



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 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 *****