



# NEISDA News

January 24, 2019 ~ Week 11



Division III

DISCOVER | DEVELOP | DEDICATE

## SWIMMERS OF THE WEEK

### Women's Swimming– Molly Henry (WCSU)



WESTON, MA– **Molly Henry**, a Freshman at **WCSU**, has been voted as the NEISDA Swimmer of the Week for the 11th week of the season.

Molly won 8 of 9 individual events in a busy week for WestConn Swimming. In a double dual meet on January 15th against Maine Maritime and Plymouth State, she won the 200 Free (2:13.19), 100 back (1:08.09) and 100 IM (1:10.14) all in season best times. The following day on January 16th against Rhode Island College, Molly placed first in the 50 back (32.14), 50 free (27.53) and 100 Free (1:00.63). In WestConn's third meet in four days against College of New Rochelle on January 19th, Molly won the 200 Free (2:11.03), and 100 Back (1:08.09), again with a season best times and placed 2nd in the 50 Free (27.37).

Prior to her swimming career at WCSU, Molly comes from Pound Ridge, NY and swam for Fox Hill High School in Bedford, NY.

Molly and the WCSU Colonials return to the pool on January 26th at Western New England University.

### Men's Swimming– Steven Johnston (Husson University)



WESTON, MA- **Steven Johnston**, a Freshman at **Husson**, has been voted as the NEISDA Co-Swimmer of the Week for the 11th week of the season.

Johnston won three events and was part a winning relay squad Friday night (Jan. 18) as Husson cruised to a dual meet victory over conference foe Saint Joseph's College. He started off the night by leading off the 400 medley relay with a new school record in the 100 back with a split of 57.37 seconds, establishing a lead for his team that it would not give up by winning the event in a new school record time of 4:06.74, just four seconds faster than the program's 46 year old record. Johnston then won the 50 breast by over a second with a personal-best time of 30.19. A few minutes later, he won the 200 back by 24 seconds with a new school record time of 2:12.51. His third victory of the evening came in the 50 fly with his third school record of the meet, winning by over two seconds with a 25.12.

Prior to his swimming career at Husson, Johnston swam for Hermon High School in Hermon, ME.

Steven and the Husson Eagles return to the pool on January 30th against Colby-Sawyer.

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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)
- Week 8: Megan Lasto (ECSU) / Grant Kollien (Regis)
- Week 9: Molly Henry (WCSU) / GianCarlos Banrey (Regis)
- Week 10: Jessica Zernitsky (Regis) / Brendan Pike (Regis)





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## SWIMMERS OF THE WEEK

### Men's Swimming– Joshua Unas (Regis College)



WESTON, MA- **Joshua Unas**, a Senior at **Regis College**, has been voted as the NEISDA Co-Swimmer of the Week for the 11th week of the season. This is the second time that Josh has been recognized by NEISDA.

Unas, participating in the final dual meet of his collegiate career, won the 50 breaststroke in 30.03 seconds and the 100 breaststroke in 1:06.68. Unas also anchored the 800 freestyle relay in which he came back from behind Elms, to post a winning time of 8:08.72 establishing a new pool record in the process.

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 College Pride return to the pool on February 1st for the GNAC Championships.

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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 fourth straight week and sixth time overall, on the 11th week of the season.

Elisabeth won the 1 meter 11 dive event in a dual meet against Elms this past weekend with a score of 401.00. This score helped her have her second official score above the NCAA Regional qualifying mark, qualifying her for the NCAA Regional Diving meet at M.I.T. March 1-2.

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 February 1st for the GNAC Championships.

### 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 11th week of the season, and for his fourth time overall.

Drew Worden continued to excel in the 1 and 3 meter diving events for WestConn this week at a dual meet against the College of New Rochelle on January 19th, scoring 232.95 and 193.43 respectively.

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 26th at Western New England University.

# 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)
- Week 8: Elisabeth McQuaid (Regis) / Drew Worden (WCSU)
- Week 9: Elisabeth McQuaid (Regis) / Drew Worden (WCSU)
- Week 10: Elisabeth McQuaid (Regis)

