



# NEISDA News

November 2, 2017 ~ Week 3



Division III

DISCOVER | DEVELOP | DEDICATE

## SWIMMERS OF THE WEEK

### Women's Swimming– Megan Lasto (ECSU)



WILLIMANTIC, CT– **Megan Lasto**, Freshman at ECSU, has been voted as the Swimmer of the Week for the third week of the season.

On Friday (10/27), Megan won the Blue Jay Pentathlon (ECSU, USJ, WNEU, RIC) compiling the fastest time in all five events (100 BK, 100 BR, 100Fly, 100 FR, 100 IM) as well as participating on 2 winning relays. Of her five individual events, she won three of the five. On Saturday (10/28), Megan went 4 for 4, winning all three of her individual events 200 FR (2:05.02), 100 Fly (1:05.59) and 200 IM (2:20.96) and anchoring the 200 MR to a first place finish.

Prior to her swimming career at Eastern, Lasto swam for Amity Regional High School in Orange, CT. She is majoring in Visual Arts.

Megan and the ECSU Warriors return to the pool on Saturday November 4th at UMass Dartmouth.

### Men's Swimming– Nick Bergstrom (Elms)



CHICOPEE, MA- **Nick Bergstrom**, Senior at Elms, has been voted as the NEISDA Swimmer of the Week for the third week of the season.

Nick showed his swimming versatility in a victory over Gordon College winning the 50 breaststroke, 100 free (his fastest non post season time ever) and the 50 fly. He also led off the winning 200 free relay. The meet was held at Simmons College

Prior to his swimming career at Elms, Bergstrom swam for Pinkerton Academy in Derry, NH. He is majoring in Health Care Management at Elms.

Nick and the Elms Blazers return to the pool on November 4th at home vs. St. Joseph's of Maine.

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## PAST WINNERS:

Week 1: Kayla Burgess (UNE)/ Nick Rainville (Regis)

Week 2: Veronika Latawicz (USJ)/ Richie Selznick (Brandeis)





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## DIVERS OF THE WEEK

### Women's Diving– Elisabeth McQuaid (Regis)



WESTON, MA– **Elisabeth McQuaid**, Sophomore at Regis, has been voted as the Diver of the Week for the third week of the season.

Elisabeth competed in her first competition and placed first in both the 1m (179.70 for 6 dives) and 3m events (213.15 for 6 dives). She qualified for New Englands on the 1m board.

Prior to her diving career at Regis, McQuaid dove for ZAP diving. She is majoring in secondary education at Regis.

Elisabeth and the Regis Pride return to the pool on November 11th at home vs. Norwich and Babson.

# Congratulations to this week's winners!

### PAST WINNERS:

Week 1: Julia Tartaglia (Brandeis)/ Sam Zucker (Brandeis)

Week 2: Genna Karp (Brandeis)/ Sam Zucker (Brandeis)

