



**2018-19**

**YEAR IN REVIEW**

# SOUTHERN CONNECTICUT CONFERENCE

## 2018-19 YEAR IN REVIEW



### 25TH YEAR

Established in 1994, the Southern Connecticut Conference completed its 25th year in 2018-19. One of the most competitive high school leagues in the state of Connecticut, the athletic success of SCC member schools was once again outstanding in 2018-19 with 19 state championships won; and another 20 teams earned state runner-up status. Since the league's formation in 1994-95, SCC teams have won 464 state championships – an average of 18 per academic year. More importantly, the league has continued its positive tradition of offering first-rate non-athletic programs and events which seek to enrich our students' overall high school experience and make them responsible citizens.

### 2018-19 EXECUTIVE BOARD

PRESIDENT: Anna Mahon, Principal – Amity Regional HS  
 VICE-PRESIDENT: Max Berkowitz, Principal – Joseph A. Foran HS  
 SECRETARY: Craig Semple, Athletic Director – Daniel Hand HS  
 TREASURER: Steve Trifone, Athletic Director – Cheshire HS  
 ATHLETIC DIRECTOR CHAIRPERSON: John Niski, Athletic Director, Shelton HS  
 COMMISSIONER: Al Carbone  
 COMMISSIONER EMERITUS: Bill O'Brien

### SPECIAL THANKS TO OUR CORPORATE SPONSORS

To continue to offer top-notch programs and events, the SCC relies on financial support from the local business community. The SCC had several corporate sponsors for the 2018-19 academic year, including the Connecticut Orthopaedic Specialists, Holiday Hill/Holiday Hill Day Camp, the Lions Club of New Haven, Town Fair Tire, Sportsmen's of Litchfield, Pawson Group and The Next Street. Thanks also to the various event sponsors during the year, including SoundRUNNER (all running events), Walter Camp Football Foundation (football banquet), New Haven Gridiron Club (football banquet) and Gene Casey New Haven chapter of the National Football Foundation (football banquet), and Great Blue Research (scholar athlete recognition program).



# 2018-19 YEAR-IN-REVIEW

## CAPTAINS COUNCIL

More than 1,200 sport captains attended the three SCC Captains Council events (fall, winter and spring) held during the year at New Haven's Floyd Little Athletic Center. The meetings brought together the captains of each sport before their respective seasons start to provide guidance of what it means to be a captain and the responsibility that comes with the position and enhance the ideals of sportsmanship. In addition, guest speakers presented on topics of social media and leadership/communication skills.

## STATE CHAMPIONSHIP CONFERENCE

It was another successful year as SCC member-schools fared extremely well in league and statewide athletic competition. All told, SCC teams captured 19 state championships (8 fall, 7 winter, 4 spring) during the 2018-19 academic year. Twenty additional teams (6 fall, 10 winter, 4 spring) earned runner-up status in CIAC state competition.

## MORE STATE CHAMPIONSHIP FACTS

Nine different SCC schools won state titles in 2018–19 with Daniel Hand and Hillhouse each winning the most with five each. Since the league's inception in 1994, SCC schools have won 464 state championships. In those 25 years, Hillhouse has won the most state championships (72) followed by Cheshire (62), Daniel Hand (50), Amity Regional (41) and Fairfield Prep (35).

## SEASON-BY-SEASON STATE PLAYOFF RECAP

In 2018-2019, more than two-thirds of eligible SCC teams (168–of–245, 68.6%) qualified for CIAC state tournament competition in sports that have a winning percentage requirement.

### **FALL (47–OF–70), 67%**

Sixty-seven percent of SCC teams qualified for the state tournaments in the following fall sports: field hockey (8-of-13), girls soccer (12-of-18), boys soccer (13-of-19) and girls volleyball (14-of-20). In addition, five football teams (out of 21) earned state playoff berths.

### **WINTER (57–OF–80), 71%**

Seventy-one percent of SCC teams qualified for the state tournaments in the following winter sports: boys ice hockey (21-of-25), boys basketball (12-of-19), girls basketball (16-of-20) and girls ice hockey (8-of-15).

### **SPRING (64–OF–95), 67%**

Sixty-seven percent of SCC teams qualified for CIAC spring team sport playoff competition in baseball (16–of–19), softball (13–of–20), boys lacrosse (12–of–17), girls lacrosse (9–of–16), boys volleyball (3–of–5) and girls tennis (11–of–18).

## SCC vs. SCC – FOR ALL THE MARBLES

During 2018-19, there were five All-SCC state championship contests. Since 1994, there have been 35 All-SCC state championship game matchups in 12 different sports, including 24 in the last decade.

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

**Boys Ice Hockey** - Lyman Hall/HK defeated Sheehan, 6-2, in Division 3 final

**Boys Ice Hockey** - Fairfield Prep defeated Notre Dame, 5-2, in Division 1 final

**Girls Basketball** - Hillhouse defeated Daniel Hand, 39-34, in Class L final

**Girls Tennis** - Daniel Hand defeated Luralton Hall, 6-1, in Class M final

## JUODAITIS/DELucIA NAMED ATHLETES OF THE YEAR

Cheshire senior Mia Juodaitis and Guilford senior John DeLucia were named the New Haven Register's 2018–19 Athletes of the Year. Mia (a volleyball, basketball and softball standout for the Rams) and John (an ice hockey and lacrosse standout) were outstanding for their respective schools on the playing fields and in the classroom. Mia and John are the 33rd and 34th student athletes – since 1996-97 – from the SCC to earn this prestigious honor. Mia will attend Providence College to play softball and John will attend Quinnipiac University to play lacrosse.



*Mia Juodaitis (Cheshire) and John DeLucia (Guilford) were named the New Haven Register's 2018-19 Athletes of the Year (photo courtesy of www.GameTimeCT.com)*

# SCC ARTS EXHIBITION

The SCC held its annual Arts Exhibition at the Creative Arts Workshop in downtown New Haven from April 8-25. Each SCC school had the opportunity to submit up to three pieces of work.

A jury of art professionals judged the student pieces, and awards were announced at a reception on April 11. CAW staff judged the pieces and awarded seven students. *Many thanks to the staff at Creative Arts Workshop for allowing the SCC to host its annual arts exhibition in its gallery.*

## 2019 ART EXHIBITION WINNERS

**First Prize:** Abigail Richards, Joseph A. Foran

**Second Prize:** Xiaoxiao Long, Sacred Heart Academy

**Third Prize:** Hailey D'Alessio, Daniel Hand

## Honorable Mention

Nina Chang, Cheshire

Autumn Berube, Hamden

Angela Agnello, Guilford



**1st prize:** Abigail Richards (Foran HS) won first prize (Bill O'Brien photo)

# FORTY-SIX HONORED AS SCC SCHOLAR LEADERS

Forty-six outstanding students were recognized as "SCC Scholar Leaders" at a banquet on March 24 at Anthony's Ocean View. Two students from each SCC member school, as chosen by their school's administration, were honored for their outstanding work in the classroom and community.

## 2018-19 SCHOLAR LEADERS

**Amity Regional** – Anthony Tom, Rosie Du

**Branford** – Kelly Tiernan, Praneeth Ganedi

**Career** – Alexandra Queen, Adam Ahmad-Rizal

**Cheshire** – Alexa Cofrancesco, Ryan Cyr

**Daniel Hand** – Callahan Henry, Chloe Veth

**East Haven** – Talia Ferraro, Jose Rodriguez-Sanchez

**Fairfield Prep** – Finn O'Connor, Thomas Rudden

**Foran** – Max Tavitian, Maggie Cummings

**Guilford** – Will Dinauer, Anne Hooker

**Hamden** – Maya Verghese, Andrew Naguib

**Hillhouse** – Makayla Dawkins, Mohamed Naji

**Jonathan Law** – Kruttika Gopal, Michael Bagdasarian

**Lauralton Hall** – Caroline McMullen, Isabella Secchiaroli

**Lyman Hall** – Kailey Lipka, Brian Behrens

**Mercy** – Caroline Kilian, Grace Delaney

**North Haven** – Jackson Frank, Sarina Sandwell

**Notre Dame** – Christian Gee, Colton Varholak

**Sacred Heart Academy** – Vivian Wang, Claire Lagarde

**Sheehan** – Sydney Carim, Shreya Patel

**Shelton** – Alyssa Bretan, Sean Rago

**West Haven** – Sumedha Chowdhury, Jonathan Saier

**Wilbur Cross** – Pablo Causa, Sungshil Johnson

**Xavier** – Connor Dwyer, Kevin Galasso



**O'Brien Scholarship:** Makayla Dawkins (Hillhouse) and Thomas Rudden (Fairfield Prep) - were the recipients of the Bill O'Brien Community Service scholarships. Each received \$500.

## BILL O'BRIEN COMMUNITY SERVICE SCHOLARSHIP WINNERS:

Two scholar leaders -- **Makayla Dawkins (Hillhouse)** and **Thomas Rudden (Fairfield Prep)** - were the recipients of the Bill O'Brien Community Service scholarships. Each received \$500.

• *Thomas took a leap of faith by creating an organization called REIGNS. Its title stands for the Respect, Education, and Inclusion of Gay and Non-Binary Students, and provides a safe space at school for LGBTQ students to feel validated and loved by peers, faculty, and the school. REIGNS helps to improve the school environment through dialogue, education, and inclusion.*

• *Makayla is a student representative on both the New Haven and State Boards of Education. She is currently leading a project and will present to the state board at the end of my term that focuses on the arts, team building, and other coping strategies through trauma and healing workshops for her peers. One of the workshops would be "Creating and Calming" which would be in the form art therapy. This will give people the opportunity to express themselves beyond the traditional mode of talk therapy without the worry of financial barriers or the stigma around seeking assistance for mental health support.*

# SCC's BEST OF.... 2018-19

Town Fair Tire was the presenting sponsor of the SCC's "BEST OF... FOR 2018-19," an online poll to determine the best moment or performance in the Southern Connecticut Conference during the academic year. More than 1,500 votes were cast.



**THE WINNER: MATT CALLAHAN'S "RUDY" MOMENT FOR ND BASKETBALL**  
Notre Dame senior Matt Callahan, a four-year basketball team manager, gets his moment in an actual game and drills a three-pointer versus Career on Feb. 9.

## MORE TOP SCC MOMENTS FROM 2018-19...

**Tigers, Tigers, Tigers:** Daniel Hand boys soccer wins their third consecutive Class L title, defeating Maloney, 1-0.

**Tiger Prey:** Daniel Hand football rolls through Class L on its way to its second straight state title. The Tigers outscored their three opponents, 159 to 21.

**Spartans Rejoice:** Amity Regional makes an impressive run and wins the Class LL girls volleyball state title. The Spartans defeated Darien, 3-1 (27-25, 26-24, 22-25, 25-22) in the final.

**Kitty's Indians:** Under the direction of long-time head coach Kitty Palmer, Guilford wins its first-ever SCC field hockey title, and goes on to win the Class M state title – also its first – defeating SCC rival, Sacred Heart Academy, 3-1.

**Gael Kicks:** After 100 minutes of scoreless action, Shelton outlasts Mercy via penalty kicks (3-2) to win the SCC girls soccer title.

**Rams Swim Fast:** After capturing its 24th SCC title in the last 25 years, Cheshire girls swimming wins the Class L state title.

**Falcon Harriers:** Xavier boys cross country rolls to the SCC title, and then adds the Class L and State Open titles.

**Bloss and Indians Run to Title:** Meredith Bloss wins the SCC girls cross country individual title for the second straight year leading Guilford to their second consecutive league crown.

**Prep on the Pitch:** Fairfield Prep wins its first SCC boys soccer title since 2014, scoring a late second-half goal to defeat previously undefeated Xavier.

**Coming up Aces:** Hillhouse boys and girls capture SCC indoor track titles and then both win state titles.

**Prep Swim Rolls:** Fairfield Prep wins its 14th consecutive boys swimming title, winning by 340 points over runner-up Cheshire.

**Green Dragons on Fire:** Led by Taniya Thompson, who averaged 29.3 points in three games, Hamden girls basketball captures their first-ever SCC title. The Green Dragons defeated Sheehan, Hillhouse and East Haven.

**Governors Win:** Wilbur Cross boys basketball wins the SCC boys basketball title, its first league title since 2008. The Governors defeated Notre Dame, 54-40, in the title game.

**All-Hail the Blades:** The Blades girls ice hockey team (Amity Regional-North Haven-Cheshire) win the SCC South Division title with a 4-3 win over West Haven/Sacred Heart Academy.

**X-Men:** Xavier wrestling captures its third straight SCC title. The Falcons totaled 199.5 points, 61 better than runner-up Foran.

**Mercy, Mercy, Mercy:** Mercy gymnastics wins the SCC title, ending Daniel Hand's 10-year streak.

**Cheer! :** North Haven cheerleading wins the SCC and Class L state titles.

**Wally World:** Lyman Hall defeats cross-town rival Sheehan, 6-2, to win the Division III state boys ice hockey title.



**Callahan for 3!** Notre Dame student manager Matt Callahan had his 'Rudy' moment on Feb. 9 (SCC photo)

# SCC's BEST OF.... 2018-19 - CONTINUED



**Dread the Red:** Branford wins the SCC and State Division II boys ice hockey titles. The Hornets defeated Water-town-Pomperaug, 2-1, in the SCC final, and then allowed just four goals in four games to capture the Division II state championship.

**Prep Puck:** Fairfield Prep defeats SCC-rival Notre Dame, 5-2, in the Division I state boys ice hockey championship game. It is Prep's second straight state title.

**House Family:** Hillhouse girls basketball defeats East Haven, Notre Dame-Fairfield and Daniel Hand to capture the Class L state title.

**Coming up Aces:** Hillhouse's boys and girls outdoor track & field teams both win the SCC title and then both win state titles (boys, Class MM; girls Class M).

**Jesuit Lax:** Fairfield Prep wins the SCC boys lacrosse title (defeating Guilford, 13-7) for the eighth time in the last nine seasons.

**Extra Indians:** Guilford defeats Cheshire in sudden-death overtime, 11-10, to win their first-ever girls lacrosse title.

**Ram Power:** Cheshire wins the SCC baseball title for the second time; defeated long-time rival Amity Regional, 4-3, in the final.

**Ram Comeback:** Cheshire wins the SCC softball title in comeback fashion; defeating North Haven, 3-2, in eight innings.

**Tigers Going Low:** Daniel Hand boys golf wins the SCC title by the widest margin in league history (19 strokes), and then adds a Division II state title a week later.

**Ram Spikers:** Cheshire wins the SCC boys volleyball title defeating Daniel Hand, 3-1, avenging last season's championship match loss to the Tigers. The Rams would go on to reach the Class M state finals.

**Spartans Repeat:** Amity Regional wins its second straight girls golf title, led by medalist Tess Csejka (73).

**Great Day to be a Tiger:** Daniel Hand girls and boys tennis both win SCC tennis titles, defeating Amity Regional. The boys won, 7-0, while the girls triumphed, 5-2.

**Kitty's Tigers:** The Daniel Hand girls tennis team won the Class M state championship with a 6-1 victory over SCC-rival Luralton Hall. Daniel Hand head coach Kitty Palmer wins her second state title of the academic year (she also led Guilford field hockey to a state title in the fall).



**ACES High:** The Hillhouse girls and boys indoor track teams won both the SCC and state titles in 2019 (Steady Photography photo).



**Bloss Runs Away:** Guilford's Meredith Bloss won her second straight SCC girls cross country title in 2018. Bloss won the race in 19:19, 61 seconds better than the runner-up. (Photo courtesy of GameTimeCT.com)

# CONNECTICUT ORTHOPAEDIC SPECIALISTS

## AWARDS COMEBACK PLAYERS OF THE YEAR

Two student athletes – **Erin Keary (Shelton HS)** and **Thomas LaTorre (Daniel Hand HS)** – are the recipients of the 2019 SCC “Comeback Player of the Year” awards. Both students suffered severe injuries, yet were able to overcome them to become outstanding role models in their respective schools.

A long-time league corporate sponsor, Connecticut Orthopaedic Specialists P.C. (COS) has offered a Comeback Player of the Year Scholarship for student-athletes who participated in an interscholastic sport during the 2018-2019 academic year and showed great leadership both on and off the field after their severe injury.

Coaches and school’s athletic directors nominated these student-athletes after they each suffered an unfortunate injury that prohibited them from playing for their high school teams. Both will receive a financial scholarship to be used for their college education.

*“This is our ninth year in awarding student-athletes from the SCC with scholarships,” explained Glenn Elia, Chief Executive Officer of COS. “Our goal has been to acknowledge student-athletes who have overcome the challenges of an injury and, through hard work and determination, have become positive role models for their fellow teammates. Because we are sports medicine specialists, we understand intimately what it takes to recover from an injury and return to playing sports at a high level.”*



**Call it a Comeback:** Al Carbone, SCC Commissioner; Tommy LaTorre, Erin Keary, Jeffrey M. Klauser, MD, Orthopaedic Surgeon Specializing in Sports Medicine - Connecticut Orthopaedic Specialists (Photo courtesy of COS)



**Connecticut  
Orthopaedic  
Specialists**

### **2018-19 SCC/Connecticut Orthopaedic Specialists Comeback Players of the Year**

#### **THOMAS LATORRE, DANIEL HAND HS (SOCCER)**

Tommy tore his ACL in the spring of his junior year, while playing at a college showcase soccer tournament. He received surgery in April 2018 and undertook extensive rehabilitation – most of the time in the morning before school started - to return to the team, one that was coming off two straight Class L state titles and one he would serve as one of the team’s captains. During his physical therapy, Tommy worked diligently and was cleared to play mid-season (in October) and was a catalyst as the Tigers earned their third straight Class L state title, culminating with a 2-1 victory over Maloney on Nov. 18. Tommy will attend Elon University in the fall with plans to major in sports management.



*Daniel Hand head soccer coach Greg Cumpstone said, “While injured, Tommy served as a source of support and leadership to his teammates. His return to the field gave the team the fire that was infectious; he was up for any battle, and his actions on the field became crucial to the team’s late-season state championship run.”*

#### **ERIN KEARY, SHELTON (SOCCER)**

A four-year starter at defensive center, Erin sustained an ACL injury during the 2017 state girls soccer tournament. Erin showed her dedication through the rehab process, following the regiment set for her with diligence and persistence, starting with spring workouts, into the summer and fall preseason. Her return to the field in 2018 was admirable, but also impressive. She played in all 20 games, leading the team in minutes played and also scored six goals and added four assists from her defensive position as the Gaels won the SCC playoff title. For her efforts, she earned All-SCC and Second Team All-State honors. Erin will attend the University of Connecticut in the fall with plans to major in Allied Health Sciences.



*Shelton head girls soccer coach Marvin Miller said, “Persistence has always been Erin’s strongest character attributes along with her extremely high personal expectations she puts on herself as a student and as an athlete. With that, she has earned the respect of her opponents and teammates and holds a place of honor with them.”*

# 2018-19 SCC POSTSEASON CHAMPIONS



## Fall

Sport	Champion	Runner-up	Result
Boys Cross Country	Xavier	Shelton	Xavier (33), Shelton (66), Wilbur Cross (86)
Girls Cross Country	Guilford	Amity Regional	Guilford (62), Amity Regional (88), Cheshire (102)
Field Hockey	Guilford	Cheshire	3-1
Boys Soccer	Fairfield Prep	Xavier	1-0
Girls Soccer	Shelton	Mercy	0-0 (Shelton wins 3-2, via penalty kicks)
Girls Volleyball	Cheshire	Amity Regional	3-2 (22-25, 21-25, 25-20, 25-21, 15-12)
Girls Swimming	Cheshire	Lauralton Hall	Cheshire (1489), Lauralton Hall (881), Amity Regional (875.5)

## Winter

Sport	Champion	Runner-up	Result
Boys Indoor Track	Hillhouse	Wilbur Cross	Hillhouse (78), Wilbur Cross (60), Xavier (49)
Girls Indoor Track	Hillhouse	Shelton	Hillhouse (115), Shelton (51), Sheehan (49)
Boys Basketball	Wilbur Cross	Notre Dame	54-40
Girls Basketball	Hamden	East Haven	65-49
Wrestling	Xavier	Foran	Xavier (199.5), Foran (138.5), East Haven (101)
Gymnastics	Mercy	Daniel Hand	Mercy (133.3), Daniel Hand (131.4), Jonathan Law (127.15)
Div. I Boys Ice Hockey	Hamden	Fairfield Prep	1-0
Div. II Boys Ice Hockey	Branford	Watertown-Pomperaug	2-1
Div. III Boys Ice Hockey	Sheehan	JBWA co-op	10-1
North Girls Ice Hockey	Simsbury	Hall/Conard co-op	2-0
South Girls Ice Hockey	Amity-NH-Cheshire	West Haven/SHA	4-3
Boys Swimming	Fairfield Prep	Cheshire	Fairfield Prep (1333.5), Cheshire (871), Amity Regional (778)
Cheerleading All-Girl	North Haven	Shelton	North Haven (87.05), Shelton (86.05), Lauralton Hall (82.45)
Cheerleading Co-ed	Daniel Hand	Hamden	Daniel Hand (85.95), Hamden (46.15)

## Spring

Sport	Champion	Runner-up	Result
Boys Golf	Daniel Hand	Xavier	Daniel Hand (311), Xavier (330), Fairfield Prep (331)
Girls Golf	Amity Regional	Cheshire	Amity Regional (355), Cheshire (368), Lauralton Hall (389)
Boys Volleyball	Cheshire	Daniel Hand	3-1 (25-27, 25-17, 25-13, 25-18)
Baseball	Cheshire	Amity Regional	4-3
Softball	Cheshire	North Haven	3-2
Boys Tennis	Daniel Hand	Amity Regional	7-0
Girls Tennis	Daniel Hand	Amity Regional	5-2
Boys Outdoor Track & Field	Hillhouse	Wilbur Cross	Hillhouse (85), Wilbur Cross (83), Hamden (66)
Girls Outdoor Track & Field	Hillhouse	Shelton	Hillhouse (121), Shelton (76), Sheehan (66)
Boys Lacrosse	Fairfield Prep	Guilford	13-17
Girls Lacrosse	Guilford	Cheshire	11-10 (OT)

## SCC Postseason Facts

**32 Playoff Champions Crowned:** In 2018-19, thirty-two SCC champions (17 girls, 15 boys) were crowned in 28 different sports.

**14 Schools Earned a Plaque:** In 2018-19, fourteen different member schools won or shared a SCC playoff title. Fourteen different schools earned runner-up finishes in league playoff competition.

**Ram Pride:** Cheshire won a league-best five SCC titles in 2018-19, including three titles in the spring season. Daniel Hand and Hillhouse each had four titles.

**Girls Champion:** Guilford and Cheshire each won the most girls playoff titles (3).

**Boys Champion:** Fairfield Prep won the most boys playoff titles (3), winning soccer, swimming and lacrosse.





# 2018-19 SCC STATE CHAMPIONSHIPS



During the 2018-19 academic year, SCC teams won 19 state championships with another 19 teams finishing as runner-ups. Since the league's inception in 1994-95, SCC schools (both full and associate members) have won 464 state titles (143 fall, 175 in winter, and 146 in the spring).

## STATE CHAMPIONS (19)

### **SPRING (4)**

**Hillhouse Class MM boys outdoor track**  
**Hillhouse Class M girls outdoor track & field**  
**Daniel Hand Class M girls tennis** – defeated Lauralton Hall, 6-1  
**Daniel Hand Division II boys golf**

### **WINTER (7)**

**Hillhouse, Class M girls indoor track**  
**Xavier, Class L boys indoor track**  
**Hillhouse, Class M boys indoor track**  
**Lyman Hall, Div. 3 boys ice hockey** – defeated Sheehan, 6-2  
**Hillhouse, Class L girls basketball** – defeated Daniel Hand, 39-34  
**Branford, Div. 2 boys ice hockey** – defeated Glastonbury, 2-0  
**Fairfield Prep, Div. 1 boy ice hockey** – defeated Notre Dame, 5-2

### **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**



**Tiger Tales:** Daniel Hand football rolled through Class L on its way to its second straight state title. The Tigers outscored their three opponents, 159 to 21. (Bill O'Brien photo).

## STATE RUNNER-UPS (19)

### **SPRING (4)**

**Amity Regional, Class L boys outdoor track & field**  
**Lauralton Hall, Class M girls tennis** – lost to Daniel Hand, 6-1  
**Cheshire, Class M boys volleyball** – lost to Newington, 3-1 (25-16, 16-25, 19-25, 22-25)  
**East Haven, Class L softball** – lost to Masuk, 2-0)

### **WINTER (10)**

**Xavier, State Open wrestling**  
**Foran, Class M wrestling**  
**Amity Regional, Class L boys indoor track**  
**Hillhouse, State Open boys indoor track**  
**Daniel Hand, Class M boys swimming**  
**Mercy, Class L cheerleading**  
**Sheehan, Div. 3 boys ice hockey** – lost to Lyman Hall, 6-2  
**Daniel Hand, Class L girls basketball** – lost to Hillhouse, 39-34  
**Sheehan, Class M girls basketball** – lost to Cromwell, 58-51  
**Notre Dame, Div. 1 boys ice hockey** – lost to Fairfield Prep, 5-2

### **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, Class L girls cross country**  
**North Haven, Class M girls swimming**  
**Lauralton Hall, Class S girls swimming**  
**Cheshire, State Open girls swimming**



**Keep Dreading the Red:** Branford won the SCC/SWC and State Division II boys ice hockey titles in 2019 (Steady Photography photo).

# 2018-19 COS NOW PLAYER AND COACHES OF YEAR

During the 2018-19 academic year, the Southern Connecticut Conference named a Player of the Year and Coach of the Year in each of its 29 sponsored sports. Many thanks to league corporate sponsor Connecticut Orthopaedic Specialists and its affiliate COS NOW for sponsoring the awards. The Player and Coach of the Year honorees were selected by the respective sport's head coaches

## Fall

### Player of Year

Boys Cross Country: Robert Dillon (Shelton)  
Girls Cross Country: Meredith Bloss (Guilford)  
Field Hockey: Mikayla Crowley (Cheshire)  
Girls Soccer: Audrey Marin (Amity Regional)  
Boys Soccer: Axel Whamond (Fairfield Prep)  
Girls Volleyball: Abigail Harbinson (Amity Regional)  
Div. 1 Girls Swimming: Angela Gambardella (North Haven)  
Div. 2 Girls Swimming: Emma Panaroni (Hamden)  
Tier 1 Football: Jake Roberts (Shelton)  
Tier 2 Football: Phoenix Billings (Daniel Hand)  
Tier 3 Football: Terrence Bogan (Sheehan)

### Coach of Year

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



**Volleyball Standouts:** Amity Regional's Abby Harbinson was a two-time SCC girls volleyball player of the year. Cheshire's Sue Bavone was the Coach of Year in both girls and boys volleyball in 2018-19 (Steady Photography photo).

## Winter

### Player of Year

Girls Basketball – Makenzie Helms (East Haven)  
Boys Basketball – Connor Raines (Notre Dame)  
Gymnastics – Mia Lawrence (Mercy)  
Wrestling – Michael Rapuano (Xavier)  
Boys Indoor Track – Deshaune Poole (Hillhouse)  
Girls Indoor Track – Jada Boyd (Hillhouse)  
Boys Swimming – Div. I – Matt Torres (Fairfield Prep)  
Boys Swimming – Div. II – Andrew Buehler (Sheehan)  
Boys Ice Hockey – Div. I – Niko Kyle (West Haven)  
Boys Ice Hockey – Div. II – John DeLucia (Guilford)  
Boys Ice Hockey – Div. III - Kyle Roberts (Lyman Hall/HK)  
Girls Ice Hockey – North – Grace Melanson (Simsbury)  
Girls Ice Hockey – South – Taylor Nowak (West Haven/SHA)  
Cheerleading – Emma Testani (Shelton)  
Cheerleading Merit Award - Sarina Sandwell (North Haven)

### Coach of Year

Girls Basketball – Tim Kohs (Mercy)  
Boys Basketball – Tyrese Sullivan (West Haven)  
Gymnastics – Monica Bauer (Mercy)  
Wrestling – Mike Cunningham (Xavier)  
Boys Indoor Track – Travis Gale (Wilbur Cross)  
Girls Indoor Track – Gary Moore (Hillhouse)  
Boys Swimming – Div. I – Rick Hutchinson (Fairfield Prep)  
Boys Swimming – Div. II – Keith Cargan (Sheehan)  
Girls Ice Hockey – North - Paul Melanson (Simsbury)  
Girls Ice Hockey – South - Michael Callan (Hamden)  
Boys Ice Hockey – Div. I - Todd Hall (Hamden)  
Boys Ice Hockey – Div. II - Jim DiNapoli (Branford)  
Boys Ice Hockey – Div. III - Brian Gonsalves (Daniel Hand)

## Spring

### Player of Year

Baseball – Ryan Strollo (Cheshire)  
Softball – Mia Juodaitis (Cheshire)  
Boys Lacrosse – Div. I – Mason Reale (Fairfield Prep), John DeLucia (Guilford)  
Boys Lacrosse – Div. 2 – Robbie Lionetti (Branford)  
Boys Volleyball – Colby Hayes (Cheshire)  
Boys Tennis – Div. I – Josh Israel (Daniel Hand)  
Boys Tennis – Div. 2 – Ustav Sibramani (Cheshire)  
Girls Tennis – Div. 1 – Julia Migliorini (North Haven)  
Girls Tennis – Div. 2 – Lucia Pino (Jonathan Law)  
Boys Outdoor Track & Field – Deshaune Poole (Hillhouse)  
Girls Outdoor Track & Field – Erica Marriott (North Haven)  
Girls Lacrosse – Div. I – Annie Eddy (Cheshire)  
Girls Lacrosse – Div. 2 - Carlee Crispens (Sheehan)  
Boys Golf – Div. I – Chris Fosdick (Xavier)  
Boys Golf – Div. 2 – Kyle St. Pierre (Shelton)  
Girls Golf – Tess Csejka (Amity Regional)

### Coach of Year

Baseball - Mike Lussier (Cheshire)  
Softball – Joe Morrell (West Haven)  
Boys Lacrosse – Div. I – Brian White (Guilford)  
Boys Lacrosse – Div. 2 – Jim May (Branford)  
Boys Golf – Div. I – Bob Bernier (Fairfield Prep)  
Boys Golf – Div. 2 – David Esteban (Guilford)  
Girls Golf – John Williams (Cheshire)  
Boys Outdoor Track & Field – Michelle Moore (Hillhouse), Travis Gale (Wilbur Cross)  
Girls Outdoor Track & Field – Gary Moore (Hillhouse)  
Boys Tennis – Div. I – Matt Fraenza (Branford)  
Boys Tennis – Div. 2 – Jamie Canny (Shelton)  
Girls Tennis – Div. I – Missy Kaminski (Foran)  
Girls Tennis – Div. 2 – Samantha Provenzano (Lyman Hall)  
Boys Volleyball – Sue Bavone (Cheshire)

**COS NOW**  
**ORTHO WALK-IN**

 Connecticut Orthopaedic Specialists

# SCHOLAR ATHLETE RECOGNITION, PRESENTED BY GREAT BLUE RESEARCH

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

*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.*



## Fall

Amity Regional - Danielle Grosso (soccer), Anthony Tom (cross country)  
Branford - Praneeth Ganedi (soccer), Serena Sachs (swimming)  
Career - David Vallejo (soccer), Pierrete 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)

## Winter

Amity Regional - Kate Yuan (indoor track), Jacob Feuerstein (ski racing)  
Branford - Sophia Araneo (basketball), Aidan Kropiwnicki (indoor track)  
Career - Tim Fields (basketball), Maya Joyner (indoor track)  
Cheshire - Amanda Adesso (indoor track), Kyle Sheehan (ice hockey)  
Daniel Hand - Grace Rogers (gymnastics), Daniel Chen (swimming)  
East Haven - Olivia Delbasio (cheerleading), Kevin Pettis (unified basketball)  
Fairfield Prep - Sean Zentner (wrestling), Alec Keblish (swimming)  
Foran - Emma Cote (Indoor Track), Patrick Brogan (wrestling)  
Guilford - Jane Danaher (basketball), John DeLucia (ice hockey)  
Hamden - Claire Boncek (girls hockey), Matthew Schrier (boys swimming)  
Hillhouse - Talib McBride (indoor track), Tyree Allen (basketball)  
Jonathan Law - Will Contaxis (basketball), Julie Myers (gymnastics)

Lauralton Hall - Abigail Baisley (indoor track), Anna Yang (indoor track)  
Lyman Hall - Kailey Lipka (basketball), Cameron Regan (basketball)  
Notre Dame - Michael Card (Ice Hockey), Eddie Zantor (basketball)  
North Haven - Sarina Sandwell (cheerleading), Jack Opramolla (indoor track)  
Mercy - Sophia Finkeldey (basketball), Halle Carroll (indoor track)  
Sacred Heart Academy - Mary Sarah Olson (basketball)  
Sheehan - Logan Adams (swimming), Rayna Esch (swimming)  
Shelton - Brian Berritto (basketball), Mackenzie Joyce (basketball)  
West Haven - Keegan Riccio (basketball), Nash Noble (tennis)  
Wilbur Cross - Yaleija Jackson (Indoor Track), Enasj Jones (Boys Basketball)  
Xavier - Julen Lujambio (swimming), Pierre Sylvain (indoor track)

## Spring

Amity Regional - Samuel Mahler (outdoor track & field), Elizabeth Brownfield (softball)  
Branford - Mary Nwagboli (outdoor track & field), Anders Brown (lacrosse)  
Career Magnet - Nicolas Avila (baseball), Gina Patel (tennis)  
Cheshire - Jenny Wang (tennis), Ryan Cyr (baseball)  
Daniel Hand - Samantha Riordan (tennis), Julian Banerji (baseball)  
East Haven - Mikayla Raffone (tennis), Nate Furino (baseball)  
Fairfield Prep - Jamie Paul (sailing), Evan Bean (crew)  
Foran - Ryan DeMarco (lacrosse), Natalie Hubler (tennis)  
Guilford - Charlotte Zimmer (tennis), Ben Panagoulis (baseball)  
Hamden - Ava Albis (tennis), Akshar Agarwal (tennis)  
Hillhouse - Yesenny Lina (softball), Emani Williams (outdoor track & field)  
Jonathan Law - Cali Jolley (softball), Bryan Reed (baseball)  
Lauralton Hall - Sydney O'Neil (lacrosse), Theresa Piscitelli (golf)  
Lyman Hall - Carly Jacobs (outdoor track & field), Andrew Horobin (outdoor track & field)  
Mercy - Cameryn Antler (lacrosse), Rachael Cipolla (outdoor track & field)  
North Haven - Grace Gillooly (lacrosse), Daniella Bryson (tennis)  
Notre Dame - Jason Ostrowski (baseball), Tom Rosati (golf)  
Sacred Heart Academy - Sofia Verna (lacrosse)  
Sheehan - Shreya Patel (tennis), John Yoder (tennis)  
Shelton - Jacquelyn Simington (outdoor track & field), Robert Dillon (outdoor track & field)  
West Haven - Skyler Serenson (tennis), Dominic Cambino (baseball)  
Wilbur Cross - Andrew Marrero (baseball), Olivia Ferrara (softball)  
Xavier - Nick DeBrizzi (baseball), Jake Woznyk (lacrosse)























# 2018-19 BY THE NUMBERS/NEWS

## FAREWELL

Two members of the SCC administration - Xavier athletic director Tony Jaskot and Sacred Heart Academy athletic director George Bedocs- announced their well-deserved retirements following the conclusion of the 2018-19 academic year. Both gentlemen will be missed!



## 25TH YEAR CLAMBAKE

More than 250 current and former administrators and coaches attended the SCC's 25th Anniversary Clambake on Monday, June 10 at Anthony's OceanView. Many thanks to the attendees and event sponsors.



**Past and Present:** The history of the SCC was well represented at the 25th Year Clambake. Former athletic directors, Jim Benanto (Shelton), Ken Marcucio (Derby) and Chip Dorwin (Guilford) are pictured above with SCC Commissioner emeritus Bill O'Brien and current Branford athletic directors Jake Palluzzi and Savas Synodi (SCC photo).



## BY THE NUMBERS



**5** – All-SCC matchups in a State Championship Game in the 2018-19 academic year (Boys Ice Hockey (2), Field Hockey, Girls Basketball, Girls Tennis).

**5<sup>2</sup>** – Number of SCC state titles that Daniel Hand and Hillhouse each won in 2018-19.

**14** – Different SCC schools captured a league post-season championship in 2018-19.

**15** – Consecutive Years that Fairfield Prep has won the SCC boys swimming title; it is the longest current post-season streak in the conference.

**39** – Total number of SCC teams that won or finished as state runner-ups in 2018-19.

**43** – Student-Athletes who were named "OrthoNOW" SCC Players of the Year in 2018-19. Also, 41 head coaches were named "COS NOW" SCC Coaches of the Year.

**68.6** – Percentage of SCC teams that qualified for state tournament competition in 2018-19.

**72** – Number of state titles that Hillhouse's teams have won since 1994-95 - the most of any SCC member school.

**464** – SCC teams that have won or shared a state championship since 1994-95.

### PHOTO CREDITS

The 2018-19 SCC "team championship" photos were provided by Bill O'Brien and the staff at Steady Photography.