



Southern Connecticut Conference Fall Sports Notebook

*Fall 2020, Edition 6
(November 9-November 15, 2020)*

THANK YOU TO ALL THE SCC PRINCIPALS, ATHLETIC DIRECTORS, COACHES, STUDENT-ATHLETES, PARENTS, AND MEDIA MEMBERS FOR YOUR COOPERATION AND PATIENCE FOR OUR FALL SPORTS SEASON.

WE ARE EXTREMELY GRATEFUL THAT WE COULD PROVIDE AN OPPORTUNITY FOR THESE SEASONS TO BE PLAYED. WE ARE INCREDIBLY PROUD THAT 94.5% OF ALL OUR GAMES WERE PLAYED AND WE WERE ABLE TO SUCCESSFULLY CONCLUDE THE FALL SEASON WITH A TOURNAMENT EXPERIENCE FOR ALL TEAMS.

Welcome to the sixth and final notebook of the Fall 2020 sports season. Our goal with this weekly communication is to highlight some of the best individual and team performances from each of the five sports being played this fall - cross country, field hockey, soccer, swimming, and volleyball - as well as inform you of other important league information.

This edition includes contests and news from Monday, November 9 through Sunday, November 15. The goal will be to publish this notebook each Tuesday through the league playoffs. The top five performances of the week are highlighted at the end of the column.

SCC CHAMPIONSHIP NOTEBOOK

The SCC crowned 24 champions over the past two weeks in the following five sports - boys and girls cross country, field hockey, boys and girls soccer, girls swimming, and volleyball. You can catch up on all the details and read about each championship game via recaps linked in this newsletter in this Notebook.

Guilford led the way with six championships in boys cross country, girls cross country, field hockey, girls soccer, girls swimming, and girls volleyball.

Five schools claimed two titles each - Amity, Cheshire, Shelton, West Haven, and Xavier.

Each sport contains the following information:

- Brief detailed information on the SCC postseason experience;

- Links to championship game recaps;
- Most Outstanding Player of each Championship Experience;
- Player/Coach of Year Recognition;
- Link to All-Conference recipients.

Cross Country (Boys/Girls)

The SCC cross country season culminated with a day-long race schedule featuring eight races (one from each of the four divisions with separate races for boys and girls) on November 5, 2020 at East Shore Park. The overall winner on the boys' side was Xavier, while Guilford claimed the overall title on the girls' side.

The boy's division winners were: Xavier, West Haven, Shelton, and Guilford.
The girl's division winners were: Guilford, Amity, SHA, and Hamden.

To read who won the individual boys and girls titles, information on each race held that day, and a listing of the team finish and top 24 individual runners, please click here -

[2020 Boys Cross Country Recap](#) - Xavier Claims Team Title

[2020 Girls Cross Country Recap](#) - Guilford Claims Team Title

2020 Connecticut Orthopaedic Boys Cross Country Players of the Year

- Boys Cross Country (Div. A) – Tanner Updyke (Guilford)
- Boys Cross Country (Div. B) – Mason Beaudette (Amity Regional)
- Boys Cross Country (Div. C) – Nikita Omelchenko (Wilbur Cross)
- Boys Cross Country (Div. D) – Eamon Burke (Xavier)

2020 Connecticut Orthopaedic Boys Cross Country Coaches of the Year

- Boys Cross Country (Div. A) – Jon Rivera (Guilford)
- Boys Cross Country (Div. B) – Mike Gambardella (Shelton)
- Boys Cross Country (Div. C) – Bill McDermott (West Haven)
- Boys Cross Country (Div. D) – Chris Stonier (Xavier)

2020 Connecticut Orthopaedic Girls Cross Country Players of the Year

- Girls Cross Country (Div. A) – Anna Steffen (Daniel Hand)
- Girls Cross Country (Div. B) – Nell Grant (Amity Regional)
- Girls Cross Country (Div. C) – Julia Cannon (Sacred Heart Academy)
- Girls Cross Country (Div. D) – Elisabeth Brown (Sheehan)

2020 Connecticut Orthopaedic Girls Cross Country Coaches of the Year

- Girls Cross Country (Div. A) – Jim Ford (Guilford)
- Girls Cross Country (Div. B) – Sean Mahon (Amity Regional)
- Girls Cross Country (Div. C) – Pat Redding (Sacred Heart Academy)
- Girls Cross Country (Div. D) – Mike Migliore (Hamden)

2020 All-SCC Cross Country All-Conference Recognition

You can see the list of the student-athletes selected to the All-Conference Team by clicking the link above.

Field Hockey

The SCC conducted two field hockey division tournaments this fall. Guilford was the Division A winner, while Luralton Hall emerged victorious in Division B. To read about each championship game, please click below.

2020 Division A Field Hockey Recap - Guilford 5, Cheshire 1

Most Outstanding Player - Hannah Tillier (Guilford)

2020 Division B Field Hockey Recap - Luralton Hall 2, Amity 1

Most Outstanding Player - Brianna Firgeleski (Luralton Hall)

2020 Connecticut Orthopaedic Field Hockey Players of the Year

- *Field Hockey (Div. A) – Hannah Tillier (Guilford)*
- *Field Hockey (Div. B) – Jianna Cohrs (Sacred Heart Academy), Payton Rahn (Amity Regional)*

2020 Connecticut Orthopaedic Field Hockey Coaches of the Year

- Field Hockey (Div. A) – Eileen Wildermann (Cheshire)
- Field Hockey (Div. B) – Jackie DeFrancesco (Sacred Heart Academy)

2020 All-SCC Field Hockey All-Conference Recognition

You can see the list of the student-athletes selected to the All-Conference Team by clicking the link above.

Soccer (Boys/Girls)

The SCC conducted three boys and three girls soccer division tournaments this fall. Xavier, Hand, and West Haven were victorious on the boys' side. Meanwhile, Mercy, Guilford, and Shelton were the winners in the girls' divisions. To read about each championship game, please click below.

2020 Division A Boys Soccer Recap - Xavier 2, Cheshire 1

Most Outstanding Player - Spencer Misenti (Xavier)

2020 Division B Boys Soccer Recap - Hand 3, Guilford 1

Most Outstanding Player - Scott Testori (Hand)

2020 Division C Boys Soccer Recap - West Haven 2, Foran 1

Most Outstanding Player - Aldo Barragan (West Haven)

2020 Division A Girls Soccer Recap - Mercy 1, Cheshire 0

Most Outstanding Player - Melina Ford (Mercy)

2020 Division B Girls Soccer Recap - Guilford 1, Branford 0 (OT)

Most Outstanding Player - Moira Kellaheer (Guilford)

2020 Division C Girls Soccer Recap - Shelton 5, Foran 0

Most Outstanding Player - Noelle Garretson (Shelton)

2020 Connecticut Orthopaedic Boys Soccer Players of the Year

- Boys Soccer (Div. A) – Jason Salley (Xavier)
- Boys Soccer (Div. B) – Scott Testori (Daniel Hand)
- Boys Soccer (Div. C) – Aldo Barrigan (West Haven)

2020 Connecticut Orthopaedic Girls Soccer Players of the Year

- Girls Soccer (Div. A) – Gabby Tirado (Cheshire)
- Girls Soccer (Div. B) – Moira Kellaheer (Guilford)
- Girls Soccer (Div. C) – Audrey Marin (Amity Regional)

2020 Connecticut Orthopaedic Boys Soccer Coaches of the Year

- Boys Soccer (Div. A) – Brian Fitzgerald (Xavier)
- Boys Soccer (Div. B) – Greg Cumpstone (Daniel Hand)
- Boys Soccer (Div. C) – Rick DiStefano (Foran)

2020 Connecticut Orthopaedic Girls Soccer Coaches of the Year

- Girls Soccer (Div. A) – Marcus Harley (Mercy)
- Girls Soccer (Div. B) – Jake Hackett (East Haven)
- Girls Soccer (Div. C) – Peter Trenchard (West Haven)

2020 All-SCC Soccer (Boys and Girls) All-Conference Recognition

You can see the list of the student-athletes selected to the All-Conference Team by clicking the link above.

Swimming/Diving

The SCC held a virtual swim meet to conclude the 2020 swim season. Each team scheduled a time on their own to compete. The times were then sent in and compiled to declare an overall champion as well as a Division I and Division II winner. For the ninth straight year and 26th of the last 27 years, the Cheshire Rams swam their way to glory winning the 2020 SCC Girls Swimming and Diving Championship. Cheshire also won the Division I virtual meet, while Guilford won the Division II virtual meet. To read about each championship game, please click below.

[2020 Overall Swimming/Diving Recap - Cheshire Wins Overall Title](#)
Most Outstanding Player - Sophie Murphy (Cheshire)

[2020 Division I Swimming/Diving Recap - Cheshire Wins Division I Title](#)

[2020 Division II Swimming/Diving Recap - Guilford Wins Division II Title](#)

2020 Connecticut Orthopaedic Swimming/Diving Players of the Year

- Girls Swimming (Div. 1) – Maddie Bergin (North Haven)
- Girls Swimming (Div. 2) – Norah Rome (East Haven)

2020 Connecticut Orthopaedic Swimming/Diving Coaches of the Year

- Girls Swimming (Div. 1) – Dave Modzelewski (Cheshire)
- Girls Swimming (Div. 2) – Donna Neary (Lyman Hall)

[2020 All-SCC Swimming/Diving All-Conference Recognition](#)

You can see the list of the student-athletes selected to the All-Conference Team by clicking the link above.

Volleyball

The SCC held three division tournaments to conclude the volleyball season. Amity, Cheshire, and Guilford emerged victorious in their respective divisions. To read about each championship game, please click below.

[2020 Division A Volleyball Recap - Amity 3, Shelton 1](#)
Most Outstanding Player - Zoe DiZenzo (Amity)

[2020 Division B Volleyball Recap - Cheshire 3, North Haven 0](#)
Most Outstanding Player - Sarah Holley (Cheshire)

2020 Division C Volleyball Recap - Guilford 3, East Haven 0
Most Outstanding Player - Emma Appleman (Guilford)

2020 Connecticut Orthopaedic Volleyball Players of the Year

- Girls Volleyball (Div. A) - Zoe Dizenzo (Amity Regional)
- Girls Volleyball (Div. B) - Sarah Holley (Cheshire)
- Girls Volleyball (Div. C) - Emma Appleman (Guilford)

2020 Connecticut Orthopaedic Volleyball Coaches of the Year

- Girls Volleyball (Div. A) – Seth Davis (Amity Regional)
- Girls Volleyball (Div. B) – Sue Bavone (Cheshire)
- Girls Volleyball (Div. C) – Laura Anastasio (Guilford)

2020 All-SCC Volleyball All-Conference Recognition

You can see the list of the student-athletes selected to the All-Conference Team by clicking the link above.

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