



NEISDA News

Celebrating 102 Years

December 8, 2021 ~ Week 8



SWIMMERS OF THE WEEK

Women's Swimming – Liza Zhukov, Maine Maritime Academy



Liza Zhukov, a First-Year student at **Maine Maritime Academy**, has been voted as the NEISDA Women's Swimmer of the Week.

Liza set six school records for the Mariners this past weekend at the Maine State Meet. The first-year swimmer set a school record in the 50 Backstroke with a time of 31.58, in the 100 Backstroke with a time of 1:07.60, in the 200 Backstroke with a time of 2:26.28, and in the 100 IM with a time of 1:09.09. Zhukov also was a part of the 200 Freestyle Relay team that set a school record with a time of 1:52.59 and the 200 Medley Relay team that set a school record with a time of 2:04.71.

Liza is from Barrington, R.I., and is majoring in International Business and Logistics. The Mariners will next travel to Biddeford, ME. to take on UNE on January 15 at 12pm.

Men's Swimming – John Markillie, Maine Maritime Academy



John Markillie, a Junior at **Maine Maritime Academy**, has been voted as the NEISDA Men's Swimmer of the Week.

John set four school records this past weekend at the Maine State Meet. He was a part of the 200 Freestyle Relay team that set a school record with a time of 1:32.06. Markillie also set school records in the 200 IM with a time of 2:03.26, in the 200 Backstroke with a time of 2:03.37, and in the 100 IM with a time of 57.67.

John is from Richland, WA., and is majoring in Marine Systems Engineering. The Mariners will next travel to Biddeford, ME. to take on UNE on January 15 at 12pm.

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 (St Joe ME) / 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)

Week 5: Brooke Podsiadlo (St Joe ME) / Shawn Perry (St Joe ME)

Week 6: Ellie Field (Roger Williams) / Ben Stark (Norwich)

Week 7: Noelle Schneider (Roger Williams) / Riley Williams (Roger Williams)



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DIVERS OF THE WEEK

Women's Diving – Brielle Bergeron, University of Saint Joseph



Brielle Bergeron, a Senior at the **University of Saint Joseph**, has been voted as the NEISDA Women's Diver of the Week for the second time this season.

Brielle's performance at this year's Connecticut Cup was a highlight of the meet for the Blue Jays. At a large meet with some of the toughest competition the team has seen so far this season, Brielle was on nothing short of locked in on the board. Her 1-Meter total of 147.20 was close to her season best, and placed her in the middle of what was a closely contested middle of the 12 diver field. However, the 3-Meter is where Brielle truly shined. The only board available to her for practices being a 1-Meter, Brielle's only true time to step on a 3-Meter board is in competition. Despite this she scored 161.15, a season best, and secured a fourth-place finish impressing both Brielle's coaches as well as her fellow competitors.

Brielle is from Easthampton, MA. The Blue Jays will be heading to Deerfield Beach, FL., January 4-11 for their training trip before their next meet at Trinity with Clark on January 15 at 1:00pm.

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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)

Week 5: Sarah Carls (Norwich) / David Kavanaugh (U of St Joseph)

Week 6: Brielle Bergeron (USJ) / Jack Brennan (Norwich)

Week 7: Jack Brennan (Norwich)
