 82. She beat her existing school record in the 200 free (winning the title with a 1:42.70, the current second fastest time in the nation), placed 6th in the 100 free, and 4th in the 200 fly.
- **Alex Walsh**, NAC alum, won the 200IM at the ACC Swimming & Diving Championships with an astonishing time of 1:51.53. She also took 3rd in the 200 Back and 4th 100 Breast as a freshman at University of Virginia. She ended the weekend with 85 points towards her team's score, who won the team championship for the women.
- Also from UVA, former CMSA swimmer **Paige Madden** was named Women's ACC Championship Swimmer of the Meet after winning all of her events at the ACC Championships.
- The winner of the 400 IM and the ACC record breaker was our very own **Ella Nelson** (former SES and NAC swimmer). She accomplished those titles with the time of a 4:02.62. She also placed 4th 200IM and 3rd 200 Breast. She contributed 85 points to UVA winning the Women's ACC Team Championship title.
- Former SES and Ensworth Aquatics swimmer **Natalie Van Noy** placed second in the 50 free at the Bluegrass Conference Championships, representing Queens University of Charlotte, which won the 2021 conference title.
- Current SES LSC Athlete Rep **Lauren Hurt** (Rice University) placed 3rd in the 200 IM at the Conference USA Conference Championship meet.
- **Allie Raab**, former NAC swimmer and current Stanford swimmer, took 3rd in the 100 Breast and the 200 Breast. She contributed a total of 59 points to Stanford's second place finish at the Women's PAC-12 Championships.
- **Mary Katherine Stewart**, former CMSA swimmer and current Birmingham-Southern junior, won all of her events at the SAA Conference Championships and was named Women's Swimmer of the Year for the SAA Conference.

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After much anticipation, the Southeastern SC Championship meet was held in Huntsville, Alabama on February 19th-21st. With Covid regulations in place, athletes checked in by filling out a COVID questionnaire and getting their temperature checked to ensure everyone's safety. Masked up and socially distanced on deck, swimmers arrived at their events, bustling with excitement and ready to kick butt! The meet yielded best times for many and unified friends who had not seen one another since last February. Many of our SES swimmers will head to higher level meets in the upcoming weeks, and our age group swimmers will have the chance to shine at their SES meet next weekend. Overall, we wish these swimmers the best of luck, and with the success of this meet in the books, we look forward to a long course SES championship in July in Nashville!

CHAMPIONS:

FRIDAY	SATURDAY
200 Free - Zoe Summar & Samuel Powe	200 Fly - Letitia Sim & Mason Mathias
100 Breast - Letitia Sim & Jacob Browne	50 Free - Eboni McCarty & Owen Harlow
100 Back - Ellie Waldrep & Samuel Powe	200 Breast - Letitia Sim & Charles Han
400 IM - Letitia Sim & Jason Wang	500 Free - Lillie Boggs & Jack Rowell
Girls 400 Free Relay - TNT Swimming	Girls 400 Medley Relay - TNT Swimming
Boys 400 Free Relay - HSA	Boys 400 Medley Relay - HSA

SUNDAY

1650 Free - Lillie Boggs & Isaac Lee
200 Back - Ellie Waldrep & Samuel Powe
100 Free - Ophelia Pilkinton & Owen Harlow
200 IM - Letitia Sim & Samuel Powe

100 Fly - Ellie Waldrep & John Smith

HIGH POINT WINNERS:

Sam Powe (McCallie/GPS Aquatics) (117 points) and Letitia Sim (TNT Swimming) (120 points)

COACH OF THE YEAR:

Matt Webber (HSA)

AGE GROUP COACH OF THE YEAR:

Jan Mitemeyer (TNT Swimming)

Age Group Southeastern SC Championships

Age Group Southeastern Championships will be March 5th-7th. They will be held at the Huntsville Aquatic Center for Alabama and Florida swimmers and at Ensworth Aquatics for Tennessee swimmers. COVID-19 protocols will be formatted similarly to the Senior Southeastern Championship Meet. A psych sheet is available for the Huntsville meet. For further information, go to HSA's website:

<https://www.teamunify.com/team/sehsa/page/events#/team-events/upcoming>

Ensworth's website:

<https://www.teamunify.com/EventShow.jsp?id=1219203&team=sees>

Updates from BOD and SESAC

Board of Directors

At our most recent meeting, we voted on some logistics for Open Water Zones, such as criteria for selection, no team traveling, fees, etc. We're working on finalizing dates/sponsors/guests for the LSC Fall Meeting and Hall of Fame later this year, with the possibility of hosting the event dual-delivery style. As for this Fall's USAS Convention, the SES BOD would prefer an in-person event, but we're waiting on USA Swimming to decide on the status of this with hopes of learning more in April.

Athletes' Committee

The Athletes are planning on launching a series of IGTV videos on our social media to benefit our general membership. The topics of these videos span a wide range, including Mental Health, College Recruiting, and Dealing with Injury (and more)! We're turning our focus to planning some big events later this summer (more information to come soon - we're super excited to announce it!) and working on aspects of LSC Governance as well.

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Healthy Recipe

By **Matthew Potter**

Onion and Mustard Marinated Grilled Pork Tenderloin w/ Sauteed Broccoli

Ingredients:

2-4 pork tenderloins (about ½lb each)

½ red onion

3 cloves of garlic

4 tablespoons whole grain mustard

1 inch piece of fresh ginger

¼ cup apple cider vinegar

Fresh or dried thyme (dried about 1 tablespoon - fresh a whole bunch)

1 ½ tablespoons salt

3-4 tablespoons canola oil

Fresh cracked pepper to taste

8 cups of broccoli or however much you prefer

2 tablespoons olive oil

2 tablespoons bacon bits

Sprinkle of parmesan cheese (personal preference, not required)

Step 1.

For the marinade. Cut the red onion into quarters and peel garlic and ginger. Add to blender or food processor. Add the mustard, apple cider vinegar and thyme. Blitz or mix on low speed until combined into a pinkish color. Slowly drizzle in the canola oil (this can also be added before if you prefer to do it that way). Once blended add salt and pepper.

Step 2.

Remove all fat or silverskin from pork tenderloin and cut each tenderloin in half (you could leave it whole this will just speed up the cooking process). Put the pork into a gallon bag

and add all of the marinade. Let marinade for anywhere between 15-minutes to overnight. (this can be done earlier in the day and left in the fridge until dinner)

Step 3.

Once pork is marinated, turn the grill on and set burners to med-high or high (if baking set oven to 375 F). put pork on the grill and cook until it reaches an internal temperature of 145 degrees or higher. If you don't have a kitchen thermometer, cook the pork until it is firm with a little bit of spring or for about 25-35 minutes if on the grill, 35-40 minutes in the oven.

Step 4.

Once the pork is done, cover it with aluminum foil and let rest. In the meantime heat a cast iron skillet or non stick pan over high heat. Coat the pan with enough olive oil to coat the bottom, once heated add the broccoli. Once the broccoli has started to turn a darker green color add the bacon, this part is personal preference on the amount of bacon. If you like a lot of bacon add as much as you would like, if you prefer not to have bacon that is fine. Once the bacon is well incorporated, season with fresh cracked black pepper and turn the heat off. Once heat is off, sprinkle parmesan and serve.

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SES TEAM SPOTLIGHT

ENSWORTH AQUATICS

- **Ensworth Aquatics** placed first overall at the 2021 Southeastern Senior SC Championship meet at Huntsville, Alabama, hosted from February 19th to 21st (pictured on page 1).
- The team scored a total of 897.5 points across the men's and women's events.
- Ensworth's **women** placed second overall, scoring 444.5 points, behind Baylor Swim Club.
- Ensworth's **men** placed first overall, scoring 453 points.
- **Ophelia Pilkinton** scored the most points for the women's team, with 78 points and a first place finish in the 100 yard freestyle

- **Oliver Pilkinton**, her brother, winner of the “Most Outstanding” award, scored the most for the men, with 99 points and a first place finish in the 50 yard butterfly.
- Ensworth’s **8 and under girls** took 1st place in the 2021 Region 1 8 and under Champions.

Congratulations Ensworth Aquatics!

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LSC Commitments This Month:

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In the past month, we have had a few more commitments to swim in college:

Gabe Rissman - Delta State University

Grayson Payne - Queens University of Charlotte (transfer)

Heidi Dierig - Queens University of Charlotte (transfer)

Jorden Hill - Howard University

Kessler Dayton - King University

Lattie Midis - Washington University of St. Louis

Logan Watson-Brown - University of Georgia

Zakary Pearson - St. Norbert College

Also, our two Junior Rep boys have decided where they will be attending school as well!

Jacks Mitchell - University of Mississippi (Political Science and International Studies)

Thomas Pierce - University of Alabama (Computer Science and Mechanical Engineering)

Photo Gallery:





Contact Us

Find Us on Instagram! <https://www.instagram.com/southeasternswim/>

Find Information About Southeastern Swimming at seswim.org!

Email Your Athlete Reps!

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