



From the Commissioner's Desk

"Good is the enemy of great!" – Jim Collins, Good to Great

As the warm weather finally approaches and the final months of the academic year quickly wind down, it is an appropriate time to reflect on another wonderful year for the SCC.

We have continued to offer quality programs and events for our member schools and students. Athletically, our teams have maintained their high levels of play and fared extremely well in league and state competitions. Kudos to the eight teams that won state titles and the 13 runners-up during the recently-completed

winter season. ***Congratulations to everyone and continue the success!***

While we will always take immense pride in all of the good things we do as a league, we should be ready to seize the precious opportunity to make things even better. After all, this league is for the students. That's why I embrace the philosophy that "being good shouldn't get in the way of being great." That being said, please let me know if there are ideas, suggestions or feedback on ways for the league to do things better. I look forward to hearing from you!

Thanks and best wishes!

Follow the SCC on **Twitter** @SCCcommissioner
or on **Facebook** - SCC Commissioner.

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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 has several sponsors for the 2010-11 academic year, including the *NewAlliance Foundation*, *The United Illuminating Company*, *Connecticut Orthopaedic Specialists*, and *Fresh Concepts*.

For the fifth straight year, *Dick's Sporting Goods* has partnered with the SCC to provide coupons and promotional material at league events, and the *SportsCenter of Connecticut* will support the Scholar-Athlete of the Month program.

All of the support is well-appreciated!



Recapping the 2011 Winter Sports Season

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

GIRLS BASKETBALL

Hammonasset: Hillhouse (8-0)

Housatonic: Cheshire (6-2)

Oronoque: Career (8-0)

Quinnipiac: Mercy (6-0)

SCC Playoffs: Second-seeded Hillhouse defeated #1 Mercy, 50-43, in the championship game on February 22 at the TD Bank Sports Center.

BOYS BASKETBALL

Hammonasset: Hillhouse (8-0)

Housatonic: Lyman Hall (7-1)

Oronoque: Wilbur Cross/Career (7-1)

Quinnipiac: Xavier (6-2)

SCC Playoffs: Second-seeded Hillhouse defeated #1 Career, 55-43, in the championship game on March 2 at the TD Bank Sports Center.

BOYS SWIMMING

Division A: Fairfield Prep (6-0)

Division B: Shelton (7-0)

SCC Championship Meet – March 2 at Southern Connecticut State University

Final Team Results: 1. Fairfield Prep, 1147.5; 2. Xavier, 871; 3. Amity, 812; 4. Branford, 665.5; 5. Notre Dame, 615; 6. Cheshire, 546; 7. Hamden, 442; 8. Shelton, 389; 9. Foran, 378; 10. Sheehan, 359; 11. Lyman Hall, 272; 12. Hand, 259; 13. North Haven, 247; 14. Jonathan Law, 140; 15. West Haven, 99, 16. Guilford, 16

ICE HOCKEY

Division I: Hamden (5-1-1)

Division II: Guilford (6-0)

Division II Playoffs: Third-seeded Hand defeated top-seeded Guilford, 3-1, in the championship game on March 5 at Bennett Rink.

BOYS INDOOR TRACK

SCC Championship Meet – Feb. 4 at New Haven Athletic Center

Final Team Results: 1. Amity, 67; 2. Hillhouse, 64; 3. Sheehan 45; 4. Hand, 41; 4. Hamden, 41; 6. Notre Dame, 36; 7. Fairfield Prep, 32; 8. Cheshire, 29; 9. Xavier, 27; 10. North Haven, 20; 11. Branford, 19; 12. Shelton, 10; 12. Wilbur Cross, 10; 14. Lyman Hall, 8; 14. Guilford, 8; 16. East Haven, 7; 17. West Haven, 1

GIRLS INDOOR TRACK

SCC Championship Meet – Feb. 4 @New Haven Athletic Center:

1. Hillhouse, 106; 2. Career, 62; 3. Hand, 41; 4. Mercy, 38; 5. Hamden, 36; 6. Amity, 32; 7. Branford, 28; 8. Wilbur Cross, 27; 8. Cheshire, 27; 10. Guilford, 22; 11. Sheehan, 14; 12. North Haven, 13; 13. Shelton, 7; 14. Lyman Hall, 6; 14. East Haven, 6



Daniel Hand captured its third straight SCC gymnastics title (and its 14th overall) in 2011.

WRESTLING

Division I: Daniel Hand (9-0)

Division II: Cheshire (5-4)

SCC Championship Meet – Feb. 12 at Foran HS

Final Team Results: 1. Xavier, 186.5; 2. Hand, 176; 3. Guilford, 116.5; 4. Shelton, 102; 5. Amity, 89; 5. Jonathan Law, 89; 7. Cheshire, 48; 8. Fairfield Prep, 39; 9. Foran, 23; 10. Notre Dame, 13; 11. Branford, 6; 11. New Haven, 6; 13. East Haven, 0

GYMNASTICS

SCC Championship Meet – Feb. 10 at Jonathan Law HS

Final Team Results: 1. Hand, 135.4; 2. Jonathan Law, 124.2; 3. Foran, 122.9; 4. Guilford, 68.6; 5. Hamden, 67.25; 6. Branford, 65.75.

CHEERLEADING

Competition – Feb. 11 @East Haven High School

15-over Division: 1. North Haven, 76.5; 2. Foran, 72.5; 3. Cheshire, 67; 4. Sacred Heart Academy, 65; 5. Mercy, 57; 6. East Haven, 53.5; 7. Sheehan, 38.5; 8. Lyman Hall, 23.5

14-under Division: 1. Hamden, 38.5

Co-Ed Division: 1. Shelton, 78; 2. Branford, 74

Novice: 1. Career, 24.5

Winter Sports Standings and All-Conference Teams on SCC Website

The 2010-11 Winter Sports Final Standings and All-Conference and All-Division selections are available on each sports' respective page on the SCC website - www.southernconnecticutconference.org

SCC Teams Win Eight State Titles in the Winter

Once again, SCC member-schools fared well athletically in state competition. To start, 70 percent of SCC teams qualified for CIAC winter team sport playoff competition in boys basketball (14-of-20), girls basketball (13-of-19), and ice hockey (11-of-15).

During the winter season, SCC teams won eight state championships. Thirteen additional teams earned runner-up status in CIAC state competition during the winter campaign. Since the league's inception in 1994, SCC schools have now won 315 state championships.

State Champions (14)

WINTER (8)

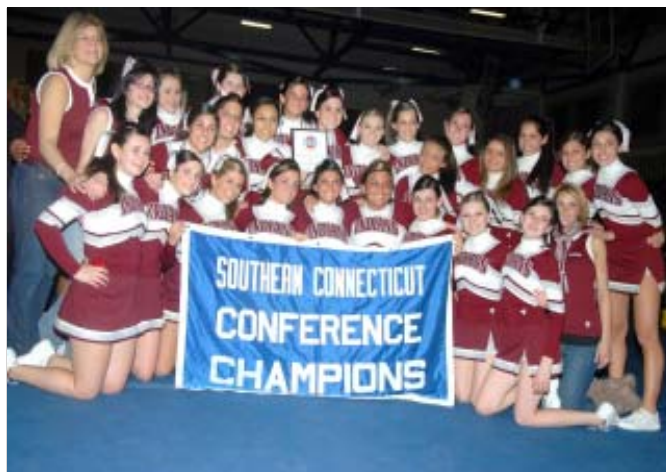
<u>Sport</u>	<u>Class</u>	<u>School</u>
Girls Basketball	IL	Career
Girls Basketball	L	Hillhouse
Ice Hockey	I	Fairfield Prep
Ice Hockey	II	Cheshire
Girls Indoor Track	M	Hillhouse
Wrestling	LL	Xavier
Cheerleading	Coed	Branford
Cheerleading	L	North Haven

FALL (6)

<u>Sport</u>	<u>Class</u>	<u>School</u>
Girls Cross Country	MM	Guilford
Boys Cross Country	IL	Amity
Boys Cross Country	MM	Guilford
Girls Soccer	IL	Shelton
Football	IL	Xavier
Football	M	Hillhouse



After winning its first-ever league title, the Xavier wrestling squad captured its first-ever state Class LL title in 2011.



The North Haven cheerleading squad won the SCC 15-over division title and then captured the state Class L championship a few weeks later.

Runners-Up (19)

WINTER (12)

<u>Sport</u>	<u>Class</u>	<u>School</u>
Boys Basketball	IL	Fairfield Prep
Boys Basketball	M	Career
Girls Basketball	IL	Mercy
Ice Hockey	II	Guilford
Boys Indoor Track	L	Daniel Hand
Boys Indoor Track	M	Hillhouse
Boys Swimming	IL	Fairfield Prep
Boys Swimming	L	Amity
Gymnastics	S	Foran
Girls Indoor Track	M	Career
Wrestling	L	Daniel Hand
Wrestling	Open	Daniel Hand
Cheerleading	Coed	Shelton

FALL (7)

<u>Sport</u>	<u>Class</u>	<u>School</u>
Girls Cross Country	Open	Guilford
Girls Cross Country	L	Cheshire
Boys Cross Country	Open	Guilford
Boys Cross Country	IL	Xavier
Field Hockey	M	Hand
Girls Swimming	L	Cheshire
Girls Swimming	M	Branford

17th Scholar Leader Banquet Held

44 outstanding scholar-leaders recognized

The annual **SCC Scholar Leader Banquet** was held on March 28 at Anthony's Ocean View in New Haven. Forty-four students were recognized for their outstanding scholarship and leadership in their respective school and external communities. Recipients were given a commemorative SCC medal and certificate.

Many thanks to the event sponsor – Marcum LLP.

Special congratulations to Benjamin Donarum (Notre Dame) and Alicia Gansley (Sheehan) for being named recipients of the "Bill O'Brien Community Service" scholarship – each received a \$500 scholarship award.



2010-2011 SCC Scholar Leaders

Amity Regional – Emma Spiegel, Gregory Loscalzo
Branford – Emily Owen, Austin Day
Hill Regional Career – Briana Conyers, Teodoro Garcia
Cheshire – Audrey Zhang, Ray Noonan
Daniel Hand – Samuel Hodgson, Kathleen Wu
East Haven – Lawrence Cifarelli, Brittany Douglas
Fairfield Prep – Matthew P. Fornshell, Maxwell E. Rein
Joseph A. Foran – Katherine Sylvester, Paul Huebner
Guilford – Thomas Albergo, Sonya Zhou
Hamden – Kevin James Hochstrasser, Bonnie Hawkins
Hillhouse – Jenna Wilborne, Joel Clarke
Jonathan Law – Emily Bak, Ted Kostopoulos
Lyman Hall – Taylor Culmone, Christopher Kelly
Mercy – Bridget Scott, Allison Pearson
North Haven – Charles T. Hoyt, Victoria J. Liquori
Notre Dame – Benjamin Donarum, Kristopher Matthews
Sacred Heart Academy – Katherine Lee, Meghan Zwahlen
Mark T. Sheehan – Stephanie DeMaio, Alicia Gansley
Shelton – Leann Misencik, James Szabo
West Haven – Gilbert Agyeman, Gypsy Garcia
Wilbur Cross – Nathalie Hall, Alex Conaway
Xavier – Michael Breault, Dominick Proto



2011 Bill O'Brien Community Service Scholarship recipients Benjamin Donarum (Notre Dame) and Alicia Gansley (Sheehan) pose with Bill O'Brien.

SportsCenter of CT/SCC Scholar Athlete of the Month Program

For the fifth year, the SCC is partnering with the The SportsCenter of Connecticut (www.sportscenterct.com) on a Scholar Athlete of the Month program.



DECEMBER 2010 recipients

Eddie Carroll (Daniel Hand, wrestling), Kelsey Cuddy (Daniel Hand, basketball), Diana Pimer (West Haven, swimming & diving), Michael Binkowski (West Haven, baseball), Alex Heiman (Fairfield Prep, basketball), Michael Owens (Fairfield Prep, skiing), Danielle Novak (Jonathan Law, gymnastics), Andy Fowler (Jonathan Law, basketball), Paris Taft (Career, indoor track), Brandyn Benson (Career, basketball)

JANUARY 2011 recipients

Reginald Mayo (Hamden, basketball), Amanda Del Cervo (Hamden, ice hockey), Jason Dempsey (Lyman Hall, basketball), Kailey Gaetano (Lyman Hall, cheerleading), Will Ritz (Foran, swimming & diving), Laura Harriman (Foran, gymnastics), Colleen Oleynik (Amity, skiing), Zezhong He (Amity, indoor track), Elizabeth Saia (Mercy, indoor track), Kara Urso (Mercy, indoor track)

FEBRUARY 2011 recipients

Aaron Grimaldi (Sheehan, ice hockey), Gabrielle Lupoli (Sheehan, indoor track), Pat Gillen (Shelton, wrestling), Dan Guerrera (Shelton, ice hockey), Blake Cornachini (Notre Dame, swimming & diving), Joseph Travaglino (Notre Dame, ice hockey), Buddy Shea (Branford, basketball), Cheyenne Carden (Branford, wrestling), Dana Colonese (Guilford, gymnastics), Henry Hirsch (Guilford, fencing)



Visit www.ShopASO.com for more information on its Youth Sports Program. ASO is located at 865 River Road in Shelton – across the street from the SportsCenter of Connecticut.

Ice, Ice Baby!

Two More State Ice Hockey Titles

Once again, the SCC cemented its dominance in the sport of ice hockey. Fairfield Prep, the 2011 Division I state champions, finished as the top-ranked team in the season-ending *New Haven Register* and *Hartford Courant* ice hockey polls.

The Jesuits (21-3) were one of eight SCC teams, including Division II state champion Cheshire (16-6-2), who were ranked or received votes in either poll.

Hamden, who lost to Fairfield Prep in the Division I quarterfinals, was ranked second in the Courant poll and fifth in the Register. Xavier (14-8) and Notre Dame (12-8) were each ranked in the top ten in both polls, while SCC and Division II runner-up Guilford (20-4-1), West Haven (12-7-2) and SCC Division II playoff champion Daniel Hand (12-11-1) also received votes.

Puck Notes: 2011 marked the eighth consecutive season the SCC had a state champion... In 17 seasons, SCC teams have now won 22 state titles (13 in Division I, 7 in Division II and 2 in Division III) ... With two state titles, it marked the fourth consecutive year the SCC has won multiple state titles... A SCC school has won the Division I title five straight years (2007-2011), while the Division II crown has been captured by a SCC team for four consecutive years.

As Easy as 1-2-3

Hillhouse, Career, Mercy are top three girls basketball teams in the state

SCC and three-time defending Class L state champion Hillhouse (25-2) finished as the top-ranked team in the season-ending *New Haven Register* and *Hartford Courant* girls basketball polls.

Class LL state champion Career (22-5) and SCC and Class LL runner-up Mercy (24-3) finished second and third, respectively. It is the first time that the SCC had the top three teams in the season-ending polls.

SCC Adds Girls Ice Hockey

Becomes 27th sport offered by the league

The SCC will add girls ice hockey to its list of offerings starting in 2011-12. Girls ice hockey is not a CIAC-sanctioned sport, but the sport has grown substantially in the last decade.

Teams in the former Central Connecticut Girls Hockey League (CCGHL) will all compete in the SCC, including league schools Hamden, Daniel Hand, Guilford, West Haven, Branford and the North Haven/Amity co-op.

In addition, Simsbury, West Hartford co-op of Hall/Conard, Notre Dame of Fairfield and Luralton Hall will be allowed to compete in the SCC next year.

More information about the league, scheduling and postseason will be communicated in the next issue of **SCC NEWS**.

Corporate Sponsor Corner



SCC corporate sponsor Connecticut Orthopaedic Specialists is offering a **“Comeback Player of the Year Scholarship”** for one male and one female athlete who played during the 2010/2011 season.

“We are looking for those individuals who had an unfortunate injury that derailed them from play, but was then able to rejoin their team with a strong, positive attitude. We believe players can contribute more to their team than just their physical ability. Players that suffer from an injury, move past it, and become a positive role model for their team is someone Connecticut Orthopaedic Specialists would like to honor with a \$1,000 scholarship. We stand with the coaches who not only honor their “star” athletes, but everyone who brings positive energy and teamwork to their sport on a weekly basis.”

For more information, contact Laura Whinfield at lwhinfield@ct-ortho.com. The deadline to nominate is May 1.

Hurt now?

OrthoNOW
EMERGENCY • WALK-IN CARE

Connecticut Orthopaedic Specialists has opened a 7-day a week orthopaedic-only walk-in center in Branford called **OrthoNow** that deals *strictly* with orthopaedic conditions and injuries.

This specialization cuts down on patient wait times and provides care doing what we do best.

OrthoNow will also save you money because it is billed to the patient’s insurance as a regular specialist office visit, eliminating extra charges for urgent or emergency care. This is especially helpful to those with insurance policies that have high deductibles.

At OrthoNow, patients can receive on-site x-ray, splinting, and other acute injury management. There is also direct access to COS’s board-certified orthopaedic surgeons who are always available should immediate surgical intervention or other consultation be required.

OrthoNow is located at 84 North Main Street in Branford in Connecticut Orthopaedic Specialist’s office on Route 1, (Exit 54 off I-95).

It is open weekdays 3 p.m. to 8 p.m., Saturday from 8 a.m. to 3 p.m. and Sunday from 11 a.m. to 3 p.m.

There is also a satellite office at 2408 Whitney Ave. in Hamden, which is open Friday 3 p.m. to 8 p.m. and Saturday 8 a.m. to 3 p.m.

For more information, call OrthoNow at **(203) 407-3550** or visit www.ct-ortho.com.

Corporate Sponsor Corner

VALUE: Fresh Concepts is driven to provide exceptional service. Our goal is to help ease the everyday burdens for coaches and athletic directors by taking care of all the details of uniform and equipment needs off your plate. And, we can provide products and advantages that many others cannot because of our high volume of business with most of the major athletic brands in the industry.



COMMITMENT: Fresh Concepts has a commitment to our customers to provide 24/7 availability to help service your needs however big or small. With our home office located in New Haven we are only a short drive away for our four full-time team sales reps to assist.

LOYALTY: Fresh Concepts doesn't build customers, we build relationships. We want to help you succeed and we do that by servicing your apparel and equipment needs so well that you have time to focus on the important tasks of your demanding jobs. We want to help the *coaches coach*.

Fresh Concepts, a successful 10 year organization, has made a major commitment to the team business in the last 10 years allowing us to provide our customers with a wide selection of the best brands in the industry that many others cannot. Because of our sales volume and commitment to service we have now partnered with over 80 schools and colleges in the area. We look forward to working with you in the future to help meet your needs.

Fresh Concepts' SCC Contact: Jay Karlins (203) 710-7727 or jkarlins@freshconcepts.net

Spring Playoff Schedule

Boys and Girls Outdoor Track

West Sectionals – Monday, May 16 @ Amity HS – 2:30 p.m.

(Oronoque and Quinnipiac)

East Sectionals – Tuesday, May 17 @ Amity HS – 2:30 p.m.

(Housatonic and Hammonasset)

Boys Novice Meet – Thursday, May 19 – 3:30 p.m. @ North Haven HS

Girls Novice Meet – Thursday, May 19 – 3:30 p.m. @ Wilbur Cross HS

Championship Meet – Tuesday, May 24 – 2:30 p.m. @ Sheehan HS

Softball

Quarterfinals – Tuesday, May 24 – Times TBA @ Higher Seeds

Semifinals – Wednesday, May 25 – 5 and 7 p.m. @ West Haven HS

Championship – Thursday, May 26 – 7 p.m. @ West Haven HS

Baseball

Quarterfinals – Tuesday, May 24 @ Quigley Stadium & West Haven HS

Semifinals – Thursday, May 26 – 4 and 7 p.m. @ Yale Field

Championship – Saturday, May 28 – 12 noon @ Yale Field

Boys Lacrosse

Quarterfinals – Monday, May 23 @ Higher Seeds – Times TBA

Semifinals – Wednesday, May 25 – 4 and 6 p.m. @ Branford HS

Championship – Friday, May 27 – 6 p.m. @ Branford HS

Girls Lacrosse

Quarterfinals – Monday, May 23 @ Higher Seeds – Times TBA

Semifinals – Wednesday, May 25 – 4 and 6 p.m. @ Hamden HS

Championship – Friday, May 27 – 4 p.m. @ Branford HS

Boys and Girls Tennis

Quarterfinals – Monday, May 23 @ Higher Seeds – Times TBA

Semifinals – Tuesday, May 24 – 3 p.m. @ Yale University

Championship – Wednesday, May 25 – 3 p.m. @ Yale University

Boys Volleyball

Semifinals – Tuesday, May 24 @ Higher Seeds – Times TBA

Championship – Thursday, May 26 – 7 p.m. @ TBA

Golf

Championship – Tuesday, May 31 @ Racebrook Country Club – 8 a.m.

Shelton's Gillen Breaks Record

Winningest wrestler in state history

Shelton senior **Patrick Gillen** wrestled for the 215-pound national high school wrestling title on April 3 in Virginia Beach, Virginia. Unfortunately, Gillen fell to New York's Nick Gwiadowski in a fall at 4:57 – it was his only loss of the season in 54 bouts.

Regardless, Gillen was the just the third wrestler from the state of Connecticut to compete for a national title. He finished his high school career with a 204-15 career record and his 204 wins make him the state's all-time winningest wrestler.

Gillen is a four-time All-SCC, three-time All-State and two-time All-New England honoree. Gillen, who has accepted a scholarship to attend the University of Virginia, was recently named a SCC/SportsCenter of Connecticut Scholar Athlete of the Month. Gillen also plays lacrosse for the Gaels.

