



Southeastern Swimming LSC

March 2021 Newsletter

Monthly Highlights

NCSA/ICSA RECAP:

- **Mason Mathias** (of Birmingham Swim League) dropped time in all of his events when he competed in the NSCA Championships this weekend. Almost all of his swims were top eight finishes (which included 5th in the mile, 8th in the 100 free, 2nd in the 200 fly, **1st in the 200 free**, and 3rd in the 500 free).
- **Letitia Sim** (of TNT Aquatics) competed in the NCSA Championship meet in Orlando, FL, finishing 2nd in the 50 breast, 7th in the 50 back, **1st in the 200 breast**, 5th in the 100 back, **1st in the 100 breast**, **1st in the 100 fly**, 3rd in the 50 fly, and 2nd in the 200 IM.
- **Levenia Sim** (of TNT Aquatics) competed in the NCSA Championship meet and broke Regan Smith's 13-14 100 back **National Age Group Record** with a 51.03, winning the event. She also placed **1st in the 50 back**, 4th in the 200 fly, 3rd in the 100 fly, and 2nd in the 50 fly.
- **Sam Powe** (of McCallie) competed at NCSA's most notably placing 2nd in the 200 back, 4th in the 50 back, and 3rd in the 100 back. He qualified for finals in multiple other events as well.
- **Jack Rowell** (of Greater Pensacola Aquatic Club) competed at NSCA's and had two top eight finishes (7th in the mile and 7th in the 1000), but qualified for finals in two other events (400 IM and 500 free, placing 14th and 11th respectively).
- **Rebekah Hamilton** (of Huntsville Swim Association) competed at NCSA's and had two top 8 finishes (6th in the 100 free, 8th in the 50 fly), but qualified for finals in multiple other events as well.
- **Lucy O'Neill** (of City of Mobile Swim Association) competed at the ISCA Senior Cup Championship in St. Petersburg, FL. Most notably, she placed 7th in the 200 IM, and 6th in the 200 free, but she qualified for finals in a slew of other events as well.

NCAA RECAP:

- The **University of Virginia** Women won first place at the NCAA D1 Swim & Dive Championships, bringing back the title to Charlottesville for the first time in program history.
- **Paige Madden** of UVA (a former CMSA swimmer) won three individual titles in the 200, 500, and 1650 free, earning the title of Swimmer of the Meet. She also won gold in the 800 free relay and raced to silver in the 400 free relay.
- **Alex Walsh**, a freshman at Virginia and NAC alum, raced to first place in the 200 IM, clearing the rest of the field by a second and a half. She also placed 5th in both the 200 freestyle and the 200 breaststroke. Alex also competed in the gold-medal-winning 800 free relay and brought home two silver medals in the 200 and 400 freestyle relays.
- **Ella Nelson**, a Virginia sophomore and NAC alum, turned in a new lifetime best in the 400 IM while also grabbing a silver medal and breaking the UVA record. In the 200 IM, Nelson made another A final appearance, placing 5th. Ella also broke 2:05 for the first time ever in the 200 breaststroke to earn another silver. She showed her versatility at this meet by racing to first place in the 800 freestyle relay.
- **Sarah Thompson**, a Mizzou senior and MTAC alum, sprinted to many top 8 finishes at the NCAA Championships. Individually, she placed 3rd in the 50 freestyle with a new best time of 21.42 and finished 10th in the 100 backstroke. She powered her 200 free relay to a 4th place finish and swam butterfly on the 200 medley relay and finished 10th.
- **Riley Gaines** of Kentucky, a junior reigning from Excel Aquatics, swam the freestyle legs in a trio of relays (the 800 free, 400 medley, and 200 medley) which grabbed the 2nd, 10th, and 17th place position. In her 200 free, she placed 7th with a time of 1:44.61.
- **Allie Raab**, predominantly a breastroker for Stanford University, qualified for finals in her 100 and 200 breaststroke. Not too far off her best times, she ended up 16th in the 100 and 15th in the 200. She also swam the breaststroke portions of the 400 medley and 200 medley, which placed 8th and 5th respectively. Allie swam for Nashville Aquatic Club in high school.
- **Trey Freeman**, a former Baylor swimmer, swimming for University of Florida, contributed to the 800 free relay which ended up taking 4th place as well as the 400 free relay to seize the silver medal. As for his individual events, he qualified for the 500 free, shaving half a second off his best time and placing 11th.

13 & UNDER SES RECAP:

TENNESSEE

- **Excel Aquatics** swept the 2021 Southeastern Age Group Championships hosted by **Ensworth Aquatics** March 5th-7th.

Notable Swims:

- **Jackson Hill**, of **XCEL Aquatics**, placed first in the Boys 13-14 200 Yard Free, dropping over 2 seconds at finals.
- **Stephen Zhukov**, of **Atomic City Aquatic Club**, dropped a whopping 34.4 seconds in his 1650 Freestyle, taking home first for the Boys 14 and under.
- **Braelyn Thorpe**, 10, of **Tennessee Aquatics**, placed first in every single one of her events, starting off the meet strong with an almost 4 second drop in her 200 Free, swimming a new best of 2:15.56.
- Sunday afternoon was nothing shy of spectacular for the 12 and Unders, with **Isabela Blackburn, 10, of Birmingham Swim Club**, catching her second win of the meet in the 50 Fly.
- The last event of the weekend, the Boy's 13-14 100 Fly, proved to be an outstanding one, with the top three finishers all within one tenth of another. Ultimately **Chandler Neill**, of **XCEL Aquatics**, took the last win of the meet, posting a best time of 55.14.

ALABAMA AND FLORIDA

- **Huntsville Swim Association** took home the win, both men and women placing first.

Notable Swims:

- **Meghan Pauley** took first in the Girls 13-14 1650 free, dropping nearly 19 seconds.
- **Ayla Bushong** won the Girls 11-12 200 IM, swimming 2 seconds faster than her time in prelims.
- **Luke Bedsole** placed first in Boys 13-14 200 fly and shaved 7.53 seconds off his entry time.
- **Blair Wootson** dropped 1.42 seconds and won the Boys 11-12 100 free.
- **Peyton Williams** was the Girls 11-12 high point winner, scoring an impressive 117 points.
- **Macey Stewart** placed first in 4 out of her 6 individual events, winning Girls 13-14 high point.
- **Blair Wootson** placed first in all 6 of his events and took home the Boys 11-12 high point.
- **Cade McComb** consistently dropped time throughout the meet and won Boys 13-14 high point.

LSC Updates
SESAC / SES BOD

This month has been one of preparation for our LSC. We're putting together some new social media content, getting ready for our Leadership Summit in July, and planning for the transition of Athlete Representatives come August. At our Business Meeting this month, we discussed the SES Championships and what can be improved this summer.

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Healthy Recipe

By **Matthew Potter**

Onion and Mustard Marinated Grilled Pork Tenderloin w/Sauteed Broccoli

My goal with this recipe was to make something that would not over power the amazing flavor that pork has. The spices, dried or fresh, have good health benefits which can help aid in recovery and performance. As swimmers we burn more calories and have more workload than pretty much all other athletes, therefore proper nutrition is key to growing as an athlete.

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.

Health benefits: There are many health benefits to this recipe, mostly included in the marinade! Onion is loaded with vitamins, minerals, and antioxidants. Onion can also boost digestion as well as reduce the risk of heart disease. Garlic is used to help reduce exercise-induced fatigue. Ginger is a very well known anti-inflammatory which helps reduce inflammation in the muscles as well as helping with muscle recovery. Mustard is known to speed up metabolism which can aid in nutrient absorption. Broccoli feeds bacteria in the gut tied to anti-inflammation, mood, and immunity, as well as being loaded with fiber and vitamins and minerals. Lastly a quick gist of olive oil is that it is very heart and brain healthy and is a great source of fat.

When it comes to macronutrients the meal could be higher in carbohydrates with a simple addition of rice, bread, or potatoes. The meal is very heavy in lean protein, thanks to the pork. The dinner is also loaded with fiber in the broccoli, as well as casein and whey proteins in the parmesan cheese, very low levels but still there.

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SES SPOTLIGHT

MASON MATHIAS

At the 2021 NCSA Spring Swimming Championships in Orlando, Florida, Mason Mathias, swimmer on Birmingham Swim League, broke his team's record in the Men's 200 Fly and 100 Free.

Mathias dropped time in almost every event, and not only did he smash 2 of his team's records, he also finished in the top 8 in the 200 Fly, 100 Free, 500 Free, 1650 Free, and achieving first place in the 200 Free.



Congrats on the GREAT swims!

LSC Commitments

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

Jalen McDade- Birmingham Southern College

Wes Tate- Army

Callie West- Centre College

Brendan Cook- Rhodes College

Adrienne Raber- Southern Illinois University

Breck Richards- Berry College

Zolon Knoll- Centre College

Photo Gallery



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