



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

SWIMMING & DIVING

Director of Media Relations: Gregory Pellegrino
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2008-09 NE-10 Swimming & Diving • Regular Season Release
February 23, 2009 • For Immediate Release

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Northeast-10 Swimming & Diving Report through February 22, 2009



Northeast-10 Men's Swimming Athlete and Freshman of the Week

Miguel Nesrala, Southern Connecticut (Fr., Santo Domingo, D.R.) - Was named the Metropolitan Championships Swimmer of the Competition. Won the 50-yard freestyle (20.33) and took second in the 200-yard freestyle (1:38.68). Collected his second victory of the championships when he swam the 100-yard freestyle event in 44.07 for the gold.



Northeast-10 Co-Women's Swimming Athletes of the Week

Anne Kaduboski, Bentley (So., Dedham, Mass.) - At the New England Intercollegiate Swimming and Diving Association Championships, captured two golds (100 butterfly, 200 butterfly) and medaled in all seven events she swam (four relays, three individual). Won the 100 fly in a school and pool record 57.38 seconds, and the 200 fly in 2:05.28, a meet and pool record. Also set a school record of 1:00.37 during the opening leg of the 400 medley relay. Finished second in the 50 fly, and was part of two second-place relays (200 free, 800 free) and two thirds (200 medley, 400 medley). Scored 117 of a possible 130 points.



Kristen Frost, Southern Connecticut (Jr., Madison, Conn.) - Was named the Swimmer of the Metropolitan Championships this past weekend. Set a new Metropolitan Championships mark in the 200 IM, as her time of 2:03.99 was nearly two seconds better than her old mark set in last year's competition. Set a new record in the 400-yard IM, completing the heat in 4:18.32. In addition, she swam the 200-yard freestyle event in 1:50.48 for the victory.

Northeast-10 Men's Diving Athlete of the Week

No Nominations



Northeast-10 Women's Diving Athlete of the Week

Amanda Burden, Southern Connecticut (Fr., Orange, Conn.) - Posted a score of 403.40 in the one-meter event, defeating the old championship mark by nearly 100 points. Was selected the Metropolitan Championships Diver of the Competition for her efforts.



Northeast-10 Women's Freshman of the Week

Eileen Mullowney, Saint Michael's (Fr., Burlington, Vt.) - Recorded five top-three finishes - including two individual wins and five program records - at the NEISDA Championships. Won the 100-yard freestyle (53.09, breaking her own program record and winning by 1.54 seconds), and the 200-yard freestyle (1:53.90, lowering her own program record). Finished second in the 500-yard freestyle (5:15.54), and swam the anchor leg for the third-place 400-yard freestyle relay (3:45.66), and the 800-yard freestyle relay (8:15.66), helping set program records in both.



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Weekly Honor Roll:

Jill Capadanno, Assumption (Fr., Dracut, Mass.) - Scored 59.50 points at the NEISDA Championship, finished fourth in the 200-yard freestyle final with a time of 2:02.69. Finished seventh in the 200-yard butterfly final with a time of 2:19.36. Finished thirteenth in the 500-yard freestyle with a time of 5:35.52. Also competed in various relays helping her team to a ninth place finish in the 800-yard freestyle relay, a tenth place finish in the 400-yard freestyle relay, a fourteenth place finish in the 200-yard medley relay, and a fifteenth place finish in the 200-yard freestyle relay

Susie Boretti, Bentley (Fr., Westford, Mass.) - Was second on team in points during the New England Intercollegiate Swimming and Diving Association Championships, scoring a total of 98.5. Finished fifth in the 200 breaststroke (2:33.12) and was sixth in the 50 breast (32.57) and 100 breast (1:09.99). Also medaled in four different relays, including three seconds.

Molly Murphy, Bentley (Fr., Horseheads, N.Y.) - Earned a gold medal in the 100 yard individual medley during the New England Intercollegiate Swimming and Diving Association Championships, winning by 0.06 seconds with a time of 1:03.97. Was also 5th in the 50 breast (32.22) and 8th in the 100 breast (1:10.87), and part of Falcons' silver-medal winning 200 free relay team.

Kristen Thuerk, Bentley (Sr., Cheshire, Conn.) - During the New England Intercollegiate Swimming and Diving Association Championships, finished second in the 1000 free (11:06.41), third in the 200 butterfly (2:12.37) and fourth in the 500 free (5:19.55). Also medaled in three relays (two seconds, one third).

Emily Travers, Bentley (So., Brentwood, N.H.) - Finished third in the three-meter diving (355.50) and fourth in the one-meter diving (334.40) during the New England Intercollegiate Swimming and Diving Association Championships.

Katie O'Donnell, Le Moyne (Fr., Delmar, N.Y.) - Registered seven top-7 performances, including five top-4 finishes, to lead the Dolphins to a sixth-place finish at the 16-team UNYSCSA Championships. Finished in second place in the 100-yard backstroke with an NCAA 'B' cut and school record time of 58.23 seconds. Registered an NCAA 'B' cut and school record time of 2:05.92 in the 200-yard backstroke to finish in fourth place. Member of school record-setting 200-yard medley relay (1:49.68) and 400-yard medley relay (3:59.09, NCAA 'B' cut) teams that each finished in fourth place.

Past Men's Swimming Athlete of the Week:

10/14: Aaron Rocheleau, Southern Connecticut, So.
10/20: Jerry Dumary, Le Moyne, So.
10/27: Aaron Rocheleau, Southern Connecticut, So.
11/3: Jerry Dumary, Le Moyne, So.
11/10: Sam Laden, Bentley, Jr.
11/17: Ricky Chidsey, Le Moyne, Sr.
11/24: Ricky Chidsey, Le Moyne, Sr.
12/1: Aaron Rocheleau, Southern Connecticut, So.
12/8: Aaron Rocheleau, Southern Connecticut, So.
1/5: Ryan Brauer, Saint Rose, Fr.
1/12: Egen Ouellette, Bentley, So.
1/19: John Senkewich, Saint Rose, Sr.
1/26: Ricky Chidsey, Le Moyne, Sr.
2/2: Ryan Brauer, Saint Rose, Fr.
2/9: Jerry Dumary, Le Moyne, So.
2/16: Craig McClintock, Pace, Sr.

Past Women's Swimming Athlete of the Week

10/14: Kristen Frost, Southern Connecticut, Jr.
10/20: Meghan Nugent, Le Moyne, Sr.
10/27: Kristen Frost, Southern Connecticut, Jr.
11/3: Kristen Frost, Southern Connecticut, Jr.
11/10: Kristen Frost, Southern Connecticut, Jr.
11/17: Kristen Frost, Southern Connecticut, Jr.
11/24: Nicole Murphy, Le Moyne, Jr.
12/1: Kristen Frost, Southern Connecticut, Jr.
12/8: Kristen Frost, Southern Connecticut, Jr.
1/5: Anne Kaduboski, Bentley, So.
1/12: Anne Kaduboski, Bentley, So.
1/19: Kristen Frost, Southern Connecticut, Jr.
1/26: Anne Kaduboski, Bentley, So.
2/2: Katie O'Donnell, Le Moyne, Fr.
2/9: Katie O'Donnell, Le Moyne, Fr.

Past Men's Diving Athlete of the Week

10/14: Ryan Cutler, Southern Connecticut, Sr.
10/20: Zach Hisert, Le Moyne, Sr.
10/27: Jon Andrews, Bentley, So.
11/3: Jon Andrews, Bentley, So.
11/10: Zach Hisert, Le Moyne, Sr.
11/17: Zach Hisert, Le Moyne, Sr.
11/24: Jon Andrews, Bentley, So.
12/8: Jon Andrews, Bentley, So.
1/19: Jake Stamas, Saint Michael's, Jr.
1/26: Greg Simoneau, Southern Connecticut, So.
2/2: Jon Andrews, Bentley, So.
2/9: Zach Hisert, Le Moyne, Sr.



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Mary Walton, Le Moyne (Fr., Syracuse, N.Y.) - Registered an eighth-place finish with 284.40 points in the three-meter diving event to help the Dolphins to a sixth-place finish at the 16-team UNYSCSA Championships.

Katie Kelley, Saint Michael's (Fr., Jefferson, Mass.) - Recorded five top-five finishes, helping set two program records, at the NEISDA Championships. Finished second in the 50-yard backstroke (29.12), third in the 100-yard backstroke (1:02.99), and fifth in the 200-yard backstroke (2:21.63). Helped the team set program records while finishing third in both the 400-yard freestyle relay (3:45.66) and the 800-yard freestyle relay (8:15.66).

Tierney Carey, Saint Michael's (Sr., Newtown, Conn.) - Finished third out of 17 competitors in the one-meter dive at the NEISDA Championships. Totaled 358.45 points, more than 20 points higher than her preliminary score.

Ryan Brauer, Saint Rose (Fr., Clifton Park, N.Y.) - Established three school records along with a meet and national 'A' cut standard to help Saint Rose take fifth at the Metropolitan Conference Championships this past weekend. Swam a 4:38.84 in the 500-yard freestyle and registered a fourth place time of 1:54.39 to surpass his own school mark in the 200 butterfly. Then won the 400 individual medley behind a meet and school record time of 4:01.01. Additionally, was part of the 400 and 800 free relay squads that recorded fifth place performances along with the 400 medley relay quartet.

Jamie Hopper, Saint Rose (Sr., Kingston, N.Y.) - Broke her own school records on both the one and three-meter boards to help Saint Rose finish fifth at the Metropolitan Conference Championships this past weekend. Scored 293.27 points to place seventh in the latter and accumulated 247.85 points en route to an eighth place showing in the one-meter event.

Amy Lamparelli, Saint Rose (So., Burnt Hills, N.Y.) - Broke three individual school records and was part of four relay squads that accomplished that feat to help Saint Rose take fifth at the Metropolitan Conference Championships this past weekend. Was fourth in the 200-yard butterfly with a national 'B' cut time of 2:10.33. Was sixth in the 200 individual medley and seventh in the 100 butterfly in a school record time of 59.75. Was then part of school standards in the 200 and 400 medley relay along with the 200 and 800 free relay.

Caitlin Peterson, Saint Rose (Fr., Sherrill, N.Y.) - Established a pair of individual school records and was part of four relay squads that conquered school marks at the Metropolitan Conference Championships this past weekend. Swam a school record time of 1:59.10 in the 200-yard freestyle and also went 5:13.39 in the 500 free to better her own school mark. Was furthermore part of the 200, 400 and 800 free relay squads along with the 200 medley relay quartet that rewrote the Saint Rose record books.

Past Women's Diving Athlete of the Week

10/14: Amanda Burden, Southern Connecticut, Fr.
10/27: Cassandra Gentile, Pace, Fr.
11/3: Tierney Carey, Saint Michael's, Sr.
11/10: Amanda Burden, Southern Connecticut, Fr.
11/24: Tierney Carey, Saint Michael's, Sr.
12/8: Amanda Burden, Southern Connecticut, Fr.
1/5: Emily Travers, Bentley, So.
1/12: Tierney Carey, Saint Michael's, Sr.
1/19: Cassandra Gentile, Pace, Fr.
1/19: Tierney Carey, Saint Michael's, Sr.
1/26: Emily Travers, Bentley, So.
2/2: Emily Travers, Bentley, So.
2/9: Tierney Carey, Saint Michael's, Sr.

Past Men's Freshman of the Week

10/14: Jeremy Frey, Southern Connecticut
10/20: Mike Christine, Le Moyne
10/27: Drew Acquaviva, Le Moyne
10/27: Ryan Brauer, Saint Rose
11/3: Mike Christine, Le Moyne
11/10: Dan Healey, Saint Michael's
11/17: Mike Christine, Le Moyne
11/24: Ryan Brauer, Saint Rose
12/1: Austin Mizzell, Southern Connecticut
12/8: Ryan Brauer, Saint Rose
1/5: Ryan Brauer, Saint Rose
1/19: Ryan Brauer, Saint Rose
1/26: Mike Christine, Le Moyne
1/26: Ryan Brauer, Saint Rose
2/2: Ryan Brauer, Saint Rose
2/9: Drew Acquaviva, Le Moyne
2/16: William King, Pace

Past Women's Freshman of the Week

10/14: Jill Capadanno, Assumption
10/20: Katie O'Donnell, Le Moyne
10/27: Eileen Mallowney, Saint Michael's
11/3: Eileen Mallowney, Saint Michael's
11/10: Eileen Mallowney, Saint Michael's
11/17: Eileen Mallowney, Saint Michael's
11/24: Caitlin Peterson, Saint Rose
12/8: Amanda Burden, Southern Connecticut
1/5: Susie Boretti, Bentley
1/12: Eileen Mallowney, Saint Michael's
1/19: Caitlin Peterson, Saint Rose
1/26: Caitlin Peterson, Saint Rose
2/2: Katie O'Donnell, Le Moyne
2/9: Katie O'Donnell, Le Moyne

Weekly Notes:

BENTLEY: During the New England Intercollegiate Swimming and Diving Association Championships, Bentley set three school records, including two by sophomore Anne Kaduboski, and collected three gold medals. Kaduboski captured two of the three butterfly races, and freshman Molly Murphy was victorious in the 100 individual medley. As a team, Bentley finished second amongst 22 teams. Senior Kaitlin Chepeleff (Vernon, Conn.) won the Kay Fromer as the senior swimmer with the most career points in the meet.

SAINT MICHAEL'S: The women's swimming and diving team finished third out of 22 schools at the NEISDA Championships Friday-Sunday at UMass Dartmouth, the program's best finish at the event. Six program records were set at the meet. Freshman Eileen Mallowney lowered her own program records in the 100-yard freestyle (53.09), the 200-yard freestyle (1:53.90), and the 500-yard freestyle (5:15.54). The Purple Knights also set program records in the 400-yard freestyle relay (3:45.66), the 800-yard freestyle relay (8:15.66), and the 400-yard medley relay (4:20.02).