

Official Newsletter of the Southern Connecticut Conference

## From the Commissioner's Desk

Happy Holidays and Happy New Year! We have had a great start to 2013-14 – our 20<sup>th</sup> as a league.

Lauralton Hall will join the SCC on July 1, 2014, as the league's 23<sup>rd</sup> member. The league was approached by LH officials in the early fall, and our principals and athletic directors worked quickly to offer them full membership (they had been associate members in the sport of girls ice hockey). Welcome to the Crusaders!

For the first time in a few years, the league was able to complete all of its fall playoff competitions without any interference from Mother Nature. Our league teams also fared well in the various fall state playoffs. Well-deserved kudos to the three SCC teams that captured state titles; and also to the seven teams who were state runners-up.

More importantly, the league has continued its partnership with The Sports Center of Connecticut to recognize the league's top scholar-athletes. So far, we've honored forty student athletes who boast some impressive credentials on the field and in the classroom.

Congratulations to everyone and continue the success!

2014 will be busy! In addition to our upcoming winter sports playoffs, the SCC will be hosting an Unified Basketball tournament, a Cheerleading Competition, and a week-long Arts Exhibition. And in late March, we will honor 44 students – “the best of the best” – at our annual Scholar Leader Banquet. And, finally, please save the date of June 16 as the league will host a 20<sup>th</sup> Year Golf Tournament at the New Haven Country Club.

All the best!



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# Recapping the 2013 Fall Sports Season

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

## BOYS CROSS COUNTRY

**SCC Championship Meet – Oct. 17**

@Hammonasset State Park – Madison

**Boys Team Results:** 1. Fairfield Prep, 56; 2. Amity, 76; 3. Cheshire, 89; 4. Guilford, 98; 5. Xavier, 160; 6. Branford, 189; 7. Daniel Hand, 212; 8. Shelton, 225; 9. North Haven, 254; 10. Hamden, 257; 11. Notre Dame, 311; 12. Foran, 317; 13. Sheehan, 370; 14. Jonathan Law, 416; 15. Wilbur Cross, 437; 16. Lyman Hall, 460; 17. East Haven, 547; 18. West Haven, 584

**Top Finisher:** Christian Alvarado (Fairfield Prep), 15:16 (*meet record*)



**RAMS WERE PERFECT!** Cheshire captured its third straight SCC girls volleyball title and then won the Class LL state title to finish a perfect 27-0 (photo by John Steady).

## GIRLS CROSS COUNTRY

**SCC Championship Meet – Oct. 17 @Hammonasset State Park – Madison**

**Girls Team Results:** 1. Mercy, 85; 2. Daniel Hand, 106; 3. Amity, 107; 4. Branford, 116; 5. Cheshire, 145; 6. Guilford, 151; 7. Hamden, 159; 8. Wilbur Cross, 229; 9. Shelton, 230; 10. Sacred Heart Academy, 270; 11. Hillhouse, 298; 12. North Haven, 309; 13. Lyman Hall, 324; 14. Sheehan, 353; 15. Jonathan Law, 375; 16. East Haven, 480; 17. Career, 524; 18. West Haven, 558

**Top Finisher:** Kaleigh Roberts, Mercy (18:37)



## FIELD HOCKEY

Regular-Season champion: Cheshire (10-0)

### SCC Playoffs

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

#1 Cheshire 5, #8 Sacred Heart Academy 0

#5 Branford 1, #4 Amity 0

#3 Guilford 3, #6 Hamden 0

#2 Daniel Hand 4, #7 Sheehan 1

**Semifinals – Oct. 28 @Daniel Hand HS**

Cheshire 4, Branford 1

Daniel Hand 5, Guilford 0

**Championship Game – Oct. 30 @Branford HS**

Cheshire 3, Daniel Hand 1 - *Third straight title for the Rams*



## GIRLS VOLLEYBALL

Divisional Champions

**Hammonasset:** Foran (7-1)

**Quinnipiac:** Mercy (6-0)

**Housatonic:** Cheshire (8-0)

**Oronoke:** Branford (8-0)

### SCC Playoffs

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

#4 Shelton 3, #13 Hamden 0 (25-18, 26-24, 25-14)

#5 Branford 3, #12 West Haven 0 (25-20, 25-19, 25-15)

#6 Foran 3, #11 Guilford 0 (25-20, 25-19, 26-14)

#7 Lyman Hall 3, #10 Jonathan Law 1 (24-26, 25-15, 27-25, 25-15)

#9 Sheehan 3, #8 Daniel Hand 1 (25-10, 15-25, 25-10, 25-15) (Oct. 25)

**Quarterfinals – Oct. 28 @Higher Seeds**

#1 Cheshire 3, #9 Sheehan 0 (25-8, 25-17, 25-8)

#2 Mercy 3, #7 Lyman Hall 1 (25-20, 25-16, 21-25, 25-21)

#3 Amity 3, #2 Foran 2 (25-20, 21-25, 23-25, 25-21, 15-9)

#5 Branford 3, #4 Shelton 0 (25-19, 25-20, 25-19)

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

Cheshire 3, Branford 1 (23-25, 25-11, 25-19, 25-17)

Mercy 3, Amity 0 (27-25, 25-23, 25-23)

**Championship Game - Nov. 1 @North Haven HS**

Cheshire 3, Mercy 0 (25-19, 25-20, 25-21) - *10th title for the Rams*



## GIRLS SOCCER

Divisional Champions

**Hammonasset:** Guilford (6-0)

**Housatonic:** Cheshire (7-1)

**Oronoke:** Branford (6-0)

**Quinnipiac:** Mercy (5-0-1)



### SCC Playoffs

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

#1 Guilford 1, #8 West Haven 0

#5 Amity 2, #4 Cheshire 1

#3 Mercy 4, #6 Sacred Heart Academy 1

#2 Branford 2, #7 Daniel Hand 0

-- more on page 3

## Continued: Recapping the 2013 Fall Sports Season

### Semifinals – Oct. 28 @Higher Seeds

Branford 1, Mercy 0

Guilford 2, Amity 0

### Championship Game – Oct. 30 @East Haven HS

Guilford 3, Branford 1 – *First SCC title for the Indians since 2002*

### BOYS SOCCER

Divisional Champions

**Hammonasset:** Daniel Hand (4-2)

**Housatonic:** Amity (7-1)

**Oronoque:** North Haven (7-1)

**Quinnipiac:** Xavier (8-0)



### SCC Playoffs

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

#1 Xavier 3, #8 Fairfield Prep 1 (Oct. 27)

#4 Branford 5, #5 Sheehan 2

#6 Guilford 1, #3 Daniel Hand 0

#2 Amity 2, #7 Shelton 2 (*Amity advances via penalty kicks, 3-0*)

#### Semifinals – Oct. 28 @Higher Seeds

Guilford 1, Amity 1 (*Guilford advances via penalty kicks, 4-2*)

Xavier 2, Branford 0 (Oct. 29)

#### Championship Game – Oct. 30 @East Haven HS

Xavier 2, Guilford 1 (2 OT) – *Third title for the Falcons*

### GIRLS SWIMMING & DIVING

#### Championship Meet – Oct. 30 @Southern Connecticut State University

**Final Team Standings:** 1. Cheshire, 1342.5; 2. Amity Regional, 1123; 3. Daniel Hand, 616; 4. Branford, 598.5; 5. Sacred Heart Academy, 594.5; 6. Mercy, 432; 7. North Haven, 398.5; 8. Sheehan, 356; 9. Hamden, 290; 10. Lyman Hall, 277; 11. Foran, 274; 12. West Haven, 270; 13. Shelton, 222; 14. Jonathan Law, 198; 15. East Haven, 177; 16. Career, 11



### FOOTBALL

Divisional Champions

**Division I West:** Fairfield Prep (4-0)

**Division I East:** West Haven (4-0)

**Division II West:** Guilford (4-0)

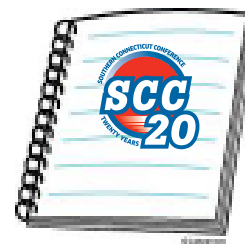
**Division II East:** North Haven (3-0)



## SCC Notebook: *News from the Fall*

### Lauralton Hall to Join SCC on July 1, 2014

Lauralton Hall of Milford will join the SCC starting July 1, 2014... In early October, SCC principals voted overwhelmingly to accept Lauralton Hall, which offers 15 varsity sports, as a full member... The Crusaders will begin league play in the fall and will compete in the Quinnipiac Division in those sports that have four divisions (i.e., cross country, soccer, volleyball, basketball, indoor and outdoor track, and softball).



### Thirteen Schools Participated in Unified Soccer Tournament

Thirteen schools participated in the SCC Unified Sports Soccer Tournament on October 16... Host Amity, West Haven, Daniel Hand, Branford, East Haven, Jonathan Law, Guilford, Cheshire, North Haven, Hamden, Wilbur Cross, Hillhouse and Foran all participated... Unified Sports provides an opportunity for students with special needs to participate in interscholastic athletics and partners special needs students with non-disabled peers for team competitions... Special thanks to the Albertus Magnus College women's soccer team, who volunteered their time to be officials at the event. The SCC will host its annual Unified Basketball Tournament on Monday, January 27 at the Floyd Little Athletic Center.

### McCarthy Becomes State's Winningest Football Coach

On November 6, West Haven defeated Hamden 49-7... The victory was head coach Ed McCarthy's 322nd career win, which broke former Ledyard coach Bill Mignault's record... McCarthy is 326-114-9 in 43 seasons... He previously coached at St. Joseph in Trumbull and then at West Haven, where he has been 31 years... The Blue Devils, who captured the SCC Division I East title and reached the Class LL state semifinals, finished the 2013 season 10-3.

### Alvarado Competes at National Cross Country Meet

SCC and Class LL cross country champion and Northeast Regional runner-up, Christian Alvarado (Fairfield Prep) finished 20th (15:46.9) in the Foot Locker National Cross Country meet on December 14... It was Alvarado's second straight year running in the national meet (last year he finished 39th).

## SCC Fall Teams Win Three State Titles

# 368

Since the league's inception in 1994-95, SCC member schools have now won 368 state championships.

Once again, SCC member-schools fared extremely well on the playing fields. During the 2013 fall season, SCC teams won three state championships with another seven teams earning runner-up status.

**68 %:** Sixty-eight percent of SCC teams qualified for the state tournaments in the following sports: field hockey (8-of-11), girls soccer (10-of-17), boys soccer (14-of-19) and girls volleyball (13-of-19). In addition, four football teams (out of 19) earned state playoff berths.

### STATE CHAMPIONS (3)

#### FALL

**Class LL Girls Volleyball – Cheshire** - defeated Staples, 3-1 (24-26, 25-17, 25-15, 25-17)

**Class L Girls Soccer - Guilford** - defeated Branford, 2-0

**Class MM Girls Cross Country - Branford**



**GUILFORD WINS CLASS L:** After defeating Branford, 3-1, in the SCC title game, the Guilford girls soccer team again defeated the Hornets, 2-0, in the Class L state title game on Nov. 16 at West Haven HS. It was the 19th All-SCC matchup in a state championship game (photo by Bill O'Brien).

### STATE RUNNER-UPS (7)

#### FALL

**Class MM Boys Cross Country – Guilford**

**Class L Girls Cross Country – Mercy**

**Class LL Girls Swimming – Amity**

**Class L Girls Soccer - Branford** - lost to Guilford, 2-0

**Class L Field Hockey – Cheshire** – lost to Darien, 3-1

**Class M Girls Volleyball – Foran** – lost to Woodland, 3-1 (25-15, 25-23, 23-25, 25-15)

**Class LL Football** – Fairfield Prep – lost to Southington, 52-34

## SAVE THE DATE: "20th Year" Golf Tournament is on June 16, 2014 at New Haven Country Club

The SCC will be hosting a 20th Year Golf Tournament on Monday, June 16, 2014 at the beautiful New Haven Country Club (160 Hartford Turnpike, Hamden).

The tournament will utilize a four-man scramble format and have a 9 a.m. shotgun start.

A buffet lunch with awards and a raffle will follow.

Foursomes will cost \$700 (\$175 per player), which includes a cart,

on-course refreshments, tournament gifts and buffet lunch.

Event sponsorships, donations, and tee-sponsors are also available to purchase with all proceeds going to the league.

For more information, contact league commissioner Al Carbone at (203) 671-4421.

Come help celebrate our "20th year" and support our league on June 16!



New Haven Country Club has been called "the best course in the state from the perspective of being fun to play and challenging."

## SportsCenter of CT/SCC Scholar Athlete of the Month Program

For the eighth year, the SCC partnering with The SportsCenter of Connecticut ([www.sportscenterct.com](http://www.sportscenterct.com)) on a Scholar Athlete of the Month program. Here are the fall season recipients:

### SEPTEMBER 2013 recipients

Ali Lamberti (Cheshire, soccer), Ben Kaplan (Cheshire, cross country), Zach Ligham (Guilford, cross country), Kathryn Jankura (Guilford, field hockey), Xavier Milling (Hillhouse, cross country), Jaliyah White (Hillhouse, cross country), Abigail Benchimol (Mercy, field hockey), Grace Brodeur (Mercy, volleyball), Kenneth Cortes (Notre Dame, soccer), Sal Esposito (Notre Dame, football), Joelle MarkAnthony (Sheehan, soccer), Greg Suplinskas (Sheehan, football), Nicholas Bisio (Xavier, football), Joseph McCormack (Xavier, soccer)



### OCTOBER 2013 recipients

Christina Glusac (Amity Regional, field hockey), Michael Yuan (Amity Regional, cross country), Amanda Summerfield (Career, volleyball), Marwane Taroua (Career, soccer), Mike DeMarco (East Haven, football), John Casey (Foran, soccer), Valeriya Pozdnyakova (Foran, soccer), Alice Matthews (Hamden, soccer), Calum Wright (Hamden, cross country), Michael Ortoll (Shelton, football), Casey Douglas (Shelton, cross country), Angela Ciaramella (Sacred Heart Academy, soccer)

### NOVEMBER 2013 recipients

Justin Waters (Branford, soccer), Isabella Suppa (Branford, soccer) Caroline Wolek (Daniel Hand, swimming), Griffin Wray (Daniel Hand, soccer), James Mulliken (Fairfield Prep, cross country), Nicholas Crowle (Fairfield Prep, football), Tim Maher (Jonathan Law, football), Ciara Hayden (Jonathan Law, soccer), Kiana Hernandez (Wilbur Cross, volleyball), Emmanuel Ruiz (Wilbur Cross, cross country), Pablo Perez (West Haven, soccer), Yingxian Guo (West Haven, swimming), Amanda Royka (North Haven, field hockey), Jesse Morrow (North Haven, cross country),

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## Winter Playoff Schedule

### BOYS and GIRLS INDOOR TRACK

All meets will be held at the Floyd Little Athletic Center

- Jan. 15 – Boys & Girls Novice Meet – 3:30 p.m.
- Jan. 22 – West Sectional (Oronoque & Quinnipiac) – 4 p.m.
- Jan. 23 – East Sectional (Hammonasset & Housatonic) – 4 p.m.
- Jan. 31 – SCC Championship Meet – 4 p.m.

### CHEERLEADING

Feb. 1 – @Shelton HS - 10 a.m.

### GYMNASTICS

Feb. 7 – Championship Meet @Jonathan Law – 5 p.m.

### WRESTLING

Feb. 14 – Junior Varsity Competition @Shelton HS – 3 p.m.  
Feb. 15 – Varsity Championship @Shelton HS – 9 a.m.

### GIRLS BASKETBALL

Feb. 20 – First Rounds @Higher Seeds – 6:30 p.m.  
Feb. 22 – Quarterfinals @Sheehan HS – 12, 1:45, 3:30 and 5:15 p.m.  
Feb. 24 – Semifinals @East Haven HS – 6 and 7:45 p.m.  
Feb. 26 – Championship Game @TD Bank Sports Center (Quinnipiac University) – 7 p.m.

### BOYS BASKETBALL

Feb. 27 – First Rounds @Higher Seeds – 6:30 p.m.  
March 1 – Quarterfinals @Branford HS – 12, 1:45, 3:30 and 5:15 p.m.  
March 3 – Semifinals @East Haven HS – 6 and 7:45 p.m.  
March 5 – Championship Game @TD Bank Sports Center (Quinnipiac University) – 7 p.m.

### BOYS ICE HOCKEY- SCC/SWC League

March 6 – Division II Semifinals – sites and times TBA  
March 6 – Division III Semifinals – sites and times TBA  
March 7 – Division I Championship Game – site and time TBA  
March 8 – Division II Championship Game – site and time TBA  
March 8 – Division III Championship Game – site and time TBA

### GIRLS ICE HOCKEY

Division I Semifinals/Championships – dates and sites TBA  
Division II Championship Game – date and site TBA

### BOYS SWIMMING

March 3 – Qualifier @Hamden HS – 4 p.m.  
March 4 – Diving Competition @Hamden HS – 5 p.m.  
March 5 – Championship Meet @Southern Connecticut State University – 6 p.m.

**Please Note:** Dates and times are subject to change due to weather, etc. Please check the SCC website or follow us on Twitter @SCCcommissioner for updates.



# SCC Fall Player and Coaches of the Year

Presented by **OrthoNOW**  
a division of Connecticut Orthopaedic Specialists

For the first time in the league's history, the Southern Connecticut Conference will name a Player of the Year and Coach of the Year in each of its 28 sponsored sports. Many thanks to league corporate sponsor Connecticut Orthopaedic Specialists and its affiliate OrthoNow for sponsoring the award. The Player and Coach of the Year honorees are selected by the respective sport's head coaches at the conclusion of the regular season.

## PLAYERS OF THE YEAR

**Field Hockey** – Michelle Federico, Cheshire  
**Girls Soccer** – Tanya Altrui, Branford  
**Girls Volleyball** – Allison Denny, Amity Regional  
**Girls Cross Country** – Kaleigh Roberts, Mercy  
**Girls Swimming (Division I)** – Dana Chung, Amity Regional  
**Girls Swimming (Division II)** – Cara Dube, Foran  
**Boys Soccer** – Pablo Perez, West Haven  
**Boys Cross Country** – Christian Alvarado, Fairfield Prep  
**Football (Division I)** – Ervin Philips, West Haven  
**Football (Division II)** – Harold Cooper, Hillhouse

## COACHES OF THE YEAR

**Field Hockey** – Eileen Gallagher, Cheshire  
**Girls Soccer** – Scott McMahon, Guilford  
**Girls Volleyball** – Tricia Shugrue, Hamden  
**Girls Cross Country** – John Hastings, Mercy  
**Girls Swimming (Division I)** – Steve Diverniero, Sacred Heart Academy  
**Girls Swimming (Division II)** – Kristin Skuches, Foran  
**Boys Soccer** – Brian Fitzgerald, Xavier  
**Boys Cross Country** – Bob Ford, Fairfield Prep  
**Football (Division I)** – Ed McCarthy, West Haven  
**Football (Division II)** – Anthony Sagnella, North Haven



SCC cross country chaiperson Jake Jarvis, SCC Girls Cross Country Runner of the Year Kaleigh Roberts (Mercy) and Coach of the Year John Hastings (Mercy) and SCC Commissioner Al Carbone (photo by Tim Kohs).

For pictures of the fall honorees, visit <http://www.southernconnecticutconference.org/news/705-scc-fall-player-and-coaches-of-the-year-presented-by-orthonow>

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