



# NEISDA News

February 6, 2019 ~ Week 13



Division III

DISCOVER | DEVELOP | DEDICATE

## SWIMMERS OF THE WEEK

### Women's Swimming– Sarah Leonard (Regis College)



WESTON, MA– **Sarah Leonard**, a Junior at **Regis**, has been voted as the NEISDA Swimmer of the Week for the 13th week of the season, and for the second time this season.

Sarah started off the GNAC Championships with breaking a 24-year-old school record in the 50 backstroke, leading off the 200 medley relay with a split of 27.61 seconds. The relay also went on to win, as well as breaking a 23-year-old record school record. She also earned a fifth-place finish in the 200 individual medley with a time of 2:20.26. Leonard then led off the 400 medley relay with a 100 backstroke split of 1:01.29, which helped lead them to a 2nd place finish. She then added a conference title in the 50 backstroke (27.68) as well as a 2nd place finish in the 100 backstroke (1:00.49) on Sunday. Sarah played a large role in helping the Pride finish 2nd at the GNAC Championships this past weekend.

Prior to her swimming career at Regis, Leonard was a four-year varsity swimmer for Brockton High School in Brockton, MA. She is double majoring in English and Communications.

Sarah and the Regis Pride return to the pool on February 21-24th for the NEISDA Championships at MIT.

### 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 13th week of the season, and for the third time this season.

Unas and the Pride won the 200 medley relay on the first night of the GNAC Championships with Josh playing a key factor in the breaststroke leg (28.37). Josh earned two individual titles Saturday night at the GNAC Championships, starting with a four-second victory in the 100 breaststroke with a time of 1:02.71. He also touched the wall first in the 50 breaststroke in 29.07 seconds. Unas also played a major role in Regis's victory in the 400 medley relay, as he turned a three-and-a-half second deficit as he dove into the water into a 0.35-second lead thanks to a 100 breaststroke split of 1:01.75. Unas won the 200 breaststroke with a time of 2:21.83 in the afternoon final on Sunday going wire-to-wire as he finished 0.83 seconds ahead of his nearest competitor. He played a large role in the Pride Men finishing in 2nd place for the GNAC Championship this past weekend.

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 February 21-24th for the NEISDA Championships at MIT.

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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) / GC Banrey (Regis)
- Week 10: Jessica Zernitsky (Regis) / Brendan Pike (Regis)
- Week 11: Molly Henry (WCSU) / Steven Johnston (Husson) & Joshua Unas (Regis)
- Week 12: Alise Martel (USJ) / Luke Forsberg (WCSU)





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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 13th week of the season., for the 4th week in a row and for the sixth time overall.

Elisabeth helped score key points for the Pride in part of their 2nd place finish at the GNAC Championships this weekend. She finished sixth in the three-meter diving event with a total score of 189.70 and third-place as she completed the one-meter diving event with a score of 207.65.

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 Pride return to the pool on February 21-24th for the NEISDA Championships at MIT.

# 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)

