



# NEISDA News

December 5, 2018 ~ Week 8



Division III

DISCOVER | DEVELOP | DEDICATE

## SWIMMERS OF THE WEEK

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



WESTON, MA– **Megan Lasto**, a Sophomore at **ECSU**, has been voted as the NEISDA Swimmer of the Week for the fourth time this season on the eighth week of the season.

At the CT Cup (Conn College, Coast Guard, Wesleyan, USJ, WCSU), Megan recorded 3 first place finishes and a new school record. She had a PR and school record in the 400 IM (4:40.22), season bests 200 BR (2:30.24) and 200IM (2:12.72). She also led off the 200 Free Relay with the season best lead leg of 24.95. She had a 31.08 Breast split in the 200MR, and a 1:08.98 Breast Split in the 400MR. She was only 1 of 2 swimmers to win 3 of 3 events.

Prior to her swimming career at ECSU, Megan swam for Amity Regional High School in Woodbridge, CT. She is majoring in Digital Art with a minor in Business & Coaching. At ECSU.

Megan and the ECSU Warriors return to the pool on January 22nd against the University of St. Joseph.

### Men's Swimming– Grant Kollien (Regis College)



WESTON, MA- **Grant Kollien**, a Sophomore at **Regis College**, has been voted as the NEISDA Swimmer of the Week for the eighth week of the season.

Grant won two events at the Regis Invitational, posting a career-best time in the 500 Freestyle with a winning time of 5:01.08 before breaking the pool record by over 10 seconds in the 1650 Freestyle, finishing first in 17:43.49. Grant also swam a season best in the first 1000 of the 1650 freestyle with a time of 10:48.23.

Prior to his swimming career at Regis, Grant swam for International Academy in Herndon, VA. He is majoring in Marketing and Communications at Regis.

Grant and the Regis College Pride return to the pool on January 5th in Miami, Florida for the FIU Sprint Invitational.

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## PAST WINNERS:

Week 1: Alexis Coiley (St Joe's) / Steve Quinlan (St Joe's)

Week 2: Sarah Leonard (Regis) / GianCarlos Banrey (Regis)

Week 3: Megan Duffy (Norwich) / Joshua Unas (Regis)

Week 4: Megan Lasto (ECSU) / Luke Rodarte (Colby-Sawyer)

Week 5: Megan Lasto (ECSU) / Steven Johnston (Husson)

Week 6: Megan Lasto (ECSU)/ Luke Rodarte (Colby-Sawyer)

Week 7: Ellie Field (RWU)/ Kirk Schultz (RWU)





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## DIVERS OF THE WEEK

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



WESTON, MA– **Elisabeth McQuaid**, a Junior at **Regis College**, has been voted as the NEISDA Diver of the Week for the eighth week of the season, and for the third time this season.

All three One-Meter Diving pool and school records fell Saturday at the Regis Invitational, as Elisabeth McQuaid completed 11 dives with a total of 443.05 points, 35 points more than the previous school record that stood for 28 years. In splitting up the dives, McQuaid established the five-dive record at 188.80 points and the new six-dive standard at 254.25 points.

Prior to her diving career at Regis, McQuaid was part of the AMSA Charter School diving team in Marlborough, MA. She is majoring in Secondary Education at Regis.

Elisabeth and the Regis College Pride return to the pool on January 5th in Miami, Florida for the FIU Sprint Invitational.

### Men's Diving– Drew Worden (WCSU)



WESTON MA– **Drew Worden**, a Freshman at the **Western Connecticut State University** has been voted as the NEISDA Diver of the Week for the second straight week, on the eighth week of the season.

Drew took 2nd place on both the 1 and 3 Meter boards at the DIII Connecticut Cup Championships on December 1st, scoring 182.00 and 179.45 points respectively. The DIII Connecticut Cup included competition against the Coast Guard Academy, Conn College, Wesleyan and USJ.

Prior to his diving career at Western Connecticut, Drew was homeschooled in Warren, CT.

Drew and the WCSU Colonials return to the pool on January 5th against FDU Florham.

# Congratulations to this week's winners!

#### PAST WINNERS:

Week 2: **Jessica Masotta (KSU) / George Colarullo (KSU)**

Week 3: **Brielle Bergeron (St Joseph)**

Week 4: **Elisabeth McQuaid (Regis)**

Week 5: **Elisabeth McQuaid (Regis)**

Week 6: **Brielle Bergeron (USJ) / Alexander Belinsky (BSU)**

Week 7: **Drew Worden (WCSU)**

