

SCC News

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Official Newsletter of the Southern Connecticut Conference

From the Commissioner's Desk

It was another fine year for the "best" high school conference in the state. There are many things to be proud of – and many of these successes fit nicely with the three core ideals – *academics, sportsmanship* and *leadership* - this conference was founded 15 years ago. I congratulate all of our member schools for their commitment towards these ideals.

Many thanks to our administrators (principals, assistant principals, athletic directors and coaches) from our member schools whose enthusiasm and vision help drive this league. Your ideas, interest and support are always appreciated!

Special thanks to Judy Gallagher (Cheshire HS) who served as the league's President for the last two years. Judy worked so hard she decided to retire from her real job – thank you and best wishes Judy! Also, many thanks to Tony Jaskot (Xavier HS) who served ably as the league's Athletic Director Chairperson this year.

Looking forward, the league is well positioned to maintain the success it has achieved in its first 15 years. In year 16, the SCC will venture with 22 member schools as Derby will leave for the Naugatuck Valley League. The league did reach out to a number of schools this spring, but was unable to find a replacement. We will continue to investigate any interest, and I, as always, will keep you updated.

Best wishes for a safe and restful summer!

Best wishes,
Al Carbone



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Thanks to Our Corporate Sponsors...

To continue to offer top-notch programs and events, the Southern Connecticut Conference relies on financial support from the local business community.

The SCC had several sponsors for the 2008-09 academic year, including the *NewAlliance Foundation*, *The United Illuminating Company*, *The International Union of Operating Engineers Local 478*, *Billings Sports* and the league's newest corporate sponsor, *Connecticut Orthopaedic Specialists*.

For the third straight year, *Dick's Sporting Goods* has partnered with the SCC to provide coupons and promotional material at league events.

All of the support is well-appreciated!



Recapping the 2009 Spring Sports Season

Listed below are the sport-by-sport divisional and playoff champions for the 10 spring sports sponsored by the conference.

BOYS OUTDOOR TRACK

Oronoque Division Meet @East Haven HS – May 19

Final Results: 1. Branford, 209; 2. North Haven, 167; 3. Wilbur Cross, 73; 4. East Haven, 59; 5. Derby, 29; 6. Career, 18

Hammonasset Division Meet @Hand HS – May 19

Final Results: 1. Hand, 141; 2. Jonathan Law, 108; 3. Hillhouse, 87; 4. Foran, 26; 5. Guilford, 11

Quinnipiac Division Meet @West Haven HS – May 20

Final Results: 1. Notre Dame, 131; 2. Hamden, 85; 3. Xavier, 64; 4. Fairfield Prep, 47; 5. West Haven, 46

Housatonic Division Meet @Cheshire HS – May 21

Final Results: 1. Amity, 142; 2. Shelton, 88; 3. Cheshire, 80; 4. Lyman Hall, 42; 5. Sheehan, 23

SCC Championships @Amity/Sheehan HS – May 26 and 27

Final Results: 1. Amity, 118.75; 2. Hillhouse, 77; 3. North Haven, 65; 4. Notre Dame, 51; 5. Hand, 50; 5. Shelton, 50; 7. Hamden, 47; 8. Branford, 41.50; 9. Wilbur Cross, 41; 10. Fairfield Prep, 29.25; 11. Xavier, 25.25; 12. Cheshire, 24; 13. East Haven, 20; 14. Jonathan Law, 15.50; 15. Career, 13; 15. Sheehan, 13; 17. West Haven, 10.75; 18. Derby, 6; 19. Lyman Hall, 4

GIRLS OUTDOOR TRACK

Oronoque Division Meet @East Haven HS – May 20

Final Results: 1. Branford, 113; 2. East Haven, 80; 3. Career, 74; 4. Wilbur Cross, 59; 5. North Haven, 49

Housatonic Division Meet @Cheshire HS – May 20

Final Results: 1. Cheshire, 109.33; 2. Shelton, 103; 3. Amity, 93.33; 4. Sheehan, 43.33; 5. Lyman Hall, 26

Quinnipiac Division Meet @Hamden HS – May 20

Final Results: 1. Hamden, 85; 2. Mercy, 72; 3. West Haven, 55.50; 4. Sacred Heart Academy, 47.50

Hammonasset Division Meet @Hand HS – May 21

Final Results: 1. Hillhouse, 124; 2. Hand, 93; 3. Guilford, 71; 4. Jonathan Law, 54; 5. Foran, 20

SCC Championships @Sheehan HS – May 26 and 27

1. Hillhouse, 103; 2. Hand, 71; 3. Amity, 63; 4. Branford, 60; 5. Cheshire, 57; 6. West Haven, 48; 7. East Haven, 43; 8. Career, 41; 9. Guilford, 38; 10. Shelton, 31; 10. Wilbur Cross, 31; 12. Hamden, 25; 13. Sacred Heart Academy, 23.50; 14. Sheehan, 20; 15. North Haven, 14; 16. Lyman Hall, 13; 17. Jonathan Law, 11; 18. Mercy, 9.50.

BOYS VOLLEYBALL

Regular-season Champion: Cheshire (8-0)

Playoffs: Top-seeded Cheshire defeated #2 Xavier, 3-2 (22-25, 25-21, 16-25, 25-21, 15-10) in the championship match on May 28 at Shelton HS. It was the Rams' first SCC title.

BASEBALL

Hammonasset: Jonathan Law (8-0)

Housatonic: Amity (8-0)

Oronoque: Branford (7-1)

Quinnipiac: West Haven (7-1)

Playoffs: Second-seeded Jonathan Law defeated #5 Foran, 11-6, in the championship game on May 30 at Yale Field. It was the Lawmen's first SCC title.

SOFTBALL

Hammonasset: Hand (7-1)

Housatonic: Cheshire (6-2)

Oronoque: North Haven (8-2)

Quinnipiac: Mercy (6-0)

Playoffs: Fifth-seeded Lyman Hall defeated 7th-seeded Amity, 2-1, in the championship game on May 28 at West Haven HS. It was the Trojans' first "outright" SCC title.

BOYS LACROSSE

Regular-season Champion: Fairfield Prep (7-0)

Playoffs: Top-seeded Fairfield Prep defeated #3 Cheshire, 11-6, in the championship game on June 1 at Branford HS. It was the Jesuits' third straight league title.

GIRLS LACROSSE

Regular-season Champion: Cheshire (6-0)

Playoffs: Second-seeded Hand defeated #1 Cheshire, 12-9, in the championship game on June 1 at Branford HS. It was the Tigers' third straight SCC title.

GOLF

Hammonasset: Guilford, Hand (7-1)

Quinnipiac: Fairfield Prep (5-0-1)

Housatonic: Cheshire (8-0)

Oronoque: North Haven (7-1)

SCC Championships – May 19 @New Haven Country Club (par 71)

Final Results: 1. Cheshire (320); 2. Fairfield Prep (326); 3. Hand (327); 4. Hamden (329); 5. Shelton (338); 6. Xavier (347); 7. Amity (349); 8. Notre Dame (355); 9. North Haven (412)

Medalist: Pat Herlihy, Cheshire (+4, 75)

GIRLS TENNIS

Division I: Hand (11-0)

Division II: Guilford (7-4)

Playoffs: Top-seeded Hand defeated #3 Cheshire, 4-3, in the championship match on May 28 at the Yale University Tennis Center. It was the Tigers' third straight league title.

BOYS TENNIS

Hammonasset: Guilford (8-0)

Housatonic: Amity (8-0)

Quinnipiac: Fairfield Prep (8-0)

Oronoque: Branford (8-0)

Playoffs: Top-seeded Fairfield Prep defeated second-seeded Amity, 5-2, on May 28 at the Yale University Tennis Center. It was the Jesuits' second straight SCC title.

SCC Teams Win 12 State Titles in 2008-09

SCC member schools won 12 state championships during the 2008-09 academic year. Since the league's inception in 1994, SCC schools have now won 275 state championships.

State Champions (12)

FALL

<u>Sport</u>	<u>Class</u>	<u>School</u>
Girls Cross Country	MM	Guilford
Boys Cross Country	MM	Hand
Boys Cross Country	L	Amity

WINTER

<u>Sport</u>	<u>Class</u>	<u>School</u>
Girls Indoor Track	M	Hillhouse
Boys Indoor Track	L	Amity
Girls Basketball	L	Hillhouse
Boys Ice Hockey	I	Hamden
Boys Ice Hockey	II	Cheshire

SPRING

<u>Sport</u>	<u>Class</u>	<u>School</u>
Baseball	II	West Haven
Baseball	L	Branford
Boys Outdoor Track	L	Amity
Boys Lacrosse	L	Fairfield Prep

Runners-Up (16)

FALL

<u>Sport</u>	<u>Class</u>	<u>School</u>
Boys Cross Country	Open	Shelton
Girls Cross Country	Open	Guilford
Football	II	Cheshire
Girls Swimming	Open	Cheshire
Girls Swimming	II	Cheshire
Girls Soccer	II	Cheshire
Girls Volleyball	M	Jonathan Law

WINTER

<u>Sport</u>	<u>Class</u>	<u>School</u>
Girls Basketball	II	Career
Boys Swimming	Open	Fairfield Prep
Boys Swimming	II	Fairfield Prep
Boys Swimming	M	Notre Dame
Wrestling	II	Xavier
Wrestling	M	Jonathan Law

SPRING

<u>Sport</u>	<u>Class</u>	<u>School</u>
Boys Outdoor Track	Open	Amity
Boys Outdoor Track	MM	Hillhouse
Girls Tennis	L	Amity

SportsCenter of CT/SCC Scholar Athlete of the Month Program

For the third year, the SCC is partnering with the The SportsCenter of Connecticut (www.sportscenterct.com) on a Scholar Athlete of the Month program which honors the best scholar-athletes each month.

The SportsCenter of Connecticut/SCC Scholar Athlete of the Month program

will recognize outstanding young men and women from each of the conference's 23 member schools during the 2008-09 academic year...

Listed below are the honorees for the 2008-09 spring sports season.



MAY 2009 recipients

Cas Loxsom (Wilbur Cross, outdoor track), Latrice Hampton (Wilbur Cross, outdoor track), Stephanie Smart (Sheehan, tennis), Michael Kadlow (Sheehan, tennis), Tyler Reid (Xavier, lacrosse), Adam Tomasiello (Xavier, golf), Brett Michael Doran (Jonathan Law, baseball), Liz Marus (Jonathan Law, tennis), Dennis McGinley (Guilford, baseball), Hollise Davis (Guilford, lacrosse), Nikole Perugini (Career Magnet, softball), Michael Rubino (Career Magnet, baseball)

APRIL 2009 recipients

Emily Hulak (Foran, outdoor track), Christopher Fosom (Foran, baseball), Courtney Winger (Shelton, tennis), Jonathan Begley (Shelton, outdoor track), Varun Roy (Cheshire, outdoor track), Kim Silva (Cheshire, softball), Kimberly Hentz (North Haven, outdoor track), James McGrath (North Haven, tennis), Ellen Bethea (Hillhouse, outdoor track), Leon Davis (Hillhouse, baseball), Jim Tarca (Notre Dame, tennis), Casey Marren (Notre Dame, lacrosse), Daniel Cusano (Hamden, baseball), Amanda Goodwin (Hamden, softball)

MARCH 2009 recipients

John Griffin (Fairfield Prep, ice hockey), Robert Nayden (Fairfield Prep, outdoor track), Christina Gelardi (Derby, softball), Tim Geer (Derby, baseball), Archie Adams (Daniel Hand, outdoor track), Mia Helfrich (Daniel Hand, gymnastics), Taylor Norton (West Haven, softball), Christopher Norton (West Haven, baseball), Josh Shin (Amity, boys volleyball), Erin Beaulieu (Amity, softball), Emily Miele (Mercy, lacrosse), Laura Sweeney (Mercy, lacrosse)

Some news and notes from the last few months involving the SCC and its member schools, teams, students and coaches...

Happy Trails and Thank You

Several administrators are retiring or leaving their positions at the conclusion of the 2008-09 academic year. The SCC thanks them for their involvement and support of the league.

Bob Harris, athletic director at Fairfield Prep and former SCC Treasurer, announced his retirement. Steve Donahue has been named to replace Bob. In addition, Christi Madancy, athletic director at Sheehan, will be moving to a new post – mathematics department head.

Judy Gallagher, president of the SCC for the last two years and principal at Cheshire, is retiring as is Brother William Cignaneck, the headmaster at Xavier. In addition, Ron Stancil, the principal at West Haven, will be leaving his post to become principal at Seth G. Haley School, an elementary school in town. Pamela Gardner was recently named as the new WHHS principal.

Westies Complete State Title Run and Earn #1 State Ranking

Behind the incredible pitching of Tommy Lawrence, the West Haven baseball team captured the Class LL state title and earned the top ranking in the final state polls.

The Blue Devils (21-5), who defeated McMahan, 1-0, in the final, ranked #1 in both the *New Haven Register* and *Hartford Courant* final polls. In addition to West Haven, six other SCC teams were ranked in the top ten or received votes - cementing the league's stature as the best in the state.

Branford, who defeated Berlin, 4-2 in the Class L championship game, finished second in the *Register* poll and fourth in the *Courant* poll.

Shelton, the Class LL semifinalist, was in the top ten in both polls, while Jonathan Law (7th in *Register*) and Sheehan (10th in *Courant*). Cheshire and Foran also received votes in the final polls.

Wilbur Cross' Loxsom Earns State Gatorade Honor

Wilbur Cross senior Cas Loxsom was recently named the Gatorade State Outdoor Track & Field Athlete of the Year. Loxsom, who will attend Penn State University in the fall, was the SCC, Class L and State Open champion in the 800 meters.

The award, which recognizes not only outstanding athletic excellence, but also high standards of academic achievement and exemplary character demonstrated on and off the track, distinguishes Loxsom, who maintained a 3.0 grade point average in the classroom, as Connecticut's best high school boys track & field athlete.

SCC Coaches Honored by CHSCA

Three coaches from SCC member schools were recognized as "Outstanding Coaches" by the Connecticut High School Coaches Association in May.

Jim Eagan (West Haven girls basketball), Gary Lindgren (Amity ice hockey) and Thom Jacobs (Amity indoor track) were among those recognized.

Amity's Barwise Wins Heptathlon

A year after finishing as the runner-up, Amity senior Allison Barwise captured the CIAC Heptathlon on June 17 at Willow Brook Park in New Britain. Barwise won the crown with 4,455 points. Barwise will attend Boston University in the fall.

Prep Pair Prevails in All-SCC Match in Class L Boys Tennis Doubles Final

It was an All-SCC affair in the Class L boys tennis doubles championship match on June 11. Fairfield Prep's Tom O'Brien and Jason Ottomano met Cheshire's Sean Adam and Greg Mahar. The Prep duo emerged victorious in straight sets, 7-6 (5) and 6-4.

Prep Finishes #1 in MaxPreps.com Boys Lacrosse State Poll

Fairfield Prep won its fourth consecutive Class L boys lacrosse title with a convincing 15-3 victory over Simsbury on June 13. The Jesuits (19-6) finished as the top-ranked team in the final *MaxPreps.com* state poll.

Five Students from SCC Named Governor's Scholars

Five students from SCC member schools were recently recognized as Governor's Scholars. Congratulations to Katherine Han (Cheshire), Dakota Spear (Amity Regional), Jacob Stern (Guilford), Adam Strawbridge (Daniel Hand) and Nan Zhao (Shelton).

Principals of CAS member high schools are given the opportunity to nominate one junior ranked in the top four percent of his/her class.

An essay on an assigned topic has to be completed. Members of the Governor's Scholars Committee, professional educators from throughout Connecticut, judge the completed applications and assigned a composite score to each based on rank in class, PSAT or SAT scores, CAPT scores, and the student essay.

2008-09 SCC Postseason Champions

The SCC hosted postseason championships in 23 sports during the academic year.
Listed below are the champions and runner-ups in each of the sports.

FALL

<u>Sport</u>	<u>Champion</u>	<u>Runner-up</u>
Girls Cross Country:	Guilford	Shelton
Boys Cross Country:	Amity	Shelton
Boys Soccer:	Amity	Guilford
Girls Soccer:	Hand	Wilbur Cross
Girls Volleyball:	Cheshire	Sacred Heart Academy
Girls Swimming:	Cheshire	Branford

WINTER

<u>Sport</u>	<u>Champion</u>	<u>Runner-up</u>
Boys Indoor Track:	Amity	Hamden
Girls Indoor Track:	Cheshire/Hillhouse	Branford
Boys Basketball:	Hillhouse	Hamden
Girls Basketball:	Hillhouse	Career
Wrestling:	Hand	Xavier
Gymnastics:	Hand	Foran
Ice Hockey – Division II:	Cheshire	Branford
Boys Swimming:	Fairfield Prep	Notre Dame
Cheerleading	Shelton (15-over champion), West Haven (15-over runner-up), Derby (14-under champion), Hamden (14-under runner-up), Lyman Hall (novice champion), Branford (co-ed champion)	

SPRING

<u>Sport</u>	<u>Champion</u>	<u>Runner-up</u>
Golf:	Cheshire	Fairfield Prep
Boys Volleyball:	Cheshire	Xavier
Baseball:	Jonathan Law	Foran
Softball:	Lyman Hall	Amity
Boys Tennis:	Fairfield Prep	Amity
Girls Tennis:	Hand	Cheshire
Boys Outdoor Track & Field:	Amity	Hillhouse
Girls Outdoor Track & Field:	Hillhouse	Hand
Boys Lacrosse:	Fairfield Prep	Cheshire
Girls Lacrosse:	Hand	Cheshire



Fairfield Prep, under the direction of head coach Bruce Jaffe, won its fifth straight boys swimming title in 2009.



Hand, under the direction of head coach Kitty Palmer, won its third straight girls tennis title in 2009.

15th Year Golf Classic A Success!

Weather and course make for memorable day

The SCC hosted a 15th Year Golf Classic on Monday, June 8 at the New Haven Country Club.

The weather was perfect (one of the few sunny days in the month of June) and the course was in great shape as usual.

Many thanks to our event and tee sponsors, including Billings Sports, Victor Advertising Services, MacWear and Connecticut Sports Law.

Also special thanks to the staff at the New Haven Country Club, specifically general manager Andrew Cunningham and head pro Bill Wallace for their tremendous hospitality.

Eighty-four golfers participated in a scramble format tournament. Congratulations to the foursome from Cherry Hill Construction (Alvin Lorenzo, Wally Feliciano, Edgar Sizala and Tommy Kokoszka) who shot a 56 (minus-15) to win the tournament, three shots ahead of the foursome from Xavier High School (Bill Garrity, Bob Guere, Dean Fredricks and Bruce Hetherington).



*Elynor Bedocs, wife of Sacred Heart Academy athletic director George Bedocs, takes aim at the par-3 ninth hole. **Editor's Note:** Elynor hit the shot about seven feet from the hole to carry her team to a birdie!*

Moore and Barwise Named Register Athletes of the Year

16th and 17th SCC athletes to be recognized

Three-sport standouts Jeremy Moore (Hillhouse) and Allison Barwise (Amity) were named as the Male and Female Athletes of the Year by the *New Haven Register* at a banquet on June 30 at Amarante's Sea Cliff.

Moore, an All-SCC, All-Area and All-State performer for the Academics' football, basketball and outdoor track teams, was also named the *Register's* outdoor track MVP. A honor student, Moore will attend Georgetown in the fall.

Also an honor student, Barwise was the *Register's* MVP in both indoor and outdoor track. Also a soccer player for the Spartans, Barwise recently won the CIAC Hephathlon (see page 5). Barwise will attend Boston University.

Since 1994-95, the New Haven Register has recognized two studentathletes as its Male and Female Athlete of the Year. In those 15 years, 17 SCC student-athletes have been honored.

- 1994-95 – Diane Potkay (Derby)
- 1996-97 – Mike O'Keefe (Notre Dame)
- 1998-99 – Nicholette Chambers (Hillhouse), Adam Greenberg (Guilford)
- 2000-01 – Jenn Piazza (Lyman Hall); Glenn McFadden (Hillhouse)
- 2002-03 – Melissa McGow (Branford)
- 2003-04 – Brittany Carfora (Branford), Mike Tamsin (Branford)
- 2004-05 – Natasha Harvey (Career), Craig Kenney (Branford)
- 2005-06 – Kristen Frost (Hand)
- 2006-07 – Katie Yanagisawa (Amity), Terrell Wilks (Hillhouse)
- 2007-08 – Ann Marie Clarke (Hillhouse)
- 2008-09 – Allison Barwise (Amity), Jeremy Moore (Hillhouse)

SCC Student Athletes Named New Haven Register MVPs

Twenty student-athletes from SCC member schools earned MVP honors from the *New Haven Register* in their respective sports in 2008-09.

- Football – Billy Ragone (Cheshire)
- Boys Soccer – Chris O'Brien (Guilford)
- Girls Soccer – Emily Ranando (Cheshire)
- Field Hockey – Victoria Redding (Branford)
- Girls Swimming – Michaela Kearney (Mercy)
- Boys Cross Country – Richard Stoliker (Shelton)
- Girls Cross Country – Sarah Cotton (Hand)
- Boys Basketball – Tobin Carberry (Hamden)
- Girls Basketball – Anisha Wilson (Career)
- Ice Hockey – Anthony Avitable (Hamden)
- Wrestling – Kyle Lundberg (Guilford)
- Boys Indoor Track – Cas Loxsom (Wilbur Cross)
- Girls Indoor Track – Allison Barwise (Amity)
- Boys Swimming – Andrew Grinalds (Fairfield Prep)
- Baseball – Tom Lawrence (West Haven)
- Boys Lacrosse – Chase Bailey (Fairfield Prep)
- Girls Lacrosse – Katharine Eddy (Cheshire)
- Boys Outdoor Track & Field – Jeremy Moore (Hillhouse)
- Girls Outdoor Track & Field – Allison Barwise (Amity)
- Golf – Brian Hughes (Fairfield Prep)
- Boys Volleyball – Joe Ortowski (Cheshire)