



# SCC News

Official Newsletter of the Southern Connecticut Conference

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## From the Desk of the Commissioner

Happy Holidays everyone! Welcome to the 25th year of the SCC!

Many thanks to our league administrators for their continued commitment to our conference. Thank you to our students, coaches, fans and media who participate in and support our league events.

Special thanks to our league's corporate sponsors and partners, who provide great support to the SCC through their financial generosity.

To commemorate our 25th year, plans are in place to hold a celebration "clam bake" on Monday, June 10 at Anthony's Ocean

View in New Haven. More information will be available on our website in the coming months. I look forward to the event.

In the meanwhile, there is a lot to be proud of, both in and around the SCC, so be sure to follow us on Instagram, Facebook and Twitter @SCCcommissioner and visit our website at [www.southernconnecticutconference.org](http://www.southernconnecticutconference.org).

Here's to a safe and enjoyable new calendar year!

## SCC Excels in the CTHSFB Alliance

The SCC excelled in the Connecticut High School Football Alliance games that were scheduled with the South-West Conference and Eastern Connecticut Conference during the 2018 regular-season.

SCC teams went 21-11 (.656 winning percentage), including an 8-4 record versus teams from the ECC; and 13-7 record versus teams from the SWC.

The Alliance will expand in 2019 with teams from the FCIAC and CCC being included.



## Thanks to our Corporate Sponsors



We Serve



# 2018 Fall Sports Recap

## Boys/Girls Cross Country

**Championship Meet - Oct. 19 – East Shore Park, New Haven, presented by SoundRUNNER**

**Boys Team Results:** 1. Xavier, 33; 2. Shelton, 66; 3. Wilbur Cross, 86; 4. Amity Regional, 117; 5. Cheshire, 172; 6. Guilford, 189; 7. Fairfield Prep, 196; 8. Daniel Hand, 204; 9. Hamden, 258; 10. Notre Dame, 272; 11. Sheehan, 297; 12. Jonathan Law, 352; 13. Lyman Hall, 366; 14. North Haven, 411; 15. Branford, 420; 16. West Haven, 490; 17. Hillhouse, 523; 18. Foran, 542; 19. East Haven, 605

Boys Winner: Robert Dillon (Shelton), 16:05

**Girls Team Results:** 1. Guilford, 62; 2. Amity Regional, 88; 3. Cheshire, 102; 4. Daniel Hand, 140; 5. Hamden, 144; 6. Wilbur Cross, 215; 7. Shelton, 216; 8. Mercy, 231; 9. Jonathan Law, 247; 10. Sheehan, 258; 11. Foran, 264; 12. Luralton Hall, 296; 13. Lyman Hall, 329; 14. Branford, 334; 15. Sacred Heart Academy, 338; 16. North Haven, 439; 17. West Haven, 530; 18. East Haven, 539

Girls Winner: Meredith Bloss (Guilford), 19:19

## Girls Swimming

**Championship Meet – Nov. 1@Southern Connecticut State University**

**Final Team Results:** 1. Cheshire, 1489; 2. Luralton Hall, 881; 3. Amity Regional, 875.50; 4. Daniel Hand, 741; 5. North Haven, 682.5; 6. Lyman Hall, 510; 7. Mercy, 392; 8. Hamden,

389; 9. Shelton, 375; 10. Jonathan Law, 356; 11. Foran, 340; 12. Sheehan, 307; 13. East Haven/Wilbur Cross, 291; 14. Branford, 274; 15. Guilford, 249; 16. Sacred Heart Academy, 219; 17. West Haven, 213

## Girls Volleyball

### **Division Champions**

Hammonasset: Cheshire (8-0)

Housatonic: Amity Regional (8-0)

Oronoque: Guilford (8-0)

Quinnipiac: Hamden (7-1)

### **First Round – Oct. 26 @Higher Seeds**

#3 Amity Regional 3, #14 Sacred Heart Academy 0 (25-18, 25-13, 25-18)

#4 Guilford 3, #13 Daniel Hand 0 (27-25, 25-21, 25-22)

#5 North Haven 3, #12 West Haven 0 (25-13, 25-21, 25-18)

#6 East Haven 3, #11 Luralton Hall 0 (25-7, 25-20, 25-16) (Oct. 27)

#10 Hamden 3, #7 Jonathan Law 2 (25-18, 23-25, 25-21, 21-25, 15-10) (Oct. 27)

#9 Lyman Hall 3, #8 Wilbur Cross 2 (25-16, 25-19, 20-25, 23-25, 15-12).

### **Quarterfinals – Oct. 30 @Higher Seeds**

#1 Cheshire 3, #9 Lyman Hall 0 (25-15, 25-14, 25-14)

#4 Guilford 3, #5 North Haven 0 (25-20, 25-12, 25-18)

#2 Shelton 3, #10 Hamden 1 (25-23, 23-25, 26-24, 25-18)

#3 Amity Regional 3, #6 East Haven 0 (25-15, 25-14, 25-15)

### **Semifinals – Nov. 1 @Higher Seeds**

#1 Cheshire 3, #4 Guilford (25-19, 23-25, 25-17, 25-19)

#3 Amity Regional 3, #2 Shelton 1 (25-20, 23-25, 25-18, 25-18)

### **Championship Game – Nov. 3 @East Haven HS**

Cheshire 3, Amity Regional 2 (22-25, 21-25, 25-20, 25-21, 15-12)

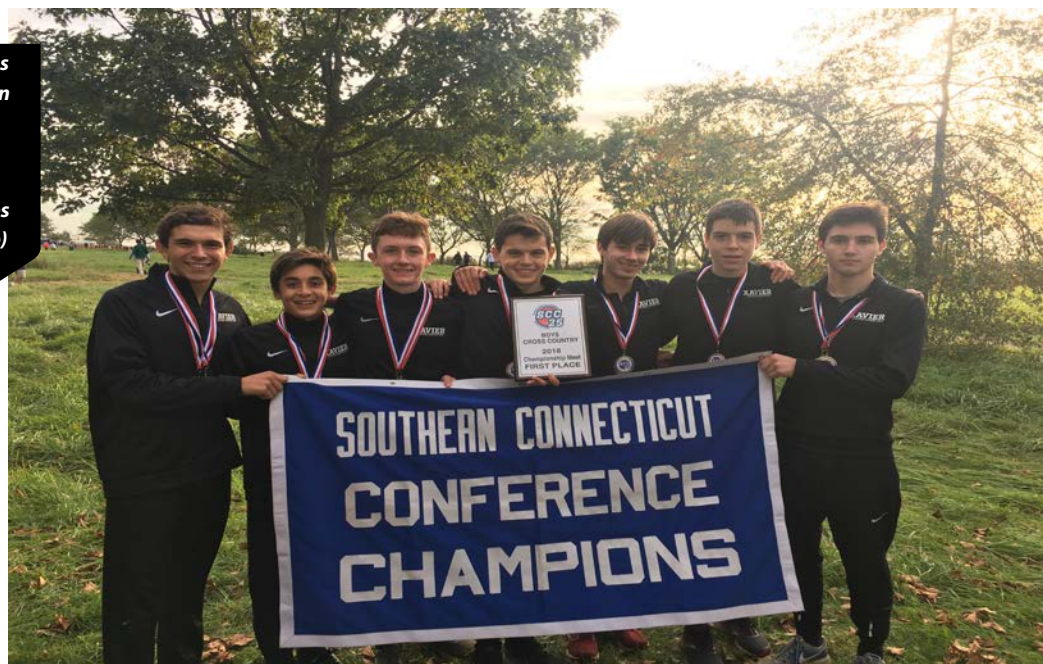
soundRUNNER

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Guilford won its first SCC field hockey title in 2018, defeating Cheshire, 3-1, on Nov. 3. The Indians proceeded to capture the Class M state title and finished 19-2-1 under head coach Kitty Palmer. (Steady Photography photo)

*Xavier repeated as SCC Cross Country champions and then won the Class L and State Open titles. The Falcons also finished third at the New England championships (Steady Photography photo)*



## Field Hockey

**Regular-season champion:**  
Cheshire (12-0)

### **Quarterfinals - Oct. 26@Higher Seeds**

#1 Cheshire 6, #8 Lauralton Hall 0  
#5 Branford 3, #4 Amity Regional 2  
#2 Guilford 4, #7 Sacred Heart Academy 0  
#3 Daniel Hand 3, #6 Hamden 0

### **Semifinals - Oct. 30 @Higher Seeds**

#2 Guilford 2, #3 Daniel Hand 0  
#1 Cheshire 5, #5 Branford 0

### **Championship Game - Nov. 3 @**

#### **Guilford HS**

Guilford 3, Cheshire 1

## Boys Soccer

### **Division Champions**

Hammonasset: Shelton (7-1)  
Housatonic: Xavier (7-0-1)  
Oronoque: Cheshire (7-0-1)  
Quinnipiac: Guilford (4-0-2)

### **Quarterfinals – Oct. 26@Higher Seeds**

#1 Xavier 2, #8 Guilford 1  
#4 Branford 1, #5 Cheshire 0 (OT) (Oct. 28)  
#2 Fairfield Prep 2, #7 Amity Regional 0 (Oct. 28)  
#6 Shelton 1, #3 Daniel Hand 0 (2 OT) (Oct. 28)

### **Semifinals – Oct. 30 @Higher Seeds**

#1 Xavier 1, #4 Branford 0  
#2 Fairfield Prep 3, #6 Shelton 0

### **Championship Game – Nov. 1 @West**

### **Haven HS**

Fairfield Prep 1, Xavier 0

## Girls Soccer

### **Division Champions**

Hammonasset: Guilford (5-0-3)  
Housatonic: Shelton (8-0)  
Oronoque: Amity Regional (7-0-1)  
Quinnipiac: Mercy (5-0-1)

### **Quarterfinals – Oct. 27 @Higher Seeds**

#1 Mercy 2, #8 Guilford 1  
#4 Lauralton Hall 2, #5 Sacred Heart Academy 0  
#2 Shelton 3, #7 Cheshire 2 (OT)  
#3 Amity Regional 2, #6 Daniel Hand 1

### **Semifinals - Oct. 30 @Higher Seeds**

#1 Mercy 4, #4 Lauralton Hall 0  
#2 Shelton 1, #3 Amity Regional 0

### **Championship Game - Nov. 1 @West**

#### **Haven HS**

Shelton 0, Mercy 0 (Shelton wins 3-2 via penalty kicks)

## Football

*There were no official "tier champions" due to imbalanced schedules, but here are the top teams in each tier*

**Tier 1:** Shelton (6-0), Fairfield Prep (5-1), North Haven (3-2)

**Tier 2:** Daniel Hand (5-0), Amity Regional (4-1), Hillhouse (3-3)

**Tier 3:** Sheehan (6-0), Jonathan Law (4-1), Guilford (3-2)

## 2018 Fall SCC Playoff Champions

**Girls Cross Country:** Guilford  
**Boys Cross Country:** Xavier  
**Field Hockey:** Guilford  
**Girls Soccer:** Shelton  
**Boys Soccer:** Fairfield Prep  
**Girls Swimming:** Cheshire  
**Girls Volleyball:** Cheshire

## 2018 Fall SCC Playoff Runner-ups

**Girls Cross Country:** Cheshire  
**Boys Cross Country:** Shelton  
**Field Hockey:** Cheshire  
**Girls Soccer:** Mercy  
**Boys Soccer:** Xavier  
**Girls Swimming:** Lauralton Hall  
**Girls Volleyball:** Amity Regional





**Tigers, Tigers, Tigers!**

*Daniel Hand captured three state titles in the fall season -- Class M girls swimming, Class L boys soccer and Class L football. It was the boys soccer team's third straight state title. The Hand football squad won its second straight state title.*



# SCC Teams Capture Eight State Championships in the 2018 Fall Season

## STATE CHAMPIONS

### **FALL (8)**

**Daniel Hand, Class L Boys Soccer** - defeated Maloney, 1-0

**Daniel Hand, Class L Football** – defeated Maloney, 54-14

**Amity Regional, Class LL girls volleyball** – defeated Darien, 3-1 (27-25, 26-24, 22-25, 25-22)

**Guilford, Class M Field Hockey** - defeated Sacred Heart Academy, 3-1

**Daniel Hand, Class M Girls Swimming**

**Cheshire, Class L Girls Swimming**

**Xavier, Class L & State Open Boys Cross Country**

## STATE RUNNER-UPS

### **FALL (6)**

**Sacred Heart Academy, Class M field hockey** - lost to Guilford, 3-1

**Cheshire, Class L field hockey** - lost to Staples, 2-0

**Guilford girls cross country (Class L)**

**North Haven girls swimming (Class M)**

**Lauralton Hall girls swimming (Class S)**

**Cheshire girls swimming (State Open)**

# 453

SCC member school teams have won 453 state championships since 1994-95.

## IT'S ALL ACADEMIC

Since 1994, Hillhouse has won the most state titles of any SCC member school with 63. Cheshire is second with 61, while Daniel Hand is third (48) and Amity Regional fourth (45).





COS NOW is a walk-in service provided by Connecticut Orthopaedic Specialists, a league corporate sponsor.

Injuries happen, let COS NOW treat you quickly without the ER's long waits and high rates. Get immediate care for any sprain, strain or fracture with direct access to more than 20 Connecticut Orthopaedic Specialists.

COS NOW has three locations in Branford, Hamden and Orange. Visit them at [www.ct-ortho.com](http://www.ct-ortho.com)



Cheshire's Sue Bavone and Amity Regional's Abby Harbinson were the 2018 Girls Volleyball Coach and Player of the Year (Steady Photography photo)

## COS NOW/SCC 2018 Fall Player/Coaches of the Year

### FALL PLAYERS OF THE YEAR

- Boys Soccer** – Axel Whamond, Fairfield Prep
- Girls Soccer** – Audrey Marin, Amity Regional
- Girls Volleyball** – Abby Harbinson, Amity Regional
- Field Hockey** – Mikalya Crowley, Cheshire
- Boys Cross Country** – Robert Dillon, Shelton
- Girls Cross Country** – Meredith Bloss, Guilford
- Girls Swimming, Div. I** – Angela Gambardella, North Haven
- Girls Swimming, Div. II** – Emma Panaroni, Hamden
- Football, Tier 1** – Jake Roberts, Shelton
- Football, Tier 2** – Phoenix Billings, Daniel Hand
- Football, Tier 3** – Terrence Bogan, Sheehan

### FALL COACHES OF THE YEAR

- Boys Soccer** – Brian Fitzgerald, Xavier
- Girls Soccer** – Marcus Harley, Mercy
- Girls Volleyball** – Sue Bavone, Cheshire
- Field Hockey** – Sara Hale, Amity Regional
- Boys Cross Country** – Travis Gale, Wilbur Cross
- Girls Cross Country** – Jim Ford, Guilford
- Girls Swimming, Div. I** – Todd Rainey, Amity Regional
- Girls Swimming, Div. II** – Molly Anderson, Jonathan Law
- Football, Tier 1** – Keith Hellstern, Fairfield Prep
- Football, Tier 2** – Dave Mastroianni, Daniel Hand
- Football, Tier 3** – Scott Benoit, East Haven



The 2018 SCC Football Players of the Year: Terrence Bogan, Sheehan; Phoenix Billings, Daniel Hand; Jake Roberts, Shelton (Bill O'Brien photo)

## Winter Playoff Schedules

Please note: all times/dates subject to change

### Boys/Girls Indoor Track

Boys Developmental - Mon., Jan. 7 – 5 p.m.  
Girls Developmental - Tues., Jan. 8 – 5 p.m.  
Novice Meet - Tues., Jan. 15 – 3:45 p.m.  
EAST Sectional - Tues., Jan. 22 – 4:30 p.m.  
WEST Sectional - Wed., Jan. 23 – 4:30 p.m.  
Championship Meet - Fri., Feb. 1 – 4 p.m.

### Cheerleading Competition

Sat., Feb. 2 @North Haven HS – time TBA

### Gymnastics Championship Meet

Thurs., Feb. 7 @Jonathan Law HS – 5 p.m.

### Wrestling Championship Meet

Sat., Feb. 9 @Jonathan Law HS – 9 a.m.

### Girls Basketball

First Round – Thurs., Feb. 14 @Higher Seeds  
Quarterfinals – Sat., Feb. 16 @Sheehan HS – 11 a.m., 12:45 p.m., 2:15 p.m., 4 p.m.  
Semifinals – Mon., Feb. 18 @Jonathan Law HS – 6 and 7:30 p.m.  
Championship – Wed., Feb. 20 @Hamden HS – 7 p.m.

### Boys Basketball

First Round – Thurs., Feb. 21 @Higher Seeds  
Quarterfinals – Sat., Feb. 23 @Branford HS – 11 a.m., 12:45 p.m., 2:15 p.m., 4 p.m.  
Semifinals – Mon., Feb. 25 @Floyd Little Athletic Center – 6 and 7:30 p.m.  
Championship – Wed., Feb. 27 @Floyd Little Athletic Center – 7 p.m.

### Boys Ice Hockey

Div. I championship – Friday, March 1 @ Bennett Rink – 6 p.m.  
Div. II Semifinals – Thurs., Feb. 27 @Bennett Rink – 5:30/7:30 p.m.  
Div. II Championship – Sat., March 2 @ Bennett Rink – 4 p.m.  
Div. III Semifinals – Wed., Feb. 27 @TBA – times TBA  
Div. III Championship – Fri., March 1 @ Bennett Rink – 8 p.m.

### Girls Ice Hockey (North and South)

Semifinals - Mon., Feb. 18 @Higher Seeds  
North Championship – Fri., Feb. 22 @Trinity College – time TBA  
South Championship – Fri., Feb. 22 @Bennett Rink – time TBA

### Boys Swimming

Diving – Sat., Feb. 23 @Sheehan HS  
Championship Meet – Wed., Feb. 27 @ SCSU – 6 p.m.

## Great Blue Research is new Sponsor of SCC Scholar Athlete Recognition Program

**Great Blue Research** is the new presenting sponsor of the SCC Scholar Athlete Recognition program.

*The Scholar Athlete recognition program recognizes the “best of the best” in the SCC. Recipients are selected by their school’s coaches and athletic directors. Recipients must have a minimum of a B (3.0) average overall and be a varsity letterwinner. The recipients should also demonstrate leadership qualities by: being a positive role model for other students both on and off the field; exhibiting an ability to help a teammate overcome adversity; showing a commitment to self-improvement; and putting the needs of the team before themselves.*

Based in Cromwell, Conn., **Great Blue Research Inc.** is a full-service, in-house Market & Public Policy Research company utilizing a variety of methodologies, including telephone, email, web-based surveys, focus groups, and one-on-one interviews.



### Here are the 2018 fall season recipients:

**Amity Regional** - Danielle Grosso (soccer), Anthony Tom (cross country)  
**Branford** - Praneeth Ganedi (soccer), Serena Sachs (swimming)  
**Career** - David Vallejo (soccer), Pierrette Toupou (volleyball)  
**Cheshire** - Mikayla Crowley (field hockey), Richmond Le (cross country)  
**Daniel Hand** - Lee Wildermann (soccer), Isabella Vitale (Volleyball)  
**East Haven** - Michael Castellano (football), Megan Roberts (volleyball)  
**Fairfield Prep** - Campbell Halloran (football), Eddie Tristine (cross country)  
**Foran** - Max Tavitian (football), Tessa Malesky (soccer)  
**Guilford** - Maeve Grattan (soccer), Braden Stephens (soccer)  
**Hamden** - Gabriella Mignosa (soccer), Christopher Wallace (football)  
**Hillhouse** - Ezakah Artis (football), Teyana Scott (volleyball)  
**Jonathan Law** - Abigail Bernstein (soccer), Tyler McKenna-Hansen (cross country)  
**Lauralton Hall** - Leah Cogguillo (field hockey), Katherine Connolly (swimming)  
**Lyman Hall** - Meredith DeNegris (field hockey), Luke Horobin (cross country)  
**Mercy** - Quincy Platt (soccer), Sarah San Vicente (swimming)  
**North Haven** - Katie Rogers (soccer), Jackson Frank (cross country)  
**Notre Dame** - Brian Locicero (cross country), Kamron Bell (football)  
**Sacred Heart Academy** - Stephanie Sullivan (cross country)  
**Sheehan** - Mark Amodio (soccer), Sydney Carim (cross country)  
**Shelton** - Anna Weissenberg (cross Country), Emma Parkes (swimming)  
**West Haven** - Joseph Delgado (tennis), Julia Walker (soccer)  
**Wilbur Cross** - Michael Tramontano (cross country), Teadora Ranelli (soccer)  
**Xavier** - Ryan Grochowski (cross country), Christian Wade (soccer)