



# NEISDA News



**Celebrating 102 Years**  
**November 9, 2021 ~ Week 5**

---

## SWIMMERS OF THE WEEK

### Women's Swimming – Brooke Podsiadlo, St. 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.

Last weekend, Saint Joseph's College competed in the Falcon Invitational along with the University of Saint Joseph, Elms College, and host Albertus Magnus College on Saturday afternoon. Brooke was a triple individual event winner with wins in the 50 Backstroke (32.11), the 200 Backstroke (2:29.33), and the 500 Free (6:02.13). Her times in the 200 Backstroke and the 500 Free were also in season best times. Brooke also capped off an outstanding meet as a member of the winning 200 Freestyle Relay.

Brooke is from Granby, MA., and is majoring in Criminal Justice. The Monks will next host Regis College on November 20 at 12:00pm.

---

### Men's Swimming – Shawn Perry, St. Joseph's College of Maine



**Shawn Perry**, a Sophomore at **Saint Joseph's College of Maine**, has been voted as the NEISDA Men's Swimmer of the Week.

Shawn is starting just his fourth year in competitive swimming and he continues to show great improvement. He notched his first ever individual win in the 200 backstroke (2:30.34) in last weekend's Falcon Invitational which included the University of Saint Joseph, Elms College, and host Albertus Magnus College. He also placed third in the 200 fly (2:40.97) and in the 200IM (2:35.58). Before this season, Shawn had never attempted these races before and attacked them without fear according to Head Coach Jared Felker.

Shawn is from Plaistow, NH., and is majoring in Mathematics. The Monks will next host Regis College on November 20 at 12:00pm.

---

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.

#### Previous winners:

**Week 1: Brooke Podsiadlo (SJCME) / Brendan Lynch (USJ)**

**Week 2: Nikky Ansley (Norwich) / Ben Stark (Norwich)**

**Week 3: Megan Miller (Regis) / Jake Wyse (USJ)**

**Week 4: Erin Madden (Husson) / Nathan Gilliam (Husson)**

---



# NEISDA News

Celebrating 102 Years  
November 9, 2021 ~ Week 5



---

## DIVERS OF THE WEEK

### Women's Diving – Sarah Carls, Norwich University



**Sarah Carls**, a Senior at **Norwich University**, has been voted as the NEISDA Women's Diver of the Week for the third time this season.

Sarah had a solid performance in last weekend's dual meet against Keene State. She won both the 1-Meter diving events winning with a score of 131.85 in five voluntary dives, and a score of 199.43 for her six optional dives.

Sarah is a Major in the Corps of Cadets, and is majoring in Electrical and Computer Engineering. She is from Niagara Falls, NY. The Cadets are next in action on Saturday, November 13th at 1:00pm, for a trip-meet against host Regis College and Babson College.

---

### Men's Diving – David Kavanaugh, University of Saint Joseph



**David Kavanaugh**, a Junior at the **University of Saint Joseph**, has been voted as the NEISDA Men's Diver of the Week.

David had an impressive performance last Saturday, putting up an 11 Dive list without any practice in his first time on the board this season after recently wrapping up his cross country season. David placed first in both 1-Meter Diving events at the Falcon Invitational. He also finished second in the 50 yard Breaststroke, contributing a healthy amount of points and helping the Blue Jays secure victories against GNAC rivals Elms and Saint Joseph College of Maine.

He is from West Hartford, CT., and is majoring in Education. The Blue Jays will travel this Friday to Colby-Sawyer for a dual meet starting at 5:00pm.

---

## FOLLOW US ON SOCIAL MEDIA

Facebook: [www.facebook.com/NEISDA](http://www.facebook.com/NEISDA)

Twitter: [@NEISDASwimDive](https://twitter.com/NEISDASwimDive)

Instagram: [neisdaswimdive](https://www.instagram.com/neisdaswimdive)

## Previous winners:

**Week 1:** Ella Warner (USJ)

**Week 2:** Sarah Carls (Norwich) / Jack Brennan (Norwich)

**Week 4:** Sarah Carls (Norwich) . Jack Brennan (Norwich)

---