

Northeast-10 Conference  
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2007 NE-10 Swimming & Diving • Regular Season Release  
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## Northeast-10 Swimming & Diving Report through December 2, 2007



### Northeast-10 Men's Swimming Athlete of the Week

**Dan Vitagliano, Southern Connecticut** (Sr., New Haven, Conn.) - Set a Northeast-10 record in the 100-yard butterfly and also captured first place in the 200-yard freestyle. In addition, was a part of the record setting 800-yard freestyle relay squad. Named Championship Most Valuable Swimmer.



### Northeast-10 Women's Swimming Athlete of the Week

**Kristen Frost, Southern Connecticut** (So., Madison, Conn.) - Won four individual events and was a part of three relay champions at the Northeast-10 Championships. Posted NE-10 records in the 200-yard freestyle, 100-yard butterfly, 500-yard freestyle and 200-yard individual medley. In addition, was part of the 800-yard freestyle relay (NE-10 Record), 200-yard freestyle relay (NE-10 record) and 400-yard freestyle relay. Named Championship Most Valuable Swimmer.



### Northeast-10 Men's Diving Athlete of the Week

**Brandon Birchak, Saint Rose (Sr., Latham, N.Y.)** - Defended both his one and three-meter diving titles to earn Most Valuable Diver honors at the Northeast-10 Conference Championships. Outdistanced his nearest competitor by more than 46 points on the three-meter board with a score of 505.80 and took the one-meter event behind 487.75 points.



### Northeast-10 Women's Diving Athlete of the Week

**Ali Bronson, Southern Connecticut** (Sr., Torrington, Conn.) - Captured both the one- and three-meter diving events at the Northeast-10 Championships, while being named the Championship Most Valuable Diver.



### Northeast-10 Men's Freshman of the Week

**Jerry Dumary, Le Moyne** (Fr., Ballston Spa, N.Y.) - Claimed two individual victories at the NE-10 Championships in the 200 and 100 breaststroke. Was also a member of the winning 200 and 400 medley relay squads.



### Northeast-10 Women's Freshman of the Week

**Anne Kaduboski, Bentley** (Fr., Dedham, Mass.) - In the Northeast-10 Championships, scored a total of 87 points with seconds in both the 100 and 200 butterfly, a fourth in the 200 free and a sixth in the 100 free. Broke her own school record, for the third time this season, in the 200 fly, with a time of 2:12.37. Also participated in three relays, helping two to seconds and the other to a third.

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## Weekly Honor Roll:

**Arden Brust, Bentley** (Sr., Newark, N.Y.) - During the Northeast-10 Championships, broke school records in both the 200 free (1:58.63) and 500 free (5:20.68), and also participated on two relay teams that set school records (400 medley, 4:06.29, and 800 free, 7:59.31). Scored a total of 88 points, with a second in the 200 free, thirds in the 100 back and 200 back, and a fifth in the 500 free. Also swam on two relays that finished second and another than finished third.

**Liza Connolly, Bentley** (Sr., Washington, Conn.) - Scored 88 points during the Northeast-10 championships, with her performances including seconds in both the 50 free and 100 free, a third in the 200 free and a sixth in the 200 IM. Broke her own school record in the 100 free with a time of 54.71 and participated on two relays that set school records (400 medley and 800 free, with both placing second).

**Bryant Amitrano, Bryant** (So., Valley Stream, N.Y.) - Swam to a first-place finish in the 50-yard freestyle at the NE-10 Championships with a time of 21.7. Also led off the winning 200-yard freestyle relay (1:29.31).

**Tom Ferrigno, Bryant** (Jr., West Chester, Pa.) - Led the Bulldogs at the NE-10 Championships with a first-place finish in the 400-yard IM, where his time of 4:11.64 set a new NE-10 Meet record. Finished second in the 1650-yard freestyle in a time of 16:36.36, third in the 200-yard IM in 1:59.65 and fourth in the 200-yard butterfly with a 2:00.91 mark. Also teamed up to take third in the 800-yard freestyle relay (7:21.98) and fourth in the 400-yard freestyle relay (3:20.36).

**Jess Looney, Bryant** (So., Goffstown, N.H.) - Led the Bulldogs, who finished fourth overall with 448.5 points, at the Northeast-10 Championships. Took home three second-place finishes (400-yard IM in 4:39.17; 200-yard backstroke in 2:11.01; 200-yard IM in 2:13.09) and a third-place finish in the 1650 freestyle relay in a time of 18:19.87. Also helped the team to a fourth place finish in the 800 yard freestyle relay in 8:12.96.

**Steven Nguyen, Bryant** (Fr., San Jose, Calif.) - Took a pair of third-place finishes at the NE-10 Championships in the 200-yard breaststroke (2:19.83) and the 500-yard freestyle (4:58.33). Placed sixth in the 200-yard IM with a time of 2:03.12 and the 200-yard freestyle with a time of 1:48.06, and also teamed up to take third in the 800-yard freestyle relay in 7:21.98 and fourth in the 400-yard freestyle relay in 3:20.36.

**Alison Leshner, Le Moyne** (Sr., Sherrill, N.Y.) - Led the Dolphins at the NE-10 Championships by claiming victories in the 400 IM, 200 Butterfly, and the 1650 Freestyle and contributed with Sarah Casey, Nicole Murphy and Kayla Ehle to win the 400 Medley Relay.

### 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.

### Past Women's Swimming Athlete of the Week

10/23: Alison Leshner, Le Moyne, Sr.  
10/29: Jess Looney, Bryant, So.  
11/5: Alison Leshner, Le Moyne, Sr.  
11/12: Liza Connolly, Bentley, Sr.  
11/19: Jess Looney, Bryant, So.  
11/19: Kristen Frost, Southern Connecticut, So.

### 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.

### 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.

### 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

### 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



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**Tierney Carey, Saint Michael's** (Jr., Newton, Conn.) - Placed second in the one-meter diving event and fourth in the three-meter diving event at the Northeast-10 Championships.

**Michael Buys, Saint Rose** (Sr., Wappingers Falls, N.Y.) - Was second and third in the 500 and 200 freestyles with respective times of 4:53.10 and 1:47.38 at the Northeast-10 Championships. Also touched fifth in the 1,650 free with a 17:58.52 clocking and was part of the 800 free relay quartet that swam a 7:17.47 to finish second.

**Jason Flores, Southern Connecticut** (Sr., New Haven, Conn.) - Finished second in both the one- and three-meter diving events at the Northeast-10 Championships.

**Rachel Heyer, Southern Connecticut** (Jr., Stratford, Conn.) - Set a new Northeast-10 record in the 50-yard freestyle and was also victorious in the 100-yard freestyle. In addition, was a part of the NE-10 record setting 200-yard freestyle relay squad as well as the 400-yard freestyle relay champion team.

**Katie Meleg, Southern Connecticut** (So., Danbury, Conn.) - Captured Northeast-10 Championships in the 200-yard breaststroke and the 100-yard backstroke. Was also a part of the 400-yard freestyle relay champion squad.

**Aaron Rocheleau, Southern Connecticut** (Fr., Newington, Conn.) - Captured a Northeast-10 Championship in the 200-yard individual medley. In addition, was a part of the 800-yard freestyle relay championship squad.

**Denny Shupe, Southern Connecticut** (Sr., Berwyn, Pa.) - Posted a Northeast-10 record in the 1650-yard freestyle and also captured the championship in the 500-yard freestyle.

**Weekly Notes: BENTLEY:** The Bentley women set six school records during the Northeast-10 Championships, in four individual events and two relays. Individual records were set by senior Arden Brust in the 200 free (1:58.63) and 500 free (5:20.68), senior Liza Connolly in the 100 free (54.71) and freshman Anne Kaduboski in the 200 butterfly (2:12.37). All three were also part of both relay records. The men's team had its highest finish in meet history (second) with a school-record point total (698), despite not having any first or second place finishes.