

APRIL/MAY 2025



Athletic Department Newsletter

MESSAGE FROM THE ATHLETIC DEPARTMENT

As we come to the close of another remarkable year at Southeastern Preparatory Academy, I want to take a moment to reflect, celebrate, and look ahead with hope and determination.

To our graduating seniors: Congratulations! You have left an indelible mark on our athletic program through your hard work, leadership, and commitment to excellence. Whether you were scoring points, running drills, or cheering from the sidelines, you have set a standard of sportsmanship and heart that will inspire those who follow. As you step into the next chapter of your lives, carry with you the lessons learned on and off the playing surface — resilience, teamwork, and the courage to pursue your dreams. We are incredibly proud of each of you.

To our rising elementary and middle schoolers: Your journey is just beginning, and we are thrilled to watch you grow into the next generation of student-athletes. Now is the time to explore, to challenge yourselves, and to develop the habits of discipline and character that will serve you in every area of life. Remember, every champion starts with a dream and a decision to show up and give their best, day after day.

Looking ahead, the future of Southeastern Prep Athletics is bright. We're expanding opportunities, investing in new training resources, and continuing to build a program where every athlete — no matter their sport or skill level — has the chance to thrive. Our mission remains the same: to develop not just great athletes, but great people.

Thank you to our families, coaches, teachers, and supporters who make this community so special. Together, we are building something powerful — a legacy of pride, perseverance, and purpose.

With pride and gratitude,

Southeastern Preparatory Academy Athletic Department

Power Protein Rice Bowl

A performance-boosting meal for growing athletes

Recipe Description:

This Power Protein Rice Bowl is a balanced, energizing meal designed specifically for youth athletes. It's quick to prepare, easy to customize, and full of clean ingredients that fuel performance and support recovery. Whether eaten after practice or as a hearty lunch, this bowl delivers the nutrients needed to help young athletes stay strong, focused, and ready for the next challenge.

Ingredients (Serves 2–3):

- 2 cups cooked brown rice (or white rice for faster digestion)
 - 1 cup grilled chicken breast, sliced
 - 1/2 cup black beans (rinsed and drained)
 - 1/2 cup corn kernels (fresh, canned, or frozen)
 - 1 cup steamed broccoli or spinach
 - 1/4 cup shredded carrots
 - 1/4 avocado, sliced
 - 2 tablespoons shredded cheddar cheese (*optional*)
 - 2 tablespoons plain Greek yogurt (*optional topping*)
 - 1 tablespoon olive oil or avocado oil
 - Salt, pepper, and garlic powder to taste
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Instructions:

1. Cook the rice and set aside.

2. Season chicken with olive oil, salt, pepper, and garlic powder. Grill or pan-cook until done. Slice thin.
3. Steam broccoli or spinach until tender.
4. In a large bowl, layer rice as the base.
5. Add chicken, beans, corn, greens, carrots, and avocado.
6. Top with cheese and a dollop of Greek yogurt, if desired.
7. Serve warm and enjoy!

 **Why It Works Nutritionally:**

- **Rice (Complex Carbs):** Provides the main source of energy for training, games, and recovery.
- **Chicken & Beans (Lean Protein):** Help rebuild and strengthen muscles after activity.
- **Avocado & Olive Oil (Healthy Fats):** Support joint health and long-lasting energy.
- **Vegetables (Vitamins & Fiber):** Boost the immune system and aid digestion.
- **Greek Yogurt (Bonus Protein + Calcium):** Enhances muscle repair and bone strength.

This recipe supports balanced blood sugar, sustained energy, and post-exercise recovery—key factors for any young athlete striving to perform at their best.

EAT CONIC
SOUTHEASTERN PREPARATORY ACADEMY

 **College Spotlight: University of North Carolina at Chapel Hill (UNC) – A Legacy of Excellence**
Featured in This Month's High School Newsletter

Are you dreaming of a college experience that balances top-tier academics, vibrant student life, and Division I athletics? Look no further than the University of North Carolina at Chapel Hill (UNC) — a historic and prestigious institution that's as exciting as it is inspiring.

 **Why UNC Stands Out**

Founded in 1789, UNC is one of the oldest public universities in the U.S. and is known for its strong academic programs, inclusive community, and beautiful campus. Located in the heart of Chapel Hill, North Carolina, this university combines Southern charm with global opportunities.

- **Top Programs:** UNC is consistently ranked among the top public universities in the nation. It's especially known for its business, journalism, public health, and biomedical science programs.
- **Academic Excellence:** With a student-to-faculty ratio of 16:1, UNC ensures that students receive personalized attention and support throughout their academic journey.
- **Affordability:** As a public university, UNC offers competitive tuition rates for in-state students and numerous scholarships and financial aid opportunities.

 **A School with Spirit**

You might know UNC for its legendary basketball program (hello, Michael Jordan!), but the school spirit extends far beyond the court. From football to soccer to ultimate frisbee, UNC's athletic culture is unmatched. Whether you're playing or cheering from the stands, there's always a way to show your Tar Heel pride.

 **Life on Campus**

UNC boasts over 800 student organizations, ranging from cultural clubs to academic societies to intramural sports. Students live in vibrant dorm communities, explore the famous Franklin Street downtown, and take part in traditions like the annual "Late Night with Roy" basketball event and "Sunset Serenade."

 **A Launchpad for the Future**

Whether you're aiming for med school, a career in media, or launching a startup, UNC's strong alumni network, internship opportunities, and career services help students prepare for life after college. Tar Heels are known for making a difference—both in their communities and across the globe.

STUDENT-ATHLETE TRANSCRIPTS

The admissions department is currently in the process of verifying and evaluating all student transcripts. This process includes the development of a graduation plan for all students to provide an understanding of their class schedules moving forward. An NCAA Division 1 form will also be completed for all students. Once each student has been completed, a copy is entered into their student file and also provided to the student. If you have any questions regarding this process, feel free to reach out to Dr. Coach at charles.bachand@sepa.education.

NCAA ELIGIBILITY CENTER REGISTRATION

During 2025, SEPA conducted 2 NCAA Eligibility Seminars which provided all the information needed to make sure your student-athlete will be eligible to participate in NCAA competition as a freshman. Once you have registered your student-athlete, please inform the athletic department so they can begin the process of having transcripts uploaded and verified by the NCAA.