

Northeast-10 Conference
16 Belmont Street
South Easton, MA 02375



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2007-08 NE-10 Swimming & Diving • Regular Season Release
March 17, 2008 • For Immediate Release

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Northeast-10 Swimming & Diving Report through March 2, 2008 -FINAL-



Northeast-10 Men's Swimming Athlete of the Week

Ben Prue, Southern Connecticut (Jr., Alpharetta, Ga.) - Earned All-America honors in the 200-yard butterfly at NCAA Championships as he placed fourth with a time of 1:49.45. Also placed 10th in the 200-yard backstroke with a time of 1:50.55.



Northeast-10 Women's Swimming Athlete of the Week

Kristen Frost, Southern Connecticut (So., Madison, Conn.) - Won four national championships and set three NCAA Division II records at the NCAA Division II Swimming & Diving Championships. Broke her own national record in the 1,000-yard freestyle by over three seconds with a time of 9:50.49. Won the 200-yard freestyle with a time of 1:48.15. Nipped the national record by under two seconds with a time of 4:45.69 in the 500-yard freestyle. Capped the week by breaking the 11-year-old national record in the 1650-yard freestyle by just under 11 seconds and winning the meet by over 25 seconds with a time of 16:17.66.



Northeast-10 Men's Diving Athlete of the Week

Brandon Birchak, Saint Rose (Sr., Latham, N.Y.) - Finished second on the one and three-meter boards at the NCAA Division II Swimming and Diving Championships last week. Recorded 508.90 points but was edged by a mere 11.85 points in the one-meter event to prevent him from defending his national championship. On the three-meter board, registered 498.65 points to finish second again with a mere 4.95 points separating him from a second straight national title in the event.

Northeast-10 Women's Diving Athlete of the Week

No Nominations

Northeast-10 Men's Freshman of the Week

No Nominations

Northeast-10 Women's Freshman of the Week

No Nominations



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Weekly Honor Roll:

Alison Leshar, Le Moyne (So., Sherril, N.Y.) - Became the first Dolphin to win an individual national championship in program history as she placed first in the 200 butterfly at the 2008 NCAA Division II Swimming & Diving Championships. Additionally, she earned All-America honors in two other events, placing seventh in the 1000 and 1650 freestyle.

Jason Flores, Southern Connecticut (Sr., New Haven, Conn.) - Picked up All-America honors as he scored 406 points to place eighth in one-meter diving.

Cody Hall, Southern Connecticut (So., Parker, Colo.) - Swam in three events and garnered All-America honors in two of them at the NCAA Championships. Finished eighth in the 500-yard freestyle with a time of 5:07.39. Placed sixth in the 1650-yard freestyle with a time of 17:22.67. Also narrowly missed All-America accolades in the 1000-yard freestyle as she finished ninth with a time of 10:26.84.

Emily Sundel, Southern Connecticut (So., West Hartford, Conn.) - Earned All-America honors in the 1650-yard freestyle as she finished eighth with a time of 17:25.64. Also placed 10th in the 1000-yard freestyle with a time of 10:28.90.

Dan Vitagliano, Southern Connecticut (Sr., New Haven, Conn.) - Garnered All-America accolades with a sixth-place finish in the 200-yard freestyle with a time of 1:39.64.

Past Men's Swimming Athlete of the Week:

10/23: Ricky Chidsey, Le Moyne, Jr.
10/29: Tom Ferrigno, Bryant, Jr.
11/5: Tom Ferrigno, Bryant, Jr.
11/12: Tom Ferrigno, Bryant, Jr.
11/19: Ricky Chidsey, Le Moyne, Jr.
12/3: Dan Vitagliano, Southern Connecticut, Sr.
12/10: Ned Krawiecki, Bentley, Sr.
1/14: Tom Ferrigno, Bryant, Jr.
1/22: Arthur Engelhard, Bentley, Sr.
1/22: Dan Vitagliano, Southern Connecticut, Sr.
1/28: Ned Krawiecki, Bentley, Sr.
2/4: Ned Krawiecki, Bentley, Sr.
2/11: Ricky Chidsey, Le Moyne, Jr.
2/25: Tom Ferrigno, Bryant, Jr.
3/3: Ricky Chidsey, Le Moyne, Jr.

Past Women's Swimming Athlete of the Week

10/23: Alison Leshar, Le Moyne, Sr.
10/29: Jess Looney, Bryant, So.
11/5: Alison Leshar, Le Moyne, Sr.
11/12: Liza Connolly, Bentley, Sr.
11/19: Jess Looney, Bryant, So.
11/19: Kristen Frost, Southern Connecticut, So.
12/3: Kristen Frost, Southern Connecticut, So.
12/10: Liza Connolly, Bentley, Sr.
12/10: Kristen Frost, Southern Connecticut, So.
1/7: Liza Connolly, Bentley, Sr.
1/14: Liza Connolly, Bentley, Sr.
1/22: Kristen Frost, Southern Connecticut, So.
1/28: Jess Looney, Bryant, So.
2/4: Anne Kaduboski, Bentley, Fr.
2/11: Nicole Murphy, Le Moyne, So.
2/18: Jess Looney, Bryant, So.
2/25: Alison Leshar, Le Moyne, Sr.

Past Men's Diving Athlete of the Week

10/23: Jason Flores, Southern Connecticut, Sr.
10/29: Brandon Birchak, Saint Rose, Sr.
11/5: Jon Andrews, Bentley, Fr.
11/12: Ed Fennessey, Saint Michael's, Sr.
11/19: Jon Andrews, Bentley, Fr.
12/3: Brandon Birchak, Saint Rose, Sr.
12/10: Jon Andrews, Bentley, Fr.
1/14: Jon Andrews, Bentley, Fr.
1/22: Jason Flores, Southern Connecticut, Sr.
1/28: Jon Andrews, Bentley, Fr.
2/4: Kyle Reese, Bentley, Sr.
2/25: Brandon Birchak, Saint Rose, Sr.



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Weekly Notes:

NORTHEAST-10: Southern Connecticut's Kristen Frost and Le Moyne's Alison Leshar became the first women swimmers to win a National Championship in Northeast-10 history. Frost claimed the National Championship in the 1,000 Freestyle, 200 Freestyle, 500 Freestyle and the 1650 Freestyle. Leshar finished first in the 200 Butterfly to garner the National Championship.

Past Women's Diving Athlete of the Week

10/29: Alex Bergantz, Bentley, So.
11/5: Emily Travers, Bentley, Fr.
11/12: Tierney Carey, Saint Michael's, Jr.
11/19: Emily Travers, Bentley, Fr.
12/3: Ali Bronson, Southern Connecticut, Sr.
12/10: Emily Travers, Bentley, Fr.
1/7: Emily Travers, Bentley, Fr.
1/14: Emily Travers, Bentley, Fr.
1/22: Emily Travers, Bentley, Fr.
1/28: Emily Travers, Bentley, Fr.
2/4: Ali Bronson, Southern Connecticut, Sr.
2/18: Alex Bergantz, Bentley, So.

Past Men's Freshman of the Week

10/23: Aidan Warhall, Saint Michael's
10/29: Steven Nyugen, Bryant
10/29: Ryosuke Kameyama, Pace
11/5: Ryosuke Kameyama, Pace
11/12: Steven Nyugen, Bryant
11/19: Steven Nyugen, Bryant
12/3: Jerry Dumary, Le Moyne
12/10: Jon Andrews, Bentley
1/14: Steven Nguyen, Bryant
1/22: Aaron Rocheleau, Southern Connecticut
1/28: Steven Nguyen, Bryant
2/4: Egen Ouellette, Bentley
2/25: Egen Ouellette, Bentley
3/3: Jerry Dumary, Le Moyne

Past Women's Freshman of the Week

10/29: Jill Squillante, Bryant
11/5: Jill Hira, Bryant
11/12: Amy Howell, Bryant
11/19: Jill Squillante, Bryant
12/3: Anne Kaduboski, Bentley
12/10: Christine Lockwood, Saint Rose
1/7: Emily Travers, Bentley
1/14: Anne Kaduboski, Bentley
1/22: Anne Kaduboski, Bentley
1/28: Anne Kaduboski, Bentley
2/4: Anne Kaduboski, Bentley
2/18: Anne Kaduboski, Bentley
2/25: Christine Lockwood, Saint Rose