Schwaemm and Esch: Lightweight Authenticated Encryption and Hashing using the Sparkle Permutation Family

Changelog (from v1.0 to v1.1)

- We corrected minor typos.
- We switched the primary member of the provided AEAD schemes from Schwaemm192-192 to Schwaemm256-128.
- We give a name to the ARX-box used in Sparkle, i.e., Alzette.
- We added a clarification on how to map bitstrings to 32-bit words of the state in Sparkle.
- We added new implementation results. The new implementations are provided in the third-level directory of the "Implementations" folder in the submission package.