



2021 WINTER SPORTS Preview

SPORT: BOYS SWIMMING



2019-2020 CHAMPION - XAVIER FALCONS

TENTATIVE PLAYOFF SCHEDULE

Divisional Virtual Meet – March 22-28

Div. I and II “divisional” meets

Compare scores for SCC champion (just like girls during the fall)

Division A Teams:

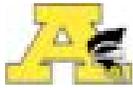
Amity, Cheshire, Fairfield Prep, Hand, New Haven Coop, Xavier

Division B Teams:

Foran/Law Coop, Hamden, Lyman Hall, Notre Dame, Sheehan, West Haven

Note: Shelton will compete against both divisions (tri-meets)

Division A Preview:



SPORT: Boys Swimming and Diving

SCHOOL NAME: Amity

Head Coach (# of years coaching): Todd Rainey (28th year)

2021 Captains: Seamus Hennessy, Kevin Sweeney, Nolan Young

Top Returners:

Seamus Hennessy – Junior, IM and 100 Backstroke;

Kevin Sweeney – Junior, Fly, Sprint Free;

Nolan Young – Junior, Free, Back, IM;

Connor Hallstrom – Junior, Distance Free;

Jack Belfonti - Junior, Sprint Free;

Max Dempsey – Senior, Sprint Free

2021 Season Outlook:

This year's team is small and very young. With only one senior, who is out for his first year on the team, this will be a chance for our very strong junior class to develop leadership skills. The team is very balanced with good swimmers for each event. With only 14 on the team, all members will need to contribute. Coach Rainey says, "The team is off to a great start with early season practices and will no doubt rise to the challenges of this unconventional season."



SPORT: Boys Swimming & Diving

SCHOOL NAME: Cheshire High School

Head Coach (# of years coaching): Kevin Reeder (3 years (1st with Boys, 3 with Girls)

2021 Captains: Noah Duncan, Justin Finkel, Harrison Hua

Top Returners:

Noah Duncan (Sr) – Diver
Alex Fang (So) – Sprint Free/Fly
Justin Finkel (Sr) – Distance Free
Harrison Hua (Sr) – Sprint Free/Breast
Wes Johnson (Jr) – Sprint Free/Back
Anmol Sapru (Jr) – Fly/IM
Silas Wang (Jr) – Sprint Free

2021 Season Outlook:

I am excited to step in and take over a great Boys Team for this season. The Boys bring a lot of energy to practice. I am looking forward to seeing them race. We plan on picking up right where they left off last year before the season was shut down. We have a great Senior Class looking to end their HS swimming careers on a positive note.



SPORT: Boys Swimming & Diving

SCHOOL NAME: Daniel Hand

Head Coach (# of years coaching): Christina Forristall (7th year)

2021 Captains: Rowan O'Connor & Chris Pellegrino

Top Returners:

JD Starkey - Jr - 200 IM, 100 Back, 100 Fly;
Jack Signorello - Jr - 200 Free, 500 Free, 100 Back;
Rowan O'Connor - Sr - 200 Free, 100 Breast;
Chris Pellegrino - Sr - 50 Free, 500 Free;
Jake Beiner - Sr- 50 Free, 100 Free;
Alex Hauser - Jr- Diving;
Ian Looby - Jr- 50 Free, 100 Free; Jonah Kehew- So- 200 IM, 100 Free, 100 Back;
Kyle Wisialowski - Sr - (one-man team from Old Saybrook) - 200 Free, 100 Fly.

2021 Season Outlook:

We have a small but very close team this year! We are excited to welcome our freshmen, and teach them what being a team means to DHHS Boys Swimming & Diving- Commitment to each other...like the back of our team shirts say "Together Everyone Achieves More".

After not being able to finish our season in 2020 because of the Covid-19 outbreak, everyone is grateful for any and all opportunities we have been given this year. It taught us not to take anything for granted.



SPORT: Boys Swimming and Diving

SCHOOL NAME: North Haven/Guilford/East Haven/North Branford

Head Coach (# of years coaching): Martha Phelan (2nd year coaching North Haven Coop and 8 years as North Haven Head Coach)

2021 Captains: North Haven Senior Tanner Powell; North Branford Senior Connor Coyne; Guilford Senior Daniel Kamen

Top Returners:

Guilford - Junior Finn Henry. 2020 ALL SCC 200 Free Relay and 400 Free Relay. 2020 Register All Area Team. Specializes in 200 and 500 Freestyle Events. Finn has verbally committed to Yale's Class of 2026.

North Haven - Sophomore Christian Butler. Top 6 SCC qualifier in 11 dive program.

East Haven - Junior Hethon Foster. 2020 ALL SCC 100 Free, 200 Free Relay and 400 Free Relay.

East Haven Sophomore Brendan Connors has joined our ranks. Brendan is a talented USA swimmer ranked nationally in 100 Free and 100 Back for 3 last years. Brendan will have a huge positive impact on our meet lineup.

2021 Season Outlook:

GNH has depth as well as talent and we hope to finish strong at this year's SCC Virtual Championship (we placed 3rd as a team at 2020 SCC Championships). GNH will exclusively compete virtually and while the format will be vastly different, we are motivated to record best times and performances. GNH is excited to be back. It means everything to these athletes to be able to compete and celebrate the traditions we have always had.



Sport: Boys Swimming

SCHOOL NAME: Shelton

Head Coach (# of years coaching): Tom Jurzynski

2021 Captains: Korey Barber Carson Rhodes

Top Returners:

Korey Barber Senior (Fly/Back) All-SCC; School record holder 200 Free Relay;

Carson Rhodes Senior (Breaststroke) School record holder 200 free relay;

Jai Goel Junior (Distance);

Ben Van Tine Senior (Sprints);

Brendan Smith Senior (Breaststroke).

2021 Season Outlook:

We are lower on numbers than in the past due to losing 7 seniors as well as a few kids to distance learning. The boys are just happy to be back in the pool and are working hard everyday. We'll take advantage of the opportunity given to us.



SPORT: Swimming and Diving

SCHOOL NAME: Xavier High School

Head Coach (# of years coaching): Nolan Silbernagel (1st Year at Xavier, Sixth overall with previous five years in New Jersey)

2021 Captains: Seniors Andrew Mitchill and Donny Frost

Top Returners:

Andrew Mitchill, Senior Captain. Scholastic All-American, Conference and State Class L Champion, 2020 Conference Outstanding Swimmer Award winner. Top events: Breaststroke, All Freestyle Events;

Donny Frost, Senior Captain, 200 Free Relay Record Holder and Conference Champion. Events include sprint free and 100 Butterfly;

Mitchell Wollen, Junior, Premiere Backstroker, Conference Champion in 200 Medley Relay;

Nikita Zuev, Junior, 200 Free Relay Record Holder and Conference Champ, superb sprinter;

George Clark, sophomore, superb distance freestyler, transfer from Avon Old Farms;

Noah San Vicente, Junior, Distance Specialist;

Adam Anziano, Senior, Breaststroke Specialist;

Samuel Enes, Sophomore, one of top underclassmen swimmer on the roster, equally strong in multiple strokes/events;

2021 Season Outlook:

Xavier claimed its first-ever swimming and diving title last year by snapping Fairfield Prep's run of 15-straight SCC Championships to go along with a perfect 12-0 record. Xavier was poised to build upon that major win with sights on winning its first-ever State Class L championship, but unfortunately the event was cancelled due to COVID.

With that cancellation, we enter the pool this year with a hunger and determination to make the most out of whatever competition looks like this season. While the team is thrilled to just be together and have the opportunity to bond as a program and train in the sport that they love, there is definitely the unquestionable desire to continue our run as a premiere swim program in the state.

This team has tremendous, top-tier talent to go along with great depth, and the entire roster is filled with experienced, skilled, and dedicated swimmers. Xavier also returns two divers who scored crucial points at conferences last year. The team is looking to take it one day at a time, and try to improve every single day that we can train together.

"It really is remarkable when you look at how many extremely skilled swimmers are on this roster," said first-year Head Coach Nolan Silbernagel. "Every event is so deep, and every member of this team has one goal in mind and that is the success of the program. They are a hungry, hard-working group and it is a true privilege to lead this team. While I believe we can do some really special things this year, it is great to just have these boys back together and training as a group again."

***** SCC BOYS SWIMMING DIVISION A PREVIEW *****

Division B Preview:



SPORT: Boys Swimming

SCHOOL NAME: Milford (Foran/Law)

Head Coach (# of years coaching): Connor Lui (2 years as head coach/7 years in total)

2021 Captains: Edward Platonov, Justin Goglia, Luke Morris, Ryan Morton

Top Returners:

Edward Platonov (2021) - All-State as a sophomore, All-SCC three times, and All-Area twice. Won 100 butterfly at SCC's last year and 3rd in the 200 free. Diverse swimmer who specializes in butterfly, IM, and distance free;

Justin Goglia (2021) - All-SCC junior year. Placed 3rd in the 500 free and 8th in the 100 back. Specializes in distance free and backstroke. Broke his own backstroke record from last year;

Ryan Morton (2021) - Specializes in IM and breaststroke. Contributed to 200 free relay at SCC's;

Luke Morris (2021) - Specializes in sprint free and diving. Contributed to the 200 free relay at SCC's.

2021 Season Outlook:

I'm extremely grateful that we have an opportunity to compete this year. I know that COVID will bring about many different challenges, but I'm confident that our team will adapt and have another successful season.

My expectation is that we will perform consistently well again in dual meets while maintaining a positive record. Many of the swimmers are eager to get back into the pool and are already setting their sights on breaking more team records.



SPORT: Boys Swim and Dive

SCHOOL NAME: Hamden HS

Head Coach (# of years coaching): Nate Hill (15th year); Assistant/Diving Coach - Jody Clouse

2021 Captains: Jonah Heiser, Jacob Ostapenko

Top Returners:

Co-Captain Jonah Heiser - Top Diver on Team – 4th Place at SCC Champs;

Co-Captain Jacob Ostapenko - As an SCC Finalist last season we are looking for top performances in Freestyle, breaststroke and IM events;

Senior Daniel Ostapenko - Another SCC Finalist last season who looks to improve his Breaststroke, backstroke and IM and freestyle events;

Sophomore Nick Bennett - Top 10 SCC finishes in both 100 Fly and 100 Back last season as a freshman;

Sophomore Andrew Ames had big drops last season in Fly and freestyle events. An SCC Finalist as a freshman, we look to see improvement throughout the season;

Seniors Ron Casuga and Micah Fleischman will fill in multiple events and play integral leadership roles on the team;

Returning Sophomores Garrett Sparks, Jeffrey Ahn, and Nolan Jermain will be key players scoring big points for us throughout the season;

With 5 new freshmen out this season, our future is looking bright!

2021 Season Outlook:

Coach Clouse and I are looking for a strong return to the pool this season. With all the unknowns that we have all had to deal with over the last year, we are just happy to be back in the water training. While this season will look a lot different than last, our goals include easing these guys back into some sort of training routine without injury. Our most important goal is keeping our team and their families healthy and safe. I would like to thank all the parents for trusting us with their kids in these uncertain times and rest assured that we will do everything in our power to get them back into shape by training and exercising both the body and mind. With the format of the virtual meets planned, we should be able to train right through our dual meet season and focus on a big finish at the SCC Championships, whatever that may look like.



SPORT: Boys' Swimming

SCHOOL NAME: Lyman Hall/Coginchaug

Head Coach (# of years coaching): Donna Neary (8th year)

2021 Captains: InHwa Ferretti - Alex Zelaya

Top Returners:

Elyse Boothroyd Senior - Diver, All SCC, Coginchaug 6/11 dive record - holder;
Kendrick Lagamao Soph - All around swimmer

2021 Season Outlook:

We have an experienced freshman in Jerick Lagamao, he will be a great addition, his best stroke is backstroke. We look forward to our 6 divers qualifying for the SCC championship meet, coached by Stephanie Lavado-Berghorn. Let's hope our kids get a chance to swim and dive the whole season with everyone staying healthy.



SPORT: Boys Swimming and Diving

SCHOOL NAME: Notre Dame – West Haven

Head Coach (# of years coaching): Chris Smith (2nd year)

2021 Captains: Sean McDermott and Alexander Ozonoff

Top Returners:

Sean McDermott (200 IM and 100 Breaststroke);
Alexander Ozonoff (200 Freestyle and 500 Freestyle);
Luke Beerli (50 Freestyle and 100 Freestyle);
Malachi Blatchley (100 Butterfly);
Mason Moore (500 Freestyle).

2021 Season Outlook:

Last season may not be seen as a success on paper, but I like how we came together as a team as the season progressed. In my opinion, what we experienced last season helped us begin to understand our priorities as a program and what type of culture we would like to establish moving forward.

I expect our two seniors and co-captains to provide strong leadership for our team this season. They have been very committed to the growth and success of the program over the years and I look forward to watching them perform this season.

Like any sport, attention to detail and the little things often makes the difference between winning and losing. As I have done in the past, I have been stressing these details since we began practicing. We need to improve our attention to details like flipturns, breathing patterns,

streamlines, starts, etc. If our swimmers can strengthen their attention to these things, then they will have unlocked ways to improve their performance in the water.

My main goal is to help the swimmers and divers establish and cultivate strong work habits that will create the foundation for progress and development over the course of the season. I expect this season to be another period of rebuilding for us and I am excited to get that work underway.



SPORT: Boys Swimming

SCHOOL NAME: Sheehan

Head Coach (# of years coaching): Keith Cargan (9th year)

2021 Captains: Aaron Gamble, John Womelsdorf, Joey Zellner

Top Returners:

Joey Zellner (Sr): Sprint Freestyle & Breaststroke / All State & All SCC, SCC Champion (100 Freestyle);

Aaron Gamble (Sr): Butterfly / State & SCC Qualifier;

Jordan Dorsey (Jr): Diving / State & SCC Qualifier

2021 Season Outlook:

This season is mainly about individual achievement. We'll prepare each member of the team to meet and hopefully exceed their own expectations. Every meet this season will be treated as though it were a championship meet. Along the way, we hope to break two or three team records, and have as strong a showing as possible at the SCC virtual championship meet.



SPORT: Boys Swimming

SCHOOL NAME: West Haven High School

Head Coach (# of years coaching): Kevin Dickson (4th year)

2021 Captains: Brian Carew and Mustansir Jamalee

Top Returners:

Mustansir Jamalee - Freestyle, Butterfly;
Anthony Castillo – Freestyle

2021 Season Outlook:

We have a very young team this year. Our goal this year will be to continue to practice hard, work toward their personal best, and stay healthy. Having all virtual meets will be a challenge, but the boys are happy to have a season.

***** SCC BOYS SWIMMING DIVISION B PREVIEW *****