



NEISDA News

October 24, 2018 ~ Week 3



Division III

DISCOVER | DEVELOP | DEDICATE

SWIMMERS OF THE WEEK

Women's Swimming– Megan Duffy (Norwich University)



WESTON, MA – **Megan Duffy**, a Freshman at Norwich, has been voted as the NEISDA Swimmer of the Week for the third week of the season.

Megan took 3 top individual places and was part of a winning relay. She won the 500 freestyle by 36 seconds (5:37.51) won the 100 breaststroke (1:12.96) and was 4 seconds off the school record, won the 200 IM (2:19.31), and was the breaststroke leg in the winning 200 Medley Relay (34.67).

Prior to her swimming career at Norwich, Duffy swam for Sacred Heart Academy in Hamden, CT.

Megan and the Norwich Cadets return to the pool on October 24th at Colby Sawyer.

Men's Swimming– Joshua Unas (Regis College)



WESTON, MA - **Joshua Unas**, a Senior at Regis, has been voted as the NEISDA Swimmer of the Week for the third week of the season.

Josh was the breaststroke leg in the 2nd place finishing 200 MR at the RWU Invite, 5th in the 200 IM (2:10.95), 10th in the 500 (5:24.15), 3rd in the 100 breaststroke (1:04.81), and even with a long day in the water helped the 400 FR to a 3rd place finish with a split of (52.73).

Prior to his swimming career at Regis, Unas swam for Valencia High School in Santa Clarita, CA. He is majoring in Nursing at Regis.

Josh and the Regis Pride return to the pool on October 27th at Bridgewater State University.

FOLLOW US ON SOCIAL MEDIA

Facebook: www.facebook.com/NEISDA

Twitter: @NEISDASwimDive

Instagram: neisda





NEISDA News

October 24, 2018 ~ Week 3



Division III

DISCOVER | DEVELOP | DEDICATE

DIVERS OF THE WEEK

Women's Diving– Brielle Bergeron (University of St. Joseph)



WESTON, MA – **Brielle Bergeron**, a Freshman at University of St. Joseph, has been voted as the NEISDA Diver of the Week for the third week of the season.

In Brielle's first collegiate competition, she won the 1 Meter diving with the score of 177.60. She also was a part of the B 200 freestyle relay. She has a promising future at The University of Saint Joseph.

Prior to her diving career at St. Joseph, she went to Hampshire Regional High School in Westhampton, MA. She is majoring in Nursing at St. Joseph.

Brielle and the St. Joseph Blue Jays return to the pool on Friday October 26th at the Blue Jay Pentathlon Invitational.

Congratulations to this week's winners!

