



2022-23 Southern Connecticut Conference

Winter Sports All-Conference Teams

Girls Indoor Track

First Team

Leonaya Knox (Hillhouse), 55 meters, 55 meter hurdles

Marie Kane (Mercy), 300 meters

Jada McCown (Hillhouse), 600 meters

Clara Gahm (Guilford), 1000 meters

Hannah Andrejczyk (Shelton), 1600 and 3200 meters

Career (Kiera Baxter, Imani Bryan, Sarah Murray, Lalia Best), 4 x 200 meter relay

Mercy (Annaliese Rhoden, Julia Lelko, Lainey Riegler, Marie Kane), 4 x 400 meter relay

Guilford (Olivia Kaisin, Paige Ponzio, Alexa Suchy, Clara Gahm), 4 x 800 meter relay

Wilbur Cross (Ayannuah Williams Monroe, Dyani Dolberry, Aniya Swindell, Anna Omelchenko), 1600 Sprint Medley Relay

Audrey Kozak (Shelton), High Jump, Long Jump

Savanna Bauman (Sheehan), Pole Vault

Shalisha Robertson (Hillhouse), Shot Put

Second Team

Audrey Kozak (Shelton), 55 meters

Julia Coric (Daniel Hand), 300 meters

Julia Lelko (Mercy), 600 meters

Sarah Roberts (Mercy), 1000 meters

Anna Omelchenko (Wilbur Cross), 1600 meters

Kelly Jones (Lauralton Hall), 3200 meters

Taniyah Mabry (Hillhouse), 55 meter hurdles

Hillhouse (Taniyah Mabry, Deanna Moore, Darea Vargas, Kyla Parker), 4 x 200 meter relay

Hillhouse (Taniyah Mabry, Deanna Moore, Jayda McCown, Javen Jaranilla), 4 x 400 meter relay

Cheshire (Sarah Goldstein, Eva Curran, Julia Rubin, Alexa Ciccone), 4 x 800 meter relay

Mercy (Ella Barone, Julia Salley, Julia Lelko, Sarah Roberts), 1600 Sprint Medley relay

Victoria Baker (Sacred Heart Academy), High Jump

Liliana Quill (Amity Regional), Pole Vault

Leonaya Knox (Hillhouse), Long Jump

Maya Quaranta (Sacred Heart Academy), Shot Put

Boys Indoor Track

First Team

Stylz Mitchell (Xavier), 55 meters, 300 meters
Colin Donahoe (Branford), 600 meters
Alex Ushchak (Xavier), 1000 meters
Owen Martin (Xavier), 1600 meters
John Larkin (Xavier), 3200 meters
Amir Phelmetto (Hillhouse), 55 meter hurdles
Hillhouse (Sheldon Edwards, Nysir Harris, Travis James, Elijah McClain), 4 x 200 meter relay
Lyman Hall (Thomas Conklin, Timothy Conklin, Michael Fisher, Owen Rich), 4 x 400 meter relay
Xavier (Jack Ouellette, Ryan Zimmerman, Cameron Nephew, Owen Martin), 4 x 800 meter relay
Shelton (Ari Papadimitriou, Ethan Oko, Aidan O'Grady, Luke Pacheco), 1600 Sprint Medley relay
Khalil Antoine (Hillhouse), High Jump
Chance DeCrescenzo (Lyman Hall), Pole Vault
Christopher Hergott (Hamden), Long Jump
Ethan Anderson (North Haven), Shot Put

Second Team

Air Papadimitriou (Shelton), 55 meters
Maximillian Musial (Amity Regional), 300 meters
Nick Cassarino (Xavier), 600 meters
Luke Pacheco (Shelton), 1000 meters
Jack Ouellette (Xavier), 1600 meters
Harrison Grenier (Daniel Hand), 3200 meters
Daniel Kim (Amity Regional), 55 meter hurdles
Hamden (Christopher Hergott, Isaac Boliere, Kyle Antoine, Liam Buckely-Robertson), 4 x 200 meter relay
Hillhouse (Sheldon Edwards, Amir Phelmetto, Khamari Salam, Adam Massey), 4 x 400 meter relay
Amity Regional (Daniel Manning, Luke Cushing, Eydan Lavi, Justin Singh), 4 x 800 meter relay
Lyman Hall (Michael Fisher, Aaron Rich, Timothy Conklin, Thomas Conklin), 1600 Sprint Medley relay
Isaiah Moore (Foran), High Jump
Ryder Kropiwnicki (Branford), Pole Vault
Micah Blair (Amity Regional), Long Jump
Yousef Gebril (North Haven), Shot Put

Gymnastics

Brooke Anderson (Daniel Hand), Morgan Flickinger (Daniel Hand), Natalie Morrell (Jonathan Law), Tallulah Malz (Mercy), Morgan McMahon (Daniel Hand), Kayla Johnson (Foran), Ella Esposito (Guilford), Ginger Schmidt (Foran), Riley Grunow (Foran), Ella Speerli (Daniel Hand), Hadley Reiss (Daniel Hand), Gabriella Lachance (Mercy), Rhiannon Leandres (Amity Regional)

Cheerleading

Audrey Bronson (Cheshire), Jill Falcone (Cheshire), Jenna Roby (North Haven), Samantha Robinson (Branford), Sarah Nwagboli (Branford), Ava Juliano (Branford), Leah VanDeventer (Mercy), Brianna Miller-Pettaway (West Haven), Juliana Petruzzello (West Haven), Alyssa Capello (Lyman Hall), Mallory Fisher (Lyman Hall), Gianna Tullo (Sacred Heart Academy), Maddi Kuczynski (Sacred Heart Academy), Kendall Oksenberg (Shelton), Julia Mosher (Shelton), Luci Cappello (Foran), Jonna Lord (Foran), Kolbey Nastro (East Haven), Adriana Esposito (East Haven), Lilly Keller (Lauralton Hall), Reegan O'Dea (Daniel Hand), Abby Kustra (Daniel Hand)

Wrestling

First Team

106 - Raekwon Shabazz (Xavier); 113 - Braylon Gonzalez (Xavier); 120 - Kevin Kasperowski (Xavier); 126 - Antonio Madero (Foran); 132 - Kyle Levesque (Xavier); 138 - Anthony Basile (Xavier); 145 - William Smith (Fairfield Prep); 152 - Matthew Ferrucci (Xavier); 160 - Zachary Fong (Xavier); 170 - Alejandro Colberg-Martinez (Guilford); 182 - Charles Weidman (Xavier); 195 - Jason Toth (East Haven); 220 - Vincent Scileppi (Xavier); 285 - Malachi Mercer-Robinson (Fairfield Prep)

Second Team

106 - Marcus Mizzone (Amity Regional); 113 - Jack Batista-Fletcher (East Haven); 120 - Sebastian Rodriguez (Fairfield Prep); 126 - Jake Elpi (Branford); 132 - Jay Chase (Sheehan); 138 - Craig Mager (Foran); 145 - John Lagana (Xavier); 152 - Charles Wahl (Daniel Hand); 160 - Ryan Kinick (Shelton); 170 - Branimir Lah (Amity Regional); 182 - Cole Snider (Branford); 195 - Liam Alberti (Guilford); 220 - Drew Schwartz (Branford); 285 - Justin Bonilla (New Haven)

Girls Basketball

First Team:

Natalie Lucas (Daniel Hand), Faith Doyle (Foran), Leah Philpotts (Hamden), Alana Philpotts (Hamden), Gianna Donnarummo (Hamden), Nielle Reaves (Hillhouse), Sophie Hedge (Mercy), Ava Giansiracusa (Mercy), Julia Ball (North Haven), Lauren Thompson (Sacred Heart Academy), Meghan Kirck (Sacred Heart Academy), Megan Wresien (Sheehan), Amani Abuhatab (West Haven)

Second Team:

Jill Barnes (Amity Regional), Sarah Granados (Amity Regional), Coco Rourke (Daniel Hand), Juliana (Iovino East Haven), Ava Deitelbaum (Foran), Gianna Robert (Hamden), Jaylice Rosario (Hillhouse), Catherine Bosse (Lauralton Hall), Avery Kohs (Mercy), Sammi Santacroce (North Haven), Emma Kirck (Sacred Heart Academy), Olivia Cassesse (Sheehan), Cassidy Carrano (West Haven)

Boys Basketball

First Team:

Tim Coleman (Hillhouse), Mekhi Conner (Notre Dame), Fredo Delgado (Wilbur Cross), Timaury Gay (Notre Dame), Chase Geremia (Daniel Hand), Thomas Glover (Hillhouse), Elijah Jean-Guillaume (Wilbur Cross), Justin Hess (Guilford), Tajae Jones (Notre Dame), Christian McCleave (Wilbur Cross), John Neider (Jonathan Law), Anthony Parker (Xavier), Joshua Pearson (Hamden), Tommy Scholl (Fairfield Prep)

Second Team:

Elijah Avery Turner (Daniel Hand), Aidan Driscoll (Xavier), Adam Elkharraz (West Haven), Joe Gaetano (Foran), Kyle Hoffman (Daniel Hand), Elijah Holder (Hamden), Eric Jones (Hillhouse), Jack McHale (Fairfield Prep), Nolan McKenna Hansen (Jonathan Law), Riley Swan (Guilford), Abdou Toure (Notre Dame)

Boys Ice Hockey

Division I

First Team

Forward: Ty Battipaglia (Notre Dame-WH), James Mascari (Notre Dame-WH), Alex Rodriguez (Xavier), Blake Baksay (Fairfield Prep)

Defense: Colin Woodward (Fairfield Prep), Logan Hurd (Notre Dame-WH)

Goalie: Colby LaSalle (Notre Dame-Fairfield)

Second Team

Forward: James Murphy (Fairfield Prep), Daniel Cusack (Notre Dame-WH), Tyler Bassett (Notre Dame-Fairfield)

Defense: Haygen Axelrod (West Haven), Lucas Carfi (Fairfield Prep)

Goalie: Connor Crowley (Notre Dame-WH), Brody Sargolini (Hamden)

Division II

First Team

Forward: Will Gaudet (Cheshire), Matt Morgan (Branford), Max Festa (Sheehan)

Defense: Shane Considine (Guilford), Owen Quick (North Haven), Sean Bosworth (Branford)

Goalie: John Paul-Garea (East Haven co-op)

Second Team

Forward: C.J. Sherwood (North Branford), Ryan Pfaff (Daniel Hand), Jackson Hitchcock (Watertown-Pomperaug co-op)

Defense: Peyton Durant (Lyman Hall), Dean Gattinella (Amity Regional), Thomas Guidone (North Haven)

Goalie: Bryce Petersen (North Haven)

Division III

First Team

Forward: Drew Scalia (Masuk), Theo Dietter (New Milford), Spencer Thomas (JBWA co-op), A.J. Michetti (Masuk)

Defense: Austin Braiewa (Masuk), Brody Turner (Shepaug co-op)

Goalie: Jonas Veleas (New Milford)

Second Team

Forward: Kyle Sutfin (Masuk), Nick Solomon (New Milford), Logan Beuprey (Shepaug co-op)

Defense: Colin Deering (Masuk), Emmet Arees (JBWA co-op), Tommy Kane (JBWA co-op)

Goalie: Chris Liguori (Newtown/New Fairfield co-op)

Girls Ice Hockey

First Team

Forward: Julianna Picard (West Haven/SHA co-op/SHA), Giada Broccoli (Hamden co-op/Hamden), Faith Minickene (Daniel Hand co-op/Daniel Hand)

Defense: Aryanna Wilson (Daniel Hand co-op/Branford), Julianna Montano ((West Haven/SHA co-op/SHA), Kimberly Evans (Guilford co-op/Guilford)

Goalie: Marcia Colten (Hamden co-op/Wilbur Cross)

Second Team

Forward: Samantha Drane (Amity Co-op/Amity), Anne Plunkett (West Haven/SHA co-op/SHA), Maybelle Caron (Amity co-op/Amity), Amanda Quinn (Masuk co-op/New Milford)

Defense: Trinity Sweeney (Hamden co-op/Hamden), Taylor Alfano (West Haven/SHA co-op/West Haven)

Goalie: Isabelle Desrosiers (West Haven/SHA co-op/SHA)

Boys Swimming

200 yard Medley Relay: Fairfield Prep 1:38.86 72 (Owen Tharrington, Lucas Swarowsky, Joseph Queenan, Brandon Bonilla), Xavier (Samuel Enes, Matthew Whitaker, Maxwell Enes, Patrick Mitchell)

200 yard Freestyle: Elliot Lee (Daniel Hand), Mark Platonov (Amity Regional), Maxwell Enes (Xavier)

200 yard IM: Owen Tharrington (Fairfield Prep), Jack Ferguson (HK co-op), Jerick Lagamao (Lyman Hall/Coginchaug co-op)

50 yard Freestyle: Samuel Enes (Xavier), Allen Liu (Amity Regional), Aiden Cohen (Greater New Haven co-op), Benjamin Frazer (Amity Regional)

Diving: Christian Butler (Greater New Haven co-op), Orion Heiser (Hamden), Ariana Mullin (Hamden)

100 yard Butterfly: Samuel Enes (Xavier), Timothy King (Fairfield Prep), Joseph Queenan (Fairfield Prep)

100 yard Freestyle: Elliot Lee (Daniel Hand), Benjamin Frazer (Amity Regional), Alexander Fang (Cheshire)

500 yard Freestyle: Michael Adams (Fairfield Prep), Mark Platonov (Amity Regional), Maxwell Enes (Xavier)

200 yard Freestyle Relay: Amity Regional (Allen Liu, Matthew Muravnik, Mark Platonov, Benjamin Frazer), Fairfield Prep (Timothy King, Chase Elliot, Brandon Bonilla, Joseph Queenan)

100 yard Backstroke: Jerick Lagamao (Lyman Hall/Coginchaug co-op), Gerold Gutierrez (Foran/Law co-op), Jonah Kehew (Daniel Hand)

100 yard Breaststroke: Jack Ferguson (HK Coop), Matthew Whitaker (Xavier), Silas Wang (Cheshire)

400 yard Freestyle Relay: Amity Regional (Adam Liu, Tyler Derosa, Mark Platonov, Benjamin Frazer), Xavier (Samuel Enes, Patrick Mitchill, Matthew Whitaker, Maxwell Enes)

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