



NEISDA News

Celebrating 102 Years
October 13, 2021 ~ Week 1



SWIMMERS OF THE WEEK

Women's Swimming – Brooke Podsiadlo, Saint Joseph's College of Maine



Brooke Podsiadlo, a Sophomore at **Saint Joseph's College of Maine**, has been voted as the NEISDA Women's Swimmer of the Week for the first week.

Brooke was a double event winner in the 500 and 1000 Freestyle by impressive margins over Colby Sawyer. She also swam the backstroke leg of the Medley Relay for a new team record and was part of the winning 200 Free Relay.

She is from Granby, MA, and is majoring in Criminal Justice. The Monks will travel on Friday, October 15, to take on Husson in a dual meet.

Men's Swimming – Brendan Lynch, University of Saint Joseph



Brendan Lynch, a Senior at the **University of Saint Joseph**, has been voted as the NEISDA Men's Swimmer of the Week for the first week.

Brendan placed first overall in the 50 Backstroke 29.06, 100 Freestyle 53.66, and 100 IM 1:02.45 at the Blue Jays double dual meet against both Regis College and University of New England. He also lead off the 200 Freestyle Relay for the team with a split of 26.09.

Brendan has set a great example for his team both in and out of the pool, helping bring the team together and push his team mates to perform their best. His contributions as a whole greatly helped in USJs 2-0 start to the 2021 season.

He is from Watertown, CT, and is majoring in Business Management. The Bluejays will be participating in the Roger Williams Invitational on Saturday, October 16.

Founded in 1920, the New England Intercollegiate Swimming and Diving Association (NEISDA) is a coach-run association made up member institutions in New England.

NEISDA annually sponsors and administers a championship for those qualifying swimmers and divers in February.



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DIVERS OF THE WEEK

Women's Diving – Ella Warner, University of Saint Joseph



Ella Warner, a First Year student at the **University of Saint Joseph**, has been voted as the NEISDA Women's Diver of the Week for the first week.

Ella made her debut for the Blue Jays in their combined meets against Regis College and the University of New England. She scored a 162.40 and a 219.45 across both 1 Meter diving sessions netting her a first and second place finish. Ella also pulled double duty helping the Jays on the swimming side and lead off the Women's 200 Freestyle Relay.

She is from Putney, VT. The Blue Jays will be participating in the Roger Williams Invitational on Saturday, October 16.

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