

Women's Swimming & Diving (for the week ending December 14, 2008)

Division I

Swimmer of the Week

Michelle Yoshida – Fairfield University Freshman, Kaneohe, Hawaii

Yoshida won three events and set one record at the Harold Anderson Invitational, hosted by the University of Rhode Island. She broke the school record in the 100 backstroke with a time of 1:00.15, a record that stood since 1999. In the 50 freestyle, she posted a winning time of 24.36 and won the 100 freestyle in 53.36.

Diver of the Week

Amanda Burke – Rider University Junior, Churchville, Pa.

Burke competed at the Big Al Open at Princeton University. She won the one-meter dive with a personal best score of 302.45, while finishing second in the three-meter dive with a score of 313.55.

Division III

Swimmer of the Week

Grace McKay – William Paterson University Senior, Fair Lawn, N.J.

McKay helped the Pioneers extend their dual-meet winning streak to nine with wins over Hunter and Division II Adelphi. She won both events against Hunter, with times of 25.97 in the 50 freestyle and 1:01.78 in the 100 freestyle. McKay notched four victories against Adelphi, placing first in the 200 freestyle (2:03.51) and the 200 backstroke (2:18.01). The senior was part of the 200 medley relay and 200 freestyle relay that posted winning times of 1:57.29 and 1:49.12, respectively.

Diver of the Week

**Kelly Sponholz – SUNY Fredonia
Senior, Alden N.Y.**

Sponholz set pool records in the one-meter and three-meter dives at Gannon. She posted a score of 247 on the one-meter board and 283.5 on the three-meter board.