



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

SWIMMING & DIVING

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2008-09 NE-10 Swimming & Diving • Regular Season Release  
November 17, 2008 • For Immediate Release

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## Northeast-10 Swimming & Diving Report through November 16, 2008



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

**Ricky Chidsey, Le Moyne** (Sr., Liverpool, N.Y.) - Won two individual events and was a member of two winning relays to lead Le Moyne to a 163-107 win at Nazareth. Won the 100 back in 59.26 seconds and the 200-yard backstroke in a pool-record time of 2:10.26. Combined for wins as part of the 200-yard medley relay team (1:51.46) and the 200-yard freestyle relay team (1:41.63).



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

**Kristen Frost, Southern Connecticut** (Jr., Madison, Conn.) - Won the 200 yard freestyle (1:50.50), the 100 yard butterfly (57.86) and the 100 yard freestyle (53.10) in a meet victory over C.W. Post.



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

**Zach Hisert, Le Moyne** (Sr., Amsterdam, N.Y.) - Tallied 204.05 points to win the one-meter diving event in the 163-107 win at Nazareth.

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

No Nominations



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

**Mike Christine, Le Moyne** (Fr., Clifton Park, N.Y.) - Won an individual event and was a member of two winning relays to lead Le Moyne to a 163-107 win at Nazareth. Won the 100-yard butterfly in 1:00.61 and combined for wins as part of the 200-yard medley relay team (1:51.46) and the 200-yard freestyle relay team (1:41.63).



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

**Eileen Mallowney, Saint Michael's** (Fr., Burlington, Vt.) - Won two individual races in a dual meet at Skidmore. Took the 200-yard freestyle (2:00.23, winning by nearly five seconds) and the 100-yard freestyle (55.05, just .17 seconds shy of her program record).



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## Weekly Honor Roll:

**Jill Capadanno, Assumption** (Fr., Dracut, Mass.) – At the UMass Dartmouth Invitational, finished first in the 200-yard freestyle with a time of 2:06.54, in the 100-yard freestyle with a time of 58.70, in the 500-yard freestyle with a time of 5:47.57 and in the 200-yard freestyle relay with a time of 1:50.40. In addition to four first place finishes she also added a third place finish in the 100-yard butterfly with a time of 1:07.30 and a fifth place finish in the 400-yard medley relay that finished with a time of 4:34.48.

**Katie O'Donnell, Le Moyne** (Fr., Delmar, N.Y.) - Won three individual events and was a member of a winning relay to lead Le Moyne to a 162-138 win at Nazareth. Won the 200-yard freestyle in 2:14.49, the 400-yard freestyle in 4:38.48 and the 200-yard IM in 2:29.41. Combined for a win as part of the 200-yard medley relay team in a time of 2:07.80.

**Seth Brown, Saint Michael's** (Sr., Gorham, Maine) - Won an individual race, and swam the anchor leg of a winning relay team, in a dual-meet victory at Skidmore. Took the 50-yard freestyle (24.26, winning by just .01 seconds), and helped the team win the 400-yard medley relay in 4:03.05 (a seven-second victory).

**Aidan Warhall, Saint Michael's** (So., New Haven, Conn.) - Won two individual races in a dual-meet victory at Skidmore. Took the 400-yard individual medley (4:41.32, winning by more than 14 seconds) and the 200-yard butterfly (2:09.22, winning by more than seven seconds).

**Emily Sundel, Southern Connecticut** (Jr., West Hartford, Conn.) - Took home a first place finish in a meet win versus C.W. Post. Swam the 1650 yard freestyle in 17:23.58 qualifying for the NCAA Division II Standard-A. In addition, finished second in the 500 yard freestyle race with a time of 5:18.35.

### 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.

### 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.

### 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.

### 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.

### 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

### Past Women's Freshman of the Week

10/14: Jill Capadanno, Assumption  
10/20: Katie O'Donnell, Le Moyne  
10/27: Eileen Mullowney, Saint Michael's  
11/3: Eileen Mullowney, Saint Michael's  
11/10: Eileen Mullowney, Saint Michael's