



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 *****