



Southeastern Swimming LSC

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# January 2021 Newsletter

## Monthly Highlights



On December 4-5, Alabama had their annual state high school meet at the Huntsville Aquatic Center, despite the challenges of the pandemic. The girls competed on Friday, and the boys on Saturday.

**HONORABLE MENTIONS FROM ALABAMA HIGH SCHOOL STATE:**

- **Huntsville High School** saw victories for both the boys and girls, with **Auburn High School** walking away as the men's runner up, and **Westminster Christian Academy** taking second for the girls.
- **Jacks Mitchell, Stephen Conrad, William Jameson, and Noah Prevost** (pictured above) of St. Paul's Episcopal School set two state records (the 6A-7A state record in the 200 Free and the all time state record in the 200 Medley Relays). St. Paul's boys finished fourth overall in the state, despite being the only people on their team.
- **Letitia Sim**, a member of the SES athlete committee and Michigan commit, won both of her events: 100 breaststroke and 200IM.
- **Brian Hammond**, a member of the SES Athlete Committee, won both of his events in the 1A-5A category: 100 fly and 100 free
- **Maggie Ella Robbins** won both of her events in the 1A-5A category: 50 free and 100 fly
- **Eboni McCarty** walked away with the state title in the 50 free with a time of 22.83, beating the second place finisher (Julia Krichev) by over a second. In addition, she won the 100 free with a 50.11.
- **Levenia Sim**, a mere freshman, finished the meet with a bang, finishing first in both the 100 fly and 100 back.
- **Owen Harlow**, a United States Military Academy commit, won both of his events: the 50 free and the 100 free.
- **Drew Jordan**, an Auburn commit, won both of his events: 200 free and 500 free.
- **Stephen Conrad**, an NC State commit, triumphed in both of his events: the 100 fly and the 100 back.

**MORE HIGHLIGHTS:**

- **Letitia Sim** and **Levenia Sim** of TNT Swimming attended the TYR Pro Series in Richmond, Virginia from Jan 13-17, being the only swimmers from the LSC to attend.
  - This meet had a requirement of at least one US Open cut to attend.

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**LSC Updates  
SESAC / SES BOD**

Over the past month, the Southeastern Swimming Athletes' Committee has placed its focus on increasing communication with its athletes, parents, and coaches. We've increased our social media activity on our Instagram, @southeasternswim, and we're using it as a platform to highlight our LSC's accomplishments. In the future, the SESAC plans to create and promote events that would engage our athletes, creating a greater sense of community across our entire LSC.

\*SES BOD UPDATES\*

After much suspense, Southeasterns (for 15 and over swimmers) will be held February 19-21 at HSA for Senior Swimmers.

- THERE WILL BE RELAYS!
- Typical COVID restrictions will be applied.
- Visit the Huntsville Swim Association website for more information.
- <https://www.teamunify.com/team/sehsa/page/home>

Changing from the past, there will be a separate Southeasterns for swimmers age 14 and younger from March 5-7 also in Huntsville.

- More details to come.

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## Healthy Recipe

By **Matthew Potter**

### **Avocado and fried egg toast with green onion**

For this recipe I wanted to make something quick, easy, and familiar to most people. Avocado toast has been a go to breakfast for me for quite some time now. I tend to eat it after morning practices, especially when I need to be fueled for the rest of the day. I decided to throw the egg on today to have some added protein as well as flavor. The green onion was topped on just as a garnish, I also really love the flavor of onion and I felt like the subtle flavor of a green onion would have been a great addition.

Ingredients:

2-4 pieces of bread (artisan bread is what I used but you can use your choice of bread)  
2-4 medium sized eggs  
1-2 teaspoons of Old bay seasoning  
1.5 tablespoons butter  
1 teaspoon olive oil  
1 avocado  
½ teaspoon of Lemon juice  
Salt and pepper to taste  
Small bit of parsley  
½ a green onion

Step one: toast the bread in a dry non-stick frying pan. Once the bread is toasted, while the pan is still hot, drizzle in the olive oil and 1 tablespoon of butter. Once hot and bubbling, sprinkle half the old bay into the oil and butter, then crack the eggs into the pan, sprinkle the rest of the old bay on the eggs and cook sunny side up (you can cook them however you would like). Turn the heat to medium low and allow for the egg whites to cook, then take it on and off the heat about every 45 seconds until your egg is cooked to your liking.

Step two: While the eggs are cooking, cut the top of the avocado off, and then halve it and take the seed out. Then scoop out the avocado meat into a bowl or plate and smash with a fork. Once mashed put the lemon juice, salt and pepper and mix into a paste.

Step three: once the eggs are finished, spread the avocado paste onto the toasted bread, top with the egg and freshly chopped green onion and parsley to serve.

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## SES SPOTLIGHT

### LEVENIA SIM



At just 14 years old, Levenia Sim qualified for the Olympic Trials in the 100 backstroke at the US Open in Huntsville, Alabama.

Refusing to be hindered by the pandemic, Sim has achieved a Long Course cut amidst the Short Course season-- a truly phenomenal feat.

Swimming for TNT since 2013, she has dominated in the pool from a young age. Going 1:01.98 LC, Levenia Sim will swim at the Olympic trials in June. All those hours in the pool have paid off, and we can't wait to see how she progresses an athlete.

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## LSC Commitments Since December

In the past few months, we have had many commitments to swim at a variety of universities and colleges:

Adam Karakut - Milligan University

Adeline Carroll - Rhodes College

Caroline Lawrence - Queens University of Charlotte

Colby Maupin - University of Kentucky

Colin Tindall - Carson-Newman University  
Cooper Womack - Delta State University  
Daniel Snyder - Rhodes College  
Eli Poole - Carson-Newman University  
Ellie Taliaferro- University of North Carolina at Chapel Hill  
Evan Petty - University of California, Berkeley  
Hannah Jyawook - University of Connecticut  
Hannah Neilsen - Boston College  
Isabel Oldham - New York University  
Jack Flanagan - Miami University (OH)  
Julia Burroughs - University of Tennessee, Knoxville  
Julia Krichev - University of Richmond  
Kailey Orr - University of Kentucky  
Kate Salsbury - Carson-Newman University  
Kyle Berry - Emory and Henry College  
Landon Theisen - Southwestern Oregon Community College  
Lily Resha - Rhodes College  
Marissa Maheu- Rhodes College  
Meagan Kelly - Southern Illinois University  
Megan Mathers - Southern Illinois University  
Nicholas Harviel - Milligan University  
Patrick France - Washington and Lee University  
Rob McCall - Southern Methodist University  
Ryan Barclay - Gannon University  
Sammy Friel - Midway University  
Samuel Tate - Berry College

Stephen Conrad - North Carolina State University

Zoe Summar - Arizona State University



## Photo Gallery





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## Contact Us

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

Find Information About Southeastern Swimming at [seswim.org](http://seswim.org)!

### Email Your Athlete Reps!

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