



Southeastern Swimming LSC

April/May 2021 Newsletter

Monthly Highlights



From April 23rd through 24th, Tennessee had their annual state high school meet. Though the meet was structured a bit differently than in years past with mask mandates, three different locations (Tupelo, Knoxville, and Nashville), and an April commencement date, this did not deter any athletes from posting fast times and approaching the meet with a great attitude.

HONORABLE MENTIONS FROM TENNESSEE HIGH SCHOOL STATE:

- Women's 100 and 50 Free winner: **Gretchen Walsh**
- Men's 100 and 50 Free winner: **Jack Flanagan**
- Women's 200 IM and 100 Back winner: **Ellie Waldrep**
- Men's 100 Back and 200 Free winner: **Sam Powe**
- Women's 200 Medley Relay winner: **Baylor School** (Ellie Waldrep, Bre Belcher, Lydia Bohannon, Calli West)
- Men's 200 Medley Relay winner: **McCallie School** (Sam Powe, Will Hanger, Colby Maupin, Conor Kinley)
- Women's 200 Free Relay winner: **Harpeth Hall** (Gretchen Walsh, Lexi Stewart, Maggie Petty, Annie Lea Choate)
- Men's 200 Free Relay winner: **Montgomery Bell Academy** (Jack Flanagan, Isaiah Dulin, Reese Owen, Oliver Pilkington)
- Women's 400 Free Relay winner: **Harpeth Hall** (Maggie Petty, Lexi Stewart, Annie Lea Choate, Gretchen Walsh)
- Men's 400 Free Relay winner: **Baylor School** (Daniel Snyder, Drew, Hitchcock, Sam Flack, Josean Massucco)
- **Baylor School** defended their championship title, winning the meet for the second year in a row. Impressively, they swept, winning the combined, men's, and women's titles.
- The runners up: Combined- **Maryville High School**, Women's- **Maryville High School**, Men's- **McCallie School**.

TYR PRO SERIES IN INDIANAPOLIS:

- May 11th - May 15th
- **Paige Madden**, a former swimmer of CMSA, swam a slew of freestyle events ranging from the 50 meter to the 800 meter. The 22-year-old, the recent graduate of the University of Virginia, started off the meet strong, placing 12th in the 100 meter freestyle and increasing her placements from there. She went on to final in the 400 and 200 meter freestyle, where she placed 3rd and 1st respectively (winning with a whopping time of 1 minute 57 seconds). Finishing the meet with a bang, she dropped a whole second in her 50 free and took 8th in the 800 free.
- **Ella Nelson**, former swimmer of Nashville Aquatics and current swimmer of the Un placed 3rd in the Women's 200 meter BR and 6th in both the 100 meter BR and 400 meter IM.
- **Alex Walsh**, current freshman swimmer at the University of Virginia, won the 200 IM and placed 4th in the 200 BK. Good luck on your goal of making the Olympic team!

LSC Updates SESAC / SES BOD

Over the past two months, both the Board of Directors and the Athletes' Committee have been regularly discussing the new USA Swimming proposals. These proposals are meant to restructure the governance of USA Swimming to come into compliance with the newly updated United States Olympic and Paralympic Committee (USOPC) bylaws. Both the Board of Directors and several athletes have submitted comments on the legislation to USA Swimming. The proposals will be voted on on June 30th.

Healthy Recipe

By **Matthew Potter**

Spicy Louisiana Style Shrimp Pasta

- 2 tablespoons unsalted butter
- 4 oz sliced white mushrooms
- 1 tablespoon garlic spice paste
- 2 teaspoons Cajun (or blackening) seasoning
- 4 oz sliced fresh bell peppers and onions
- 1 lemon, for juice
- ½ cup dry white wine (or chicken broth)
- 2 tablespoons Worcestershire sauce
- 2 tablespoons hot pepper sauce
- 8 oz peeled/deveined shrimp, tails off
- 1 (10 oz) package frozen vegetable-based pasta
- 2 tablespoons grated Parmesan cheese

Steps

1. Melt butter in large, nonstick sauté pan on medium-high 1–2 minutes. Add mushrooms, garlic paste, and seasoning to pan. Cook and stir 3–4 minutes or until mushrooms become tender. Add peppers and onions to pan; cook 2–3 minutes, stirring occasionally, or until vegetables begin to soften. Juice lemon (2 tablespoons).
2. Pour wine, lemon juice, Worcestershire, and pepper sauce into pan with vegetables. Cook 4–5 minutes, stirring occasionally, or until sauce has thickened. Stir in shrimp; cook 1–2 minutes more or until shrimp are pink and opaque.
3. Meanwhile, cook pasta following package microwave instructions. Place pasta on serving plates, top with shrimp mixture, and sprinkle evenly with cheese. Serve.

SES SPOTLIGHT

EVAN PETTY



In a time trial meet hosted by Nashville Aquatic Club, in a heat by himself, Evan Petty swam the 100 backstroke and went a time of 55.76 for a Wave 1 Olympic Trials qualifying time.

This is the California Berkeley commit's first Olympic Trials qualifying time.

Petty also competed in the Atlanta Classic, a meet with qualifying standards. Swimmers attending this meet included Olympians Ryan Murphy, Caeleb Dressel, and Ryan Lochte.

At the Atlanta Classic, Petty made finals in the 100 backstroke and placed 31st with a time of 56.92. Congratulations Evan on all your achievements in the past two months!

LSC Commitments Since April

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

Danyelle Dukes - Emory & Henry College

Eric Lane - Bethel University

Erin Mays - Colgate University

Jack Flanagan - University of Tennessee

Kaleigh Spears - Massachusetts Institute of Technology

Nikolai Garding - Centre College

Ryan McCrory - Rhodes College

Virginia Rainer - Milligan University

Photo Gallery





Contact Us

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