



# 2021-22

# YEAR IN REVIEW

# SOUTHERN CONNECTICUT CONFERENCE

## 2021-22 YEAR IN REVIEW



### 28TH YEAR

Established in 1994, the Southern Connecticut Conference completed its 28th year in 2021-22 returning to somewhat "normalness" due to the persistent COVID-19 virus.

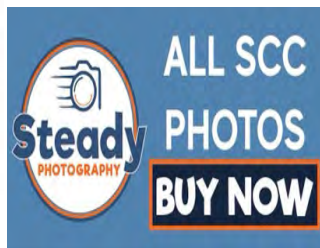
### SPECIAL THANKS TO OUR CORPORATE SPONSORS

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 2021-22 academic year, including Connecticut Orthopaedics, Holiday Hill/Holiday Hill Day Camp, Town Fair Tire, Sportsmen's of Litchfield, The Next Street, and the league's newest corporate sponsor, the official realtor of the SCC – Better Homes and Garden Real Estate and its realtor for the SCC, Rob Bleggi.
- Thanks also to Great Blue Research, for its presenting sponsorship of the scholar athlete recognition program.
- For the first time, the SCC offered an Athlete of Month recognition program, which was presented by j.roo's of North Haven.
- The 2021 football season was sponsored by the Casey/O'Brien New Haven County Chapter of the National Football Foundation.
- The SCC's running sports were presented by SOUNDrunner.


### 2021-22 EXECUTIVE BOARD

PRESIDENT: Max Berkowitz, Principal – Joseph A. Foran HS  
 VICE-PRESIDENT: Joe Corso, Principal, Lyman Hall HS  
 SECRETARY: Craig Semple, Athletic Director – Daniel Hand HS  
 TREASURER: Steve Trifone, Athletic Director – Cheshire HS  
 ATHLETIC DIRECTOR CHAIRPERSON: Ernie Goodwin, Amity Regional HS  
 COMMISSIONER: Al Carbone



Your SCC Realtor®

**Better Homes and Gardens REAL ESTATE** | GAETANO MARRA HOMES | Rob Bleggi  
 203.258.1868 | RobBleggi1@gmail.com




**souNDRUNNER**  
*a running store...and more*



**NATIONAL FOOTBALL FOUNDATION AND COLLEGE HALL OF FAME**  
 CASEY O'BRIEN NEW HAVEN COUNTY CHAPTER

# FORTY-SIX HONORED AS SCC SCHOLAR LEADERS



Forty-six students were recognized and honored as “SCC Scholar Leaders” at a banquet at Anthony’s Ocean View in New Haven on Monday, March 28. After not having an in-person banquet the last two years, the SCC was pleased to gather with the scholar leaders, their families and school administrators.

The Scholar Leaders, as selected by their respective schools’ principal, have demonstrated outstanding scholarship and leadership in their respective school and external communities.

At the conclusion of the Scholar Leader banquet, there were two recipients of the Bill O’Brien Community Service Scholarship. Congratulations to Diya Patel (Shelton) and Grace Nowak (West Haven), the recipients of the “Bill O’Brien Community Service Scholarship.” Each received \$500.

To read all the Scholar Leader recipients bios, visit: [http://www.southernconnecticutconference.org/images/stories/pdfs/scholar-leader-banquet/SCC\\_Scholar\\_Leader\\_Banquet\\_Program\\_2022-FINAL.pdf](http://www.southernconnecticutconference.org/images/stories/pdfs/scholar-leader-banquet/SCC_Scholar_Leader_Banquet_Program_2022-FINAL.pdf)

## 2021-22 SCHOLAR LEADERS

**Amity Regional** – Taylor Dillon, Juan Carlos (JC) Rodriguez

**Branford** – Nina Shamas, Josh Berdon

**Hill Regional Career** – Mark Congacha, Shania Jackson

**Cheshire** – Mantra Narayanan, Vincent Cai

**Daniel Hand** – Brian Girardi, Isabelle Vagell

**East Haven** – Jake Esposito, Isabella Martindale

**Fairfield Prep** – Matthew Marsden, Evan Jang

**Joseph A. Foran** – Arezoo Ghazagh, Barry Held

**Guilford** – Hana Greif, Juan Salas-Romer

**Hamden** – Emily Finch, Hannes Stenstrom

**James Hillhouse** – Kayla Roberts, Gary Moore, Jr.

**Jonathan Law** – Sydney Simpson, Jackson Warters

**Lauralton Hall** – Kaylor Garamella, Brooke Jones

**Lyman Hall** – Ryan Arduini, Elena Bielez

**Mercy** – Cassidy Wichman, Elizabeth Brown

**North Haven** – Hannah Auddino, Kyle Guo

**Notre Dame** – Luke Grantz, Jonathan Ngame

**Sacred Heart Academy** – Delfina Ferro, Lillian Torello

**Mark T. Sheehan** – Paul Burkett, Heather Gaydownen

**Shelton** – Diya Patel, John Esteves

**West Haven** – Nabaha Khan, Grace Nowak

**Wilbur Cross** – Katherine Van Tassel, Jayden Rivera

**Xavier** – Adam Chasse, Aidan Pesce



*Branford's Nina Shamas and Josh Berdon*



*Hillhouse's Kayla Roberts and Gary Moore, Jr.*



*Bill O'Brien Scholarship recipients Diya Patel and Grace Nowak*



*Career Magnet's Mark Congacha and Shania Jackson*

# SCC HOLDS ARTS EXHIBITION



Here are the winners of the SCC's 2022 Arts Exhibition, which was again held at the Creative Arts Workshop in downtown New Haven during the month of April. Many thanks to the outstanding staff at CAW, including Executive Director Anne Coates, for their wonderful hospitality and support of the arts in the SCC.

Special thanks to United Illuminating for supporting the event.



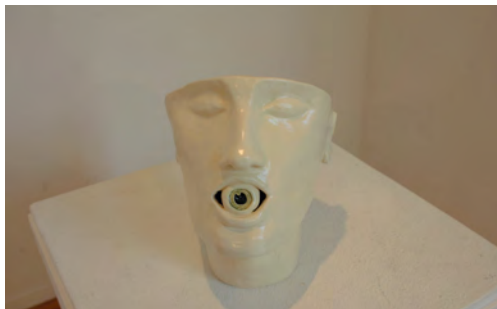
An AVANGRID Company

## **2022 SCC Winners:**

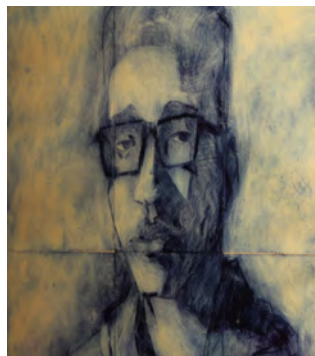
**1st place:** Sophia Faryna, Ivy, Amity Regional

**2nd place:** Giovanni Edwards, Self Portrait, Daniel Hand

**3rd place:** Olivia Frankiewicz, The Strangulation of Grief, Amity Regional



*First place: Sophia Faryna, Amity Regional*



*Second place: Giovanni Edwards,  
Daniel Hand*



*Third place: Olivia Frankiewicz,  
Amity Regional*

Southern Connecticut Conference  
**ARTS EXPO** AT CREATIVE ARTS WORKSHOP

CREATIVE ARTS WORKSHOP  
80 Audubon Street

GROUP SHOW **A**: March 24-April 6  
GROUP SHOW **B**: April 14-27

CREATIVE ARTS WORKSHOP | 80 Audubon Street, New Haven, CT | Onsite and Online Exhibition

Sponsored by: United Illuminating | View the show online at [www.creativeartsworkshop.org](http://www.creativeartsworkshop.org)

# SCC's BEST OF.... 2021-22



Town Fair Tire was the presenting sponsor of the SCC's "BEST OF... FOR 2021-22," 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:

### MUCH MORE OF MOORE - HILLHOUSE'S GARY MOORE, JR. HAS RECORD-BREAKING YEAR

Hillhouse senior Gary Moore, Jr. completes an outstanding scholastic career by winning the State Hammer Throw on June 13. He is the first high school athlete to end his CIAC career with wins in all four throwing events. In addition to the CIAC hammer throw, at the State Open he won the shot put, discus and javelin. Moore also set a state indoor record in the shot put during the winter season. He was a four-time SCC athlete of year (2 indoor track, 2 outdoor track).



Gary Moore, Jr. is headed to Baylor University after an record-breaking scholastic track & field career at Hillhouse.

## MORE TOP SCC MOMENTS FROM 2021-22...

**Jesuits Swim Fast** -- In a highly-competitive championship meet, Fairfield Prep captures the 2022 SCC boys swimming title, out-pointing runner-up Xavier (1007 to 957) on March 2.

**Cheer for the Cheerleaders** -- Daniel Hand wins the 2022 SCC Cheerleading Competition, narrowly defeating runner-up East Haven and eventual Class L champion Shelton. The Tigers proceeded to earn runner-up status at the Class M state meet.

**Many Maddie Returns** --- Guilford senior Maddie Epke completes her outstanding high school career with four state titles (2 in field hockey, 2 in lacrosse) and nine SCC titles (4 in field hockey, 3 in lacrosse and 2 in girls ice hockey). In addition, Epke earned five SCC Player of Year awards (2 in lacrosse, 2 in ice hockey and one field hockey).

**The House Rules** -- Hillhouse rolls to the SCC boys outdoor track & field championships, and then wins the Class L and State Open titles. It was the fifth time in league history – and first since 2002 - that a SCC boys outdoor team won both titles.

**All in the Family** -- Wilbur Cross siblings – Nikita and Anna Omelchenko become the first brother-and-sister combo to qualify for the New England Boys and Girls Cross Country championships, which were held on Nov. 12 in Thetford, Vermont.

**Mercy, Mercy, Mercy** --- After coming from behind to tie the score at 2 at the end of regulation, Mercy ultimately prevails via penalty kicks (5-4) against Amity Regional to capture the SCC girls soccer title on Nov. 4.

**Spartans Swim Fast** -- Amity Regional wins the SCC girls swimming title on November 3 at Southern Connecticut State University. The Spartans outpointed nine-time defending Cheshire by just 15 points to capture its second SCC crown.



Three-sport standout Maddie Epke of Guilford

# SCC's BEST OF.... 2021-22 - CONTINUED



**The Last Co-Champ** -- Mercy and Sacred Heart Academy play to a scoreless tie in the Class M state girls soccer championship game on November 20. They are the final state co-champions in soccer as the state voted to decide a winner via penalty kicks for future state title games.

**Five-Peat** -- Guilford captures its fifth consecutive SCC girls cross country title on October 20 and then goes on to win the Class M state title.

**All-Around Audrey** -- Shelton junior Audrey Kozak completes an outstanding outdoor track & field season by winning the State Heptathlon – outpointing the runner-up by 333 points - on June 15.

**Indoor Falcons** -- Xavier's indoor track team wins the SCC and Class L titles in 2022. In the Class L meet on Feb. 12, the Falcons totaled 86.5 points with SCC-rival Hillhouse coming in second (54).

**Give them a Hand** -- Daniel Hand wins the SCC and Class S gymnastics titles. The Tigers then finished second (by just 1.95 points to Woodstock Academy) in the 2022 State Open on March 5.

**Protect your Hand** -- The Daniel Hand boys basketball team, which made the SCC semifinals for the first time in 15 seasons, wins the Division III state championship – its first ever state title – defeating top-seeded Kolbe Cathedral, 56-39, at Mohegan Sun Arena.

**Five Times a Charm** -- After finishing as the SCC runner-up the previous four seasons, Notre Dame wins its first-ever league boys basketball title, defeating Fairfield Prep, 53-45, on March 2. The Green Knights reached the state Division I championship game before falling to East Catholic.

**Guilford Fockey Fun** -- Guilford wins the SCC and Class M field hockey titles. The Grizzlies defeated Cheshire, 3-0, in the league final before outscoring their opponents, 23-0, over four games to win the Class M state title. Guilford finished the 2021 season with a 22-1 overall record.

**Gael Spike** -- In an exciting five-set match, Shelton comes from behind to defeat Cheshire, 3-2 (21-25, 17-25, 25-11, 25-17, 15-10) to win the 2022 SCC boys volleyball title on May 27. It was the Gaels' first league title since 2017.

**Shark Attack** -- Sacred Heart Academy wins the SCC girls basketball title with a 55-37 victory over second-seeded Daniel Hand on Feb. 23. The Sharks then proceed to win the Class MM state girls basketball title, holding off St. Joseph, 52-50, on March 20. The Sharks finished the season with a 26-1 final record.

**Green Knights Puck** -- Notre Dame boys ice hockey team defeats Xavier, 5-0, to win the SCC Division I title on March 4. Two weeks later, the Green Knights come-from-behind to defeat Darien, 4-2, to win the state championship and the number-one ranking in Connecticut. ND finished the 2021-22 season with a final 20-4 record.

**No Messing Around on the Mat** -- Xavier wins 10-of-14 weight classes to roll to the SCC wrestling title totaling a meet-record 264 points. The Falcons then proceed to win the Class L and State Open titles becoming the second SCC team (Xavier in 2012) to win both titles.

**Yellowjackets Sting** -- East Haven wins its first SCC softball title on May 25, defeating second-seeded Jonathan Law, 6-1, behind a masterful pitching effort from league Player of Year Emilee Bishop.

**A Vision Quest** -- After earning a second-place finish at the SCC Championships on Feb. 5, the Branford wrestling team won its first-ever state title (Class M) on Feb. 19.

**Six-Peat** -- Fairfield Prep won its sixth straight SCC boys lacrosse title on May 26 with a 13-6 victory over second-seeded Cheshire.



Amity Regional girls swimming



Notre Dame boys ice hockey



Guilford girls lacrosse

# SCC's BEST OF.... 2021-22 - CONTINUED



**Lady Titans Like the Outdoors** -- Sheehan girls outdoor track wins its second consecutive SCC title, outpointing runner-up Shelton by 60 points (141 to 81). The Titans then go on to win the Class M and State Open titles.

**Amity Links** -- Medalist Ava Gross leads Amity Regional to the SCC girls golf title on June 2 at Oronoque Country Club. The Spartans captured their third league title and first since 2019.

**Going on a Crusade** -- After finishing 8-8 during the regular season, the 14th-seed Luralton Hall girls lacrosse team wins four games to reach the Class S state finals before losing to New Fairfield.

**Jesuit Revenge** -- After dropping two games to Xavier in the regular-season, Fairfield Prep defeats the Falcons, 9-4, to win the SCC baseball championship. It was the Jesuits' second straight league title, and third in the last four seasons.

**Prep Shoots Low** -- Three Fairfield Prep golfers -- Charlie Duffy, Will Huntington and Mike Rothberg - shoot in the 70's as the Jesuits rolled to the SCC boys golf title on June 1 at The Farms Country Club. A week later, Fairfield Prep wins the Division I state title.

**Run, Falcons, Run** -- Xavier placed six runners in the top 20 finishers, led by senior Eamon Burke who captured first-place for the second straight year, on its way to its sixth consecutive SCC boys cross country title. A week later, the Falcons cruised to the Class L state title and then finished second in the State Open on Nov. 5.

**Amity Tennis Repeats** - Amity Regional wins its second straight SCC girls tennis title, defeating eventual Class M state champion Guilford, 7-0, on May 24.

**New Nickname, Same Title** -- In an extremely competitive contest, North Haven came-from-behind to defeat Lyman Hall, 4-3, in the SCC Division II boys ice hockey championship game on March 5. It was the Nighthawks' second straight league title.

**You Talking About Playoffs?** -- Five SCC football teams earned state playoff berths in 2021. After having no 2020 season, three teams qualified in Class LL (Fairfield Prep, Shelton and Hamden), while Daniel Hand (L) and Branford (M) earned berths. It was Branford's first playoff berth since 2005.

**Four-Peat** -- Daniel Hand wins its fourth straight SCC boys tennis title, defeating second-seeded Fairfield Prep, 5-2.

**Grizzlies Repeat** -- Guilford girls lacrosse wins the SCC title for the third straight season, defeating Cheshire, 12-6, on May 26. Two weeks later, the Grizzlies win the Class M state title, prevailing 12-8 over St. Joseph.

**Ram Spikes Way to Title** -- Cheshire wins the SCC girls volleyball title, defeated long-time rival Amity Regional 3-1 (25-21, 25-17, 22-25, 25-19) on November 6. It is the Rams' league-best 15th SCC title, and its fourth in the last five seasons.

**Indoor Titans** -- After winning the SCC title, the Sheehan girls indoor track squad wins its first-ever state title, capturing the Class M title on Feb. 10. The Titans had won the SCC title four days earlier, outpointing the league runner-up by 54 points.

**How Dramatic** -- On Feb. 10, the Lyman Hall boys indoor team collected its first indoor track state title since 1995, winning in dramatic fashion. The Trojans jumped from fifth place to first in the team standings when Chance DeCrescenzo earned Lyman Hall's lone individual win of the night by taking the pole vault. Lyman Hall finished with 44 points, two up on SCC-rival Jonathan Law.

**OT Goal Wins It** -- Sofia Cuozzo's overtime goal lifted Guilford to a 4-3 victory over West Haven / Sacred Heart Academy in the SCC girls ice hockey championship game on Feb. 25.



East Haven softball



Daniel Hand gymnastics



Xavier boys cross country

# CONNECTICUT ORTHOPAEDICS URGENT CARE/ SCC PLAYER AND COACH OF YEAR



During the 2020-21 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 Orthopaedics and its Urgent Care affiliations for sponsoring the awards. The Player and Coach of the Year honorees were selected by the respective sport's head coaches

## FALL PLAYERS OF THE YEAR

- Boys Cross Country:** Eamon Burke (Xavier)
- Girls Cross Country:** Alexa Ciccone (Cheshire)
- Field Hockey:** Maddie Epke (Guilford)
- Girls Swimming – Div. I:** MaKenna Sharpe (Jonathan Law)
- Girls Swimming – Div. II:** Caroline Krawiec (Lyman Hall)
- Girls Soccer:** Audrey Marin (Amity Regional)
- Boys Soccer:** Brady Stevenson (Xavier)
- Girls Volleyball:** Avery Mola (Cheshire)
- Football - Tier 1:** Tymaine Smith (Fairfield Prep), Seth Sweitzer (Daniel Hand)
- Football – Tier 2:** Jack Coughlin (Amity Regional), Camyran Winder (Hamden)
- Football – Tier 3:** John Neider (Jonathan Law)

## FALL COACHES OF THE YEAR

- Boys Cross Country:** Tim Geary (Daniel Hand)
- Girls Cross Country:** Jim Ford (Guilford)
- Field Hockey:** Peter Frye (Branford)
- Girls Swimming – Div. I:** Nate Hill (Hamden)
- Girls Swimming – Div. II:** Donna Neary (Lyman Hall)
- Girls Soccer:** Rob Huelsman (Sheehan)
- Boys Soccer:** Mike Gruber (Jonathan Law)
- Girls Volleyball:** Brianna Kleckner (North Haven)
- Football - Tier 1:** Keith Hellstern (Fairfield Prep)
- Football – Tier 2:** Rich Boshea (West Haven)
- Football – Tier 3:** John Limone (Branford)



**Field Hockey:** Guilford senior midfielder Maddie Epke and Branford head coach Peter Frye



**Football Players of Year:** Tymaine Smith (Fairfield Prep), Seth Sweitzer (Daniel Hand), Jack Coughlin (Amity Regional), Camyran Winder (Hamden), and John Neider (Jonathan Law)



# CONNECTICUT ORTHOPAEDICS URGENT CARE/ SCC PLAYER AND COACH OF THE YEAR



During the 2020-21 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 Orthopaedics and its Urgent Care affiliations for sponsoring the awards. The Player and Coach of the Year honorees were selected by the respective sport's head coaches

## WINTER PLAYERS OF THE YEAR

- Cheerleading** - Caileigh Cisero (Shelton)
- Boys Basketball** - Christian McCleave (Wilbur Cross)
- Girls Basketball** - Amani Abuhatab (West Haven)
- Gymnastics** - Morgan Flickinger (Daniel Hand)
- Wrestling** - Christopher Murphy (Guilford)
- Boys Swimming (Div. 1)** - Elliot Lee (Daniel Hand)
- Boys Swimming (Div. 2)** - Kendrick Lagamao (Lyman Hall)
- Girls Ice Hockey** - Maddie Epke (Guilford)
- Boys Indoor Track** - Gary Moore, Jr. (Hillhouse)
- Girls Indoor Track** - Erin Brennan (Sheehan)
- Boys Ice Hockey (Div. 1)** - Dylan Reynolds (Xavier)
- Boys Ice Hockey (Div. 2)** - Jack Roberts (Lyman Hall)
- Boys Ice Hockey (Div. 3)** - Niko Tournas (JBWA co-op)

## WINTER COACHES OF THE YEAR

- Cheerleading** - Licia Ciotti (Daniel Hand)
- Boys Basketball** - Jason Shea (Notre Dame)
- Girls Basketball** - Jessica Moriarty (West Haven)
- Gymnastics** - Kelly Smith (Daniel Hand)
- Wrestling** - Mike Cunningham (Xavier)
- Boys Swimming (Div. 1)** - Bill Evison (Xavier)
- Boys Swimming (Div. 2)** - Nate Hill (Hamden)
- Boys Indoor Track** - Chris Stonier (Xavier)
- Girls Indoor Track** - Dale Nosel (Sheehan)
- Girls Ice Hockey** - Erin Blake (West Haven-SHA co-op)
- Boys Ice Hockey (Div. 1)** - Karl Sundquist (Xavier)
- Boys Ice Hockey (Div. 2)** - Chris Avena (North Haven)
- Boys Ice Hockey (Div. 3)** - Rusty Granacker (BBD co-op)

## SPRING PLAYERS OF THE YEAR

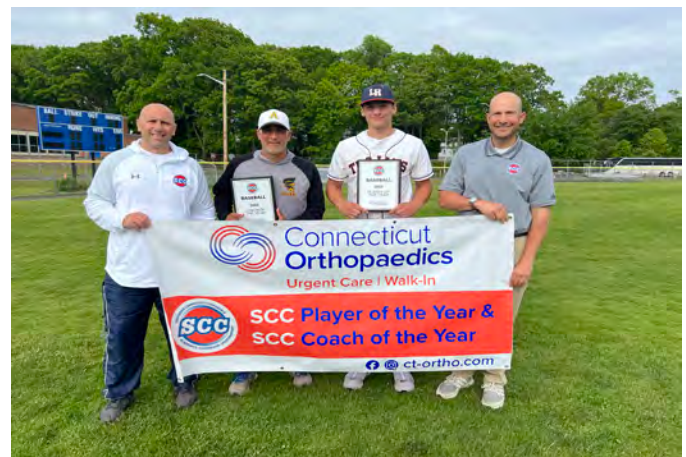
- Baseball**: Justin Hackett (Lyman Hall)
- Boys Golf**: Mike Rothberg (Fairfield Prep)
- Girls Golf**: Ava Gross (Amity Regional)
- Boys Lacrosse**: Marco Firmender (Fairfield Prep)
- Girls Lacrosse**: Maddie Epke (Guilford)
- Boys Outdoor Track & Field**: Gary Moore, Jr. (Hillhouse)
- Girls Outdoor Track & Field**: Avery Winters (Sheehan)
- Softball**: Emilee Bishop (East Haven)
- Boys Tennis**: Utsav Subramani (Cheshire)
- Girls Tennis**: Alex Orlins (Cheshire)
- Boys Volleyball**: Tim Nugent (Cheshire)

## SPRING COACHES OF THE YEAR

- Baseball**: Sal Coppola (Amity)
- Boys Golf**: Dan Lee (Cheshire)
- Girls Golf**: Jill Waldron (Lauralton Hall)
- Boys Lacrosse**: Graham Niemi (Fairfield Prep)
- Girls Lacrosse**: Charissa Zbikowski (Sheehan)
- Boys Outdoor Track & Field**: Mike Gambardella (Shelton)
- Girls Outdoor Track & Field**: Charles Farley (Sheehan)
- Softball**: Ed Crisafi (East Haven)
- Boys Tennis**: Glen Maxwell (Jonathan Law)
- Girls Tennis**: David Gruendel (Branford)
- Boys Volleyball**: Stefanie Reay (Xavier)



**Baseball:** Sal Coppola (Amity Regional) and Justin Hackett (Lyman Hall)



**Baseball:** Sal Coppola (Amity Regional) and Justin Hackett (Lyman Hall)



**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:** Audrey Marin (girls soccer), Brodey Lu (boys cross country)  
**Branford:** Wes Raymond (boys cross country), Macey Girard (girls soccer)  
**Career Magnet:** Areile Jowers (girls volleyball), Mark Congacha (boys soccer)  
**Cheshire:** Luca Raccio (football), Emma Lepisto (field hockey)  
**Daniel Hand:** Seth Sweitzer (football), Ally Gabrynowicz (field hockey)  
**East Haven:** Emily Mazzucco (girls soccer), Ethar Al Hawari (boys soccer)  
**Fairfield Prep:** John Reidy (boys soccer), William Bonnist (boys cross country)  
**Foran:** David Gaetano (football), Megan McTigue (girls cross country)  
**Guilford:** Julia Antony (girls cross country), Justin Shiffrin (boys cross country)  
**Hamden:** Raymond Morales (football), Caroline Ennis (girls cross country)  
**Hillhouse:** J’Quan Athis (football), Bernadette Karpel (cross country)  
**Jonathan Law:** Travis Zeidler (boys cross country), Jenna Wasserman (girls cross country)  
**Lauralton Hall:** Caroline Begg (girls swimming), Brooke Jones Cross (girls cross country)  
**Lyman Hall:** Caroline Krawec (girls swimming), Morgan Stone (boys soccer)  
**Mercy:** Alissa Algieri (field hockey), Meaghan Bertolami (girls swimming)  
**Notre Dame:** Andrew Warner (football), Joseph Lakaj (boys soccer)  
**North Haven:** Hannah Auddino (girls volleyball), Kyle Guo (boys cross country)  
**Sacred Heart Academy:** Ava King (girls soccer), Kyla King (girls soccer)  
**Sheehan:** Anthony Galicia (boys cross country), Alanna Dwyer (girls swimming)  
**Shelton:** Mia Chen (girls soccer), Joseph Giovannini (boys cross country)  
**West Haven:** Madison Molster (girls soccer), Murtaza Amjad (boys soccer)  
**Wilbur Cross:** Nikita Omelchenko (boys cross country), Katherine Van Tassel (girls soccer)  
**Xavier:** Kevin Gilhuly (football), Brody Santagata (boys cross country)

## WINTER

**Amity Regional:** Rose Wegman (indoor track), Scott Lowder (basketball)  
**Branford:** Dylan Sachs (basketball), Katherine Laska (indoor track)  
**Career:** Trinity Higgins (basketball), Ronald Manning (basketball)  
**Cheshire:** Anmol Sapru (swimming), Avery DePodesta (ice hockey)  
**Daniel Hand:** Natalie Lucas (basketball), Cameron Chieppo (wrestling)  
**East Haven:** Chris Bagnoli (basketball), Amanda Martindale (pom poms)  
**Fairfield Prep:** Max Manjos (basketball), Nathaniel Duffy (swimming)  
**Foran:** Arezoo Ghazagh (indoor Track), Barry Held (wrestling)  
**Guilford:** Lucia Rusconi (fencing), Theodore Freeman (basketball)  
**Hamden:** Sean McGarry (boys Basketball), Georgia Kirkendall (indoor track)  
**Hillhouse:** Olivia O’Connor (indoor track), Matt Gibbs (basketball)  
**Jonathan Law:** - Kian McEnerney (wrestling), Mariyah Reid (basketball)  
**Lauralton Hall:** Audrey Ulrich (Skiing), Morgan White (Basketball)  
**Lyman Hall:** Jack Roberts (Ice hockey), Emily Chase (Indoor Track)  
**Mercy:** Bridget Eberhart (Cheerleading), Cassidy Wichman (Indoor Track)  
**North Haven:** Grace Finch (Indoor Track), Ty Rooney (Indoor Track)  
**Notre Dame:** Luke Beerli (swimming), Matt Tobin (indoor track)  
**Sacred Heart Academy:** Justine Manning (indoor track), Rosa Rizzitelli (basketball)  
**Sheehan:** Paul Burkett (indoor track), Molly Smolenski (basketball)  
**Shelton:** William Rodrigues II (indoor track), Emily Carlin (basketball)  
**West Haven:** Meghan Dupre (ice hockey), Robert Vets (swimming)  
**Wilbur Cross:** Donald Bailey (indoor track), Alexandra Gorman (wrestling)  
**Xavier:** Colin Loria (wrestling), Mitchell Wolten (swimming)

## SPRING

**Amity Regional:** Colby O’Connor (lacrosse), Adithi Wijesekera (tennis)  
**Branford:** Matt Gaudio (tennis), Isabella Finta (lacrosse)  
**Career:** Sayed Ardhi (golf), Kailey Bonilla (softball)  
**Cheshire:** Daniela Petronio (outdoor track & field), Joshua Koppel (outdoor track & field)  
**Daniel Hand:** Jeff Pinover (baseball), Grace Hall (softball)  
**East Haven:** Jilien Ayala (softball), Kevin Phan (tennis)  
**Fairfield Prep:** Henry Keller (lacrosse), Michael Coyne (baseball)  
**Foran:** Mia Williams (lacrosse), Nathanael Huebner (outdoor track & field)  
**Guilford:** Dominik Dadak (tennis), Riley Mullett (tennis)  
**Hamden:** Andrew Lefers (outdoor track & field), Kaitlyn Patrick (lacrosse)  
**Hillhouse:** Donte Carter (baseball), Da’Veona Parker-Sessions (softball)  
**Jonathan Law:** Luke Henricksen (lacrosse), Nihitha Kothapalli (tennis)  
**Lauralton Hall:** Lila Pinho (lacrosse), Anna Garate (lacrosse)  
**Lyman Hall:** Brady Campbell (tennis), Gianna Draghi (tennis)  
**Mercy:** Madilyn Carbone (lacrosse), Kathryn Marocchini (tennis)  
**North Haven:** Zeena Mohamed (tennis), Matthew O’Connell (outdoor track & field)  
**Notre Dame:** Justin Coppola (baseball), Matt Tobin (outdoor track & field)  
**Sacred Heart Academy:** Elizabeth Carchia (outdoor track & field), Delfina Ferro (lacrosse)  
**Sheehan:** Brennan Lagasse (tennis), Aubrey Monroe (lacrosse)  
**Shelton:** Jase Co (volleyball), Kayla Bretan (lacrosse)  
**West Haven:** Anaelecea Turcio (tennis), Ben Sager (tennis)  
**Wilbur Cross:** Dusty Gibbon (lacrosse), Gabriela Duarte (outdoor track & field)  
**Xavier:** Vincent Rappoccio (volleyball), Matt Fuffo (tennis)

# CONNECTICUT ORTHOPAEDICS AWARDS

## “COMEBACK PLAYERS OF THE YEAR”



Two student athletes – **Maxine Samperi (North Haven HS)** and **Jason Raba (Cheshire HS)** – were the recipients of the 2022 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 corporate sponsor of the Southern Connecticut Conference (SCC), Connecticut Orthopaedics offered a Comeback Player of the Year Scholarship for student-athletes who participated in an interscholastic sport during the 2021-2022 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 12th year awarding student-athletes from the SCC with scholarships,” said Susan Bader, CEO of Connecticut Orthopaedics. “Our goal is to acknowledge student-athletes who have overcome the challenges of an injury and, through hard work and determination, become positive role models for their fellow teammates. As sports medicine specialists, we have an excellent understanding of what it takes to recover from an injury and return to playing sports at a high level.”



**Call it a Comeback (L-R):** Cheshire HS athletic trainer Kelly Ranalli, Susan Bader, CEO of Connecticut Orthopaedics, Jason Raba, Maxine Samperi and SCC Commissioner Al Carbone

### **2021-22 SCC/CONNECTICUT ORTHOPAEDICS COMEBACK PLAYERS OF THE YEAR**

#### **MAXINE SAMPERI, North Haven HS (competitive cheerleading)**

A four-year member of the Nighthawks’ successful cheer team, Maxine suffered a torn labrum in her right hip (twice) and a broken left arm, but through her diligent rehabilitation and positive attitude was able to return to lead the squad to a SCC championship and a Class L state title as a flyer in 2019. This past winter, she served as a captain and was a key part of the team’s second-place finish at the Class L state championship meet. An honor roll student, she was the recipient of the team’s Sportsmanship award. Maxine will attend Endicott College in the fall with plans to major in criminal justice.

#### **JASON RABA, Cheshire HS (football/lacrosse)**

A two-sport standout for the Rams, Jason suffered a season-ending posterior hip dislocation in October 2021 while making a tackle from his defensive end position. He was diagnosed with gluteus medius tearing and bone bruising secondary to the dislocation. After a period of non-weight bearing, Jason began therapy to regain his range of motion. Although he was not able to return to the playing field for the during football season, he stepped up as a leader off the turf to support his teammates. After more than two months of rehab, he returned to lacrosse workouts in preparation for the spring season. Jason earned All-SCC Second Team honors for his outstanding play at the attack position this spring and has led the Rams to a SCC championship and Class M semifinal berth. Jason will play lacrosse at St. John’s University next year and intends to major in business.

#### **ABOUT CONNECTICUT ORTHOPAEDICS**

Connecticut Orthopaedics is a premier team of orthopaedic doctors, surgeons and health care professionals who provide compassionate and innovative care to keep you moving forward with life. With over 50 doctors serving 20 locations, including 7 Urgent Care | Walk-In centers, two orthopaedic-only Surgical Centers and 12 state-of-the-art Sports Therapy | Rehab locations, we make it convenient for you to get the orthopaedic care you need, close to where you live. There’s simply no other Connecticut practice that offers the convenience, personalized care and comprehensive experience that you’ll find with Connecticut Orthopaedics. From your first visit, to diagnosing your injury, to treatment and rehabilitation, we offer end-to-end orthopaedic services designed to accommodate your every need. To learn more, visit [ct-ortho.com](http://ct-ortho.com)



# 2021-22 SCC POSTSEASON CHAMPIONS



## FALL

Sport	Champion	Runner-up/Third Place	Result
Boys Cross Country	Xavier (52)	Daniel Hand (73), Guilford (82)	
Girls Cross Country	Guilford (56)	Cheshire (77), Sacred Heart Academy (109)	
Field Hockey	Guilford	Cheshire	3-0
Girls Soccer	Mercy	Amity Regional	2-2 (Mercy wins via PK, 5-4)
Boys Soccer	Xavier	Cheshire	1-0
Girls Swimming	Amity Regional (1114)	Cheshire (1009.5), Luralton Hall (817)	
Girls Volleyball	Cheshire	Amity Regional	3-1 (25-21, 25-17, 22-25, 25-19)

## WINTER

Sport	Champion	Runner-up/Third Place	Result
Cheerleading	Daniel Hand (87.5)	East Haven (82.95), Shelton (82.35)	
Boys Indoor Track	Xavier (104)	Hillhouse (65), Amity Regional (64)	
Girls Indoor Track	Sheehan (104)	Hillhouse (47), Cheshire (40)	
Wrestling	Xavier (264)	Branford (122.5), Fairfield Prep (118)	
Boys Basketball	Notre Dame	Fairfield Prep	53-45
Girls Basketball	Sacred Heart Academy	Daniel Hand	55-37
Gymnastics	Daniel Hand (141.3)	Jonathan Law (133.7), Mercy (122.45)	
Girls Ice Hockey	Guilford	West Haven/SHA co-op	4-3 (OT)
Boys Ice Hockey – Div. 1	Notre Dame	Xavier	5-0
Boys Ice Hockey – Div. 2	North Haven	Lyman Hall	4-3
Boys Swimming	Fairfield Prep (1007)	Xavier (957), Greater New Haven co-op (822)	

## SPRING

Sport	Champion	Runner-up/Third Place	Result
Boys Outdoor Track & Field	Hillhouse (122)	Xavier (81), Daniel Hand (64)	
Girls Outdoor Track & Field	Sheehan (141)	Shelton (81), Hillhouse (69)	
Baseball	Fairfield Prep	Xavier	9-4
Softball	East Haven	Jonathan Law	6-1
Boys Tennis	Daniel Hand	Fairfield Prep	5-2
Girls Tennis	Amity Regional	Guilford	7-0
Boys Lacrosse	Fairfield Prep	Cheshire	13-6
Girls Lacrosse	Guilford	Cheshire	12-6
Boys Volleyball	Shelton	Cheshire	3-2 (21-25, 17-25, 25-11, 25-17, 15-10)
Boys Golf	Fairfield Prep (304)	Cheshire (320), Guilford (331)	
Girls Golf	Amity Regional (387)	Luralton Hall (395), Cheshire (409)	

**Overview:** 14 different schools won a SCC title.... Xavier, Fairfield Prep and Guilford each won a league-best four titles.



# 2021-22 SCC STATE CHAMPIONSHIPS



## STATE CHAMPIONS (24)

### FALL (6)

Xavier boys cross country (Class L)  
Guilford girls cross country (Class MM)  
Sacred Heart Academy girls cross country (Class M)  
Daniel Hand girls swimming (Class M)  
Guilford field hockey (Class M) – defeated Wethersfield, 4-0  
Mercy/Sacred Heart Academy girls soccer (Class M co-champions) – tied 0-0

### WINTER (11)

Sheehan girls indoor track (Class M)  
Lyman Hall boys indoor track (Class M)  
Xavier boys indoor track (Class L)  
Xavier wrestling (Class L and State Open)  
Branford wrestling (Class M)  
Daniel Hand gymnastics (Class S)  
Shelton cheerleading (Class L)  
Daniel Hand boys basketball (Division 3), defeated Kolbe Cathedral, 56-39  
Sacred Heart Academy girls basketball (Class MM), defeated St. Joseph, 52-50  
Notre Dame boys ice hockey (Div. 1), defeated Darien, 4-2

### SPRING (7)

Hillhouse boys outdoor track & field (Class L and State Open)  
Sheehan girls outdoor track & field (Class M and State Open)  
Guilford girls tennis (Class L) - defeated Newington, 6-1  
Fairfield Prep boys golf (Div. I)  
Guilford girls lacrosse (Class M) - defeated St. Joseph, 12-8



Sacred Heart Academy - Class MM girls basketball champions

## STATE RUNNER-UPS (24)

### FALL (7)

Xavier boys cross country (State Open)  
Daniel Hand boys cross country (Class MM)  
North Haven girls swimming (Class M)  
Cheshire girls swimming (Class L)  
Cheshire boys soccer (Class LL)

# 508

**SCC member school teams have won 508 state championships since 1994-95 (157 fall, 190 in winter, and 161 in the spring).**

Following the conclusion of the 2022 spring season, here are the SCC schools with the most state titles since the league was formed in 1994-1995:

1. Hillhouse (78)
2. Cheshire (64)
3. Daniel Hand (58)
4. Amity Regional (41)
5. Xavier (38)
5. Guilford (38)
7. Fairfield Prep (37)
8. Branford (26)
9. Notre Dame (18)
10. Wilbur Cross (15)



Lauralton Hall girls swimming (Class S)  
Fairfield Prep football (Class LL) – lost to Darien, 42-7

### WINTER (10)

Hillhouse boys indoor track (Class L and State Open)  
Jonathan Law boys indoor track (Class M)  
Foran wrestling (Class M)  
Daniel Hand gymnastics (State Open)  
North Haven cheerleading (Class L)  
Daniel Hand boys swimming (Class M)  
Daniel Hand cheerleading (Class M)  
Notre Dame boys basketball (Div. 1), lost to East Catholic, 50-49  
North Haven boys ice hockey (Div. 2), lost to Wethersfield, 3-0

### SPRING (7)

Hillhouse girls outdoor track & field (Class MM)  
Daniel Hand boys outdoor track & field (Class M)  
Daniel Hand girls tennis (Class M - lost to Stonington, 6-1)  
Amity Regional girls tennis (Class LL - lost to Darien, 5-2)  
Cheshire boys golf (Div. 1)  
Lauralton Hall girls lacrosse (Class S - lost to New Fairfield, 16-1)  
Notre Dame boys lacrosse (Class M - lost to Wilton, 22-6)

# 2021-22 SPORT-BY-SPORT RECAP



## Fall Football

Presented by the Casey-O'Brien New Haven County Chapter of the National Football Foundation



NATIONAL FOOTBALL FOUNDATION  
AND COLLEGE HALL OF FAME  
CASEY O'BRIEN NEW HAVEN COUNTY CHAPTER

### Regular-season Tier Leaders

**Tier 1:** Fairfield Prep (5-0), Shelton (3-1)

**Tier 2:** Hamden (4-0), West Haven (4-2), Sheehan (3-1)

**Tier 3:** Branford (4-1), Jonathan Law (4-1), Guilford (3-1)

### All-Conference

#### Tier 1 Offense

**OL:** Josh Kuczynski (Notre Dame), Mike Camiglio (Shelton), Brendan Walsh (Daniel Hand), Steve DiCristina (North Haven)

**WR:** Seth Sweitzer (Daniel Hand), Tim Pearson (Fairfield Prep)

**QB:** Patch Flanagan (Daniel Hand), Connor Smith (Fairfield Prep)

**RB:** Ethan O'Brien (Daniel Hand), Christian Russo (Cheshire), DJ Wright (Xavier)

**PK:** Cristiano Rosa (Shelton)

**UTY:** Shane Santiago (Shelton)

#### Tier 1 Defense

**DL:** Matt Weiner (Shelton), Jack Mullen (Fairfield Prep)

**LB:** Max Wojtusik (Xavier), Ryan O'Connell (Fairfield Prep), Matt Lockavitch (Shelton), Jake Langner (North Haven), Kevin D'Errico (Cheshire), Joe Barbagallo (Xavier)

**DB:** Tymaine Smith (Fairfield Prep), Matt Dodge (North Haven), Matteo Petruzzello (Notre Dame)

**P:** Emmett Derby (Fairfield Prep)

**UTY:** Drew Kron (Xavier)

### Tier 1 Players of Year, presented by Connecticut Orthopaedics:

Tymaine Smith (Fairfield Prep), Seth Sweitzer (Daniel Hand)

### Tier 1 Coach of Year, presented by Connecticut Orthopaedics:

Keith Hellstern (Fairfield Prep)

### Tier 2 Offense

**OL:** Joe Hawkins (West Haven), Kyshawn Togba (West Haven), Jaquan Johnson (Wilbur Cross), Daniel Chmielecki (Hamden)

**TE:** Lee Granger (Hillhouse)

**WR:** Clem Neary (Amity Regional), Ralph Hawkins (Hillhouse), Ryan Gersz (Sheehan), Dante Dicks (Harding)

**RB:** Jacob Shook (Sheehan), Jaidon Brown (Harding), Frank Danily (Hillhouse)

**QB:** Jamel Lee (Wilbur Cross)

### Tier 2 Defense

**DL:** Raymond Morales (Hamden), Jay Candalaria (Wilbur Cross), Julian Aguilar (Hamden), Jamaine Galloway (West Haven)

**LB:** Camyran Winder (Hamden), Apollo Dubuc (Sheehan), Hewitt Hoilett (Harding), Sam Doumah (Hamden), Braedan Piper (Amity Regional), Aidan Lydon (Amity Regional)

**DB:** Jack Coughlin (Amity Regional), Chauncey Evans (West Haven), John Cotter (Sheehan)

### Tier 2 Players of Year, presented by Connecticut Orthopaedics:

Jack Coughlin (Amity Regional), Camyran Winder (Hamden)

### Tier 2 Coach of Year, presented by Connecticut Orthopaedics:

Rich Boshea (West Haven)

### Tier 3 Offense

**OL:** Nate Mathis (Branford), Jason Cruz (Foran), Mason Williams (Lyman Hall), Luke Carignan (Guilford)

**TE:** Matthew Hagerty (Jonathan Law)

**WR:** Joe Gaetano (Foran), Nayshaun Edwards (Bassick), Eric Dolmus (Guilford)

**RB:** Lucas Pincus-Coyle (Jonathan Law), Anthony Edmond (Foran), Nate Chieffo (Branford), Mike O'Brien (Guilford)

**QB:** John Neider (Jonathan Law), Jerry Torres (Bassick)

### Tier 3 Defense

**DL:** Joseph Pieper (Lyman Hall), Mekhi Morrison (East Haven), Aiden McBrierty (Guilford), David McDonald (Branford)

**LB:** Spencer Hannon (Jonathan Law), Eddie Barlage (Guilford), Cameron Paleski (Branford), Justin Daniel (Foran)

**DB:** Jack O'Brien (Guilford), John Frawley (Branford), Nate Florio (Branford), Cody Dineson (Jonathan Law)

**P:** Shea Carasone (East Haven)

### Tier 3 Player of Year, presented by Connecticut Orthopaedics:

John Neider (Jonathan Law)

### Tier 3 Coach of Year, presented by Connecticut Orthopaedics:

John Limone (Branford)

## Boys Cross Country

Presented by SoundRUNNER

*sound* **RUNNER**  
a running store...and more

### Division Races – Oct. 2 at Guilford Fairgrounds (3.1 miles)

**Hammonasset** – Guilford (29), Daniel Hand (43)

Top Finisher: Jack O'Keefe (Daniel Hand), 16:04

# 2021-22 SPORT-BY-SPORT RECAP



**Housatonic** – Shelton (38), Amity Regional (41)  
Top Finisher: Mason Beaudette (Amity Regional), 16:03

**Oronoque** – Wilbur Cross (23), Branford (33)  
Top Finisher: Nikita Omelchenko (Wilbur Cross), 15:16

**Quinnipiac** – Xavier (18), Notre Dame (50)  
Top Finisher: Eamon Burke (Xavier), 15:57

## **SCC Championship Meet – Oct. 20 at East Shore Park, New Haven (4925 meters = 3.06 miles)**

1. Xavier (52), 2. Daniel Hand (73); 3. Guilford (82); 4. Amity Regional (143), 5. Shelton (147), 6. Cheshire (176); 7. Wilbur Cross (178), 8. Fairfield Prep (231), 9. Notre Dame (251), 10. Branford (276), 11. Foran (290), 12. Sheehan (358), 13. North Haven (359), 14. Jonathan Law (364), 15. Lyman Hall (375), 16. West Haven (412), 17. Hamden (440), 18. Hillhouse (553)

**Top Finishers:** 1. Eamon Burke (Xavier), 15:35; 2. Mason Beaudette (Amity Regional), 15:58; 3. Jack O'Keefe (Daniel Hand), 16:14; 4. Brody Santagata (Xavier), 16:19; 5. Angel Perez (Fairfield Prep), 16:25

### **All-Conference**

**First Team:** Eamon Burke (Xavier), Mason Beaudette (Amity Regional), Jack O'Keefe (Daniel Hand), Brody Santagata (Xavier), Angel Perez (Fairfield Prep), Harrison Grenier (Daniel Hand), Michael Masotti (Guilford), Parker Paragas (Amity Regional), Nick Montana (Daniel Hand), Tyler Caron (Cheshire), Sebastian Halpern (Wilbur Cross), Danny Hilmer (Daniel Hand)

**Second Team:** Justin Shiffrin (Guilford), Joshua Lesniak (Xavier), Alex Hansen (Guilford), Jacob Kirejczyk (Xavier), Alex Ushchak (Xavier), Sam Simko (Xavier), William Rodrigues (Shelton), Ryan Franchi (Guilford), Liam Fedigan (Jonathan Law), Luke Pacheco (Shelton), Devin Rodriguez (Notre Dame), Jayden Opper (Shelton)

**Runner of Year, presented by Connecticut Orthopaedics:**  
Eamon Burke (Xavier)

**Coach of Year, presented by Connecticut Orthopaedics:**  
Tim Geary (Daniel Hand)

## **Girls Cross Country**

Presented by SoundRUNNER

*soundRUNNER*  
a running store...and more

## **Division Races - Oct. 2 at Guilford Fairgrounds (3.1 miles)**

**Hammonasset** – Guilford (15), Foran (71)  
Top Finisher: Julia Antony (Guilford), 19:38

**Housatonic** – Cheshire (26), Amity Regional (43)  
Top Finisher: Alexa Ciccone (Cheshire), 18:54

**Oronoque** – Wilbur Cross (22), North Haven (33)  
Top Finisher: Anna Omelchenko (Wilbur Cross), 18:51

**Quinnipiac** – Sacred Heart Academy (30), Hamden (59)  
Top Finisher: Kristina Ponzio (SHA), 19:26

## **SCC Championship Meet – Oct. 20 at East Shore Park, New Haven (4925 meters = 3.06 miles)**

1. Guilford (56), 2. Cheshire (77), 3. Sacred Heart Academy (109), 4. Amity Regional (115), 5. Wilbur Cross (172), 6. Foran (219), 7. Lauralton Hall (227); 8. Hamden (232), 9. Mercy (238), 10. Shelton (243), 11. Jonathan Law (251), 12. Lyman Hall (260), 13. North Haven (266), 14. Hillhouse (299)

**Top Finishers:** 1. Alexa Ciccone (Cheshire), 18:59; 2. Anna Omelchenko (Wilbur Cross), 19:19; 3. Julia Antony (Guilford), 19:35; 4. Kelly Jones (Lauralton Hall), 19:39; 5. Kristina Ponzio (Sacred Heart Academy), 19:41

### **All-Conference**

**First Team:** Alexa Ciccone (Cheshire), Anna Omelchenko (Wilbur Cross), Julia Antony (Guilford), Kelly Jones (Lauralton Hall), Kristina Ponzio (Sacred Heart Academy), Nell Grant (Amity Regional), Olivia Skapczynski (Guilford), Alexa Suchy (Guilford), Emma Kirck (Sacred Heart Academy), Mia Vientos (Cheshire), Emily Chase (Lyman Hall), Meghan Georgescu (Cheshire)

**Second Team:** Aviva Wyner (Amity Regional), Claire Moulton (Jonathan Law), Olivia Weir (Lyman Hall), Hannah Andrejczyk (Shelton), Carys Cook (Lauralton Hall), Lorelei King (Guilford), Bernadette Karpel (Hillhouse), Clara Laughlin (Guilford), Eva Curran (Cheshire), Olivia Kaisin (Guilford), Angelika Kotula (Sheehan), Ursula Adams (Guilford)

**Runner of Year, presented by Connecticut Orthopaedics:**  
Alexa Ciccone (Cheshire)

**Coach of Year, presented by Connecticut Orthopaedics:**  
Jim Ford (Guilford)

## **Girls Volleyball**

### **Divisional champions**

**Hammonasset:** Cheshire (8-0)

**Housatonic:** North Haven (7-1)

**Oronoque:** Amity Regional (8-0)

**Quinnipiac:** Mercy (8-0)

# 2021-22 SPORT-BY-SPORT RECAP



## SCC Playoffs

### First Round – Fri./Sat., Oct. 29-30 @higher seeds

#3 North Haven 3, #14 Sacred Heart Academy 0 (25-17, 25-15, 25-9) (Oct. 29)

#4 Branford 3, #13 Luralton Hall 0 (25-19, 25-21, 25-23) (Oct. 30)

#5 Daniel Hand 3, #12 Foran 0 (25-8, 25-19, 25-16) (Oct. 30)

#6 Mercy 3, #11 Hamden 2 (25-21, 25-19, 23-25, 15-25, 15-13) (Oct. 29)

#7 Jonathan Law 3, #10 Lyman Hall 0 (25-23, 25-20, 28-26) (Oct. 30)

#8 Guilford 3, #9 Sheehan 1 (25-16, 25-16, 24-26, 25-12)

### Quarterfinals – Tuesday, Nov. 2 at higher seeds

#2 Amity Regional 3, #7 Jonathan Law 1 (16-25, 25-16, 25-15, 25-21)

#6 Mercy 3, #3 North Haven 1 (27-25, 21-25, 26-24, 25-21)

#1 Cheshire 3, #8 Guilford 0 (25-22, 25-15, 25-11)

#5 Daniel Hand 3, #4 Branford 1 (24-26, 25-22, 25-19, 25-17)

### Semifinals – Thursday, Nov. 4 at higher seeds

#1 Cheshire 3, #5 Daniel Hand 0 (25-15, 25-17, 25-23)

#2 Amity Regional 3, #6 Mercy 1 (25-17, 14-25, 25-9, 25-23)

### Championship Game – Saturday, Nov. 6 @West Haven HS

Cheshire 3, Amity Regional 1 (25-21, 25-17, 22-25, 25-19)

**Tournament Most Outstanding Player:** Tori Santi, senior, libero, Cheshire

## All-Conference

**First Team:** Avery Mola (Cheshire), Hannah Auddino (North Haven), Allie Bietz (Branford), Mya Dizenzo (Amity Regional), Grace Downing (Cheshire), Avery Fitzgerald (Jonathan Law), Mackenzie Grady (Lyman Hall), Marzia Johnson (Branford), Bailey McDermott (Amity Regional), Anastasia Prentiss (Amity Regional), Tori Santi (Cheshire), Jenna Stickney (Cheshire)

**Second Team:** Paige Jolley (Jonathan Law), Halle Krause (Guilford), Julia Krijgsman (Shelton), Christina Logan (Hamden), Jayna Mackenzie (Sheehan), Justine Manning (Sacred Heart Academy), Jasmine Mendez (Mercy), Cassie Millea (Amity Regional), Lilly Perry (Daniel Hand), Ava Steigbigel (Foran), Caroline Toni (North Haven), Mackenzie Warmoth (Sheehan)

### Player of Year, presented by Connecticut Orthopaedics:

Avery Mola (Cheshire)

### Coach of Year, presented by Connecticut Orthopaedics:

Brianna Leckner (North Haven)

## Field Hockey

**Regular-season Champion:** Guilford (12-0)

## SCC Playoffs

### Quarterfinals – Saturday, Oct. 30

#1 Guilford 10, #8 Mercy 0

#2 Cheshire 1, #7 Amity Regional 0

#3 Sacred Heart Academy 2, #6 Luralton Hall 1 (Oct. 31)

#4 Branford 2, #5 Daniel Hand 1

### Semifinals – Monday, Nov. 1 @Higher Seeds

#2 Cheshire 3, #3 Sacred Heart Academy 0

#1 Guilford 4, #3 Branford 1

### Championship Game – Wed., Nov. 3 @Amity Regional HS

Guilford 3, Cheshire 0

**Tournament Most Outstanding Player:** Maddie Epke, senior, midfielder, Guilford

## All-Conference

**First Team:** Nora Longway (Branford), Scout Ensgtrom (Branford), Lauren Houle (Cheshire), Emily Curtis (Cheshire), Avery Depodesta (Cheshire), Megan Hart (Daniel Hand), Natalia Nolan (Daniel Hand), Helen Bielen (Hamden), Maddie Epke (Guilford), Allie Pantonito (Guilford), Ella Clarke (Guilford), Lila Pinho (Luralton Hall), Sydney Rossacci (Sacred Heart Academy), Maya Boyhen (Sacred Heart Academy), Lily Chicosky (Sacred Heart Academy)

**Second Team:** Carsyn Rizzutti (Amity Regional), Lauren Kendrick (Branford), Julia McHenry (Branford), Aryana Wilson (Branford), Rebecca Prior (Cheshire), Ava Harris (Cheshire), Jordan Kells (Daniel Hand), Alanna Fay (Daniel Hand), Olivia McManus (Hamden), Catherine Bianchi (North Haven), Lily Schoonmaker (Mercy), Mackenzie Kelley (Mercy), Scout Climie (Guilford), Ashley Appleby (Luralton Hall), Morgan White (Luralton Hall), Rilee Reutenauer (Sheehan), Bella Sarracco (Sacred Heart Academy), Stella Carney (Sacred Heart Academy), Rachel Kiman (Shelton)

### Player of Year, presented by Connecticut Orthopaedics:

Maddie Epke (Guilford)

### Coach of Year, presented by Connecticut Orthopaedics:

Peter Frye (Branford)

## Girls Soccer

### Divisional champions

**Hammonasset:** Mercy (6-1-1)

**Housatonic:** Sacred Heart Academy (6-0-2)

**Oronoque:** Amity Regional (6-1-1)

**Quinnipiac:** Cheshire (6-0)

## SCC Playoffs

### Quarterfinals – Saturday, Oct. 30 @higher seeds

#1 Sacred Heart Academy 3, #8 Foran 1 (Oct. 29)

#2 Amity Regional 2, #7 Guilford 1

#3 Sheehan 1, #6 Cheshire 0

#4 Mercy 1, #5 Branford 0

### Semifinals – Tuesday, Nov. 2 @higher seeds

#4 Mercy 2, #1 Sacred Heart Academy 1

#2 Amity Regional 4, #3 Sheehan 1

### Championship Game – Thursday, Nov. 4 @West Haven HS

Mercy 2, Amity Regional 2 (Mercy prevails via penalty kicks, 5-4)

**Tournament Most Outstanding Player:** Laney Smith, freshman, forward, Mercy



# 2021-22 SPORT-BY-SPORT RECAP



## All-Conference

**First Team:** Colleen Ardolino (Foran), Kat Baseggio (Guilford), Kate Dolan (Mercy), Katelyn Casorla (Sheehan), Audrey Marin (Amity Regional), Kate Van Tassel (Wilbur Cross), Juliana Garcia (Sacred Heart Academy), Kendall Infantino (Branford), Melina Ford (Mercy), Ada Forbes (North Haven), Mia Forti (Daniel Hand), Ava Ferrie (Branford), Ariana Mullins (Hamden), Emily Mazzucco (East Haven), Anna Hurlbut (Cheshire), Alicea Piscitelli (Sheehan), Nicole Grosso (Amity Regional), Shianna Reeves (Lyman Hall), Ella Guth (Sacred Heart Academy), Allie Vincent (Lauralton Hall), Maddie Hummel (Daniel Hand), Olivia Jones (Cheshire), Megan Menard (Mercy), Haley Shaw (Cheshire)

**Second Team:** Martyna Krysztopik (Amity Regional), Iza Kurpios (Amity Regional), Macey Girard (Branford), Tess Ferrie (Branford), Ella Crerar (Cheshire), Isabel Dziura (Cheshire), Helene Lopez (Cheshire), Rory Parri (Daniel Hand), Brooke Salutari (Daniel Hand), Gianna Mendez (East Haven), Emily Pycela (East Haven), Zoe Fallon (Foran), Courtney Musante (Foran), Ava Lepro (Guilford), Dylan O'Brien (Lauralton Hall), Emma Jacobs (Lyman Hall), Lauren Kohs (Mercy), Hannah Bernardo (North Haven), Lily Coish (North Haven), Kyla King (Sacred Heart Academy), Amy Casorla (Sheehan), Lily Bacca (Shelton), Julia Tsakonas (West Haven), Charlotte Buterbaugh (Wilbur Cross)

**Player of Year, presented by Connecticut Orthopaedics:**  
Audrey Marin (Amity Regional)

**Coach of Year, presented by Connecticut Orthopaedics:**  
Rob Huelsman (Sheehan)

## All-Conference

**First Team:** Sami AbuGhazaleh (Guilford), Ben Agerbaek (Daniel Hand), Samir Dishnica (Cheshire), Noah Doyens (Shelton), Connor Duffy (Sheehan), Christian Dunkley (Hamden), Lex Edwards (Jonathan Law), Dimitri Gionteris (Branford), Jack Gaffney (Hamden), Justin Hess (Guilford), Murphy Malone (Cheshire), Dylan Misenti (Xavier), Nick Santana (Notre Dame), Basit Idriss (Foran), Aiden Mackay (Daniel Hand), Ryan Gerry (Xavier), Luciano Paoletta (Fairfield Prep), John Reidy (Fairfield Prep), Brady Stevenson (Xavier), Brian Rivadera (West Haven), Kevi Sulollari (Cheshire), Stephano Jarrin (Guilford), Jaden Wywoda (Jonathan Law), Donaldo Yanez (West Haven)

**Second Team:** Henry Ranani (Amity Regional), JC Rodriguez (Amity Regional), Mitchell Verdesoto (Branford), Jack Marchand (Career), Muluken Marchand (Cheshire), Zackary Brown (Cheshire), Cristofer Torres (East Haven), Christian Boutote (Foran), Jake Pinckney (Guilford), Andrew Lefers (Hamden), Rhett Newton (Daniel Hand), Sam Wheeler (Daniel Hand), Marcus Dostal (Jonathan Law), Jackson Warters (Jonathan Law), Yahya Kardad (Lyman Hall), Reamon Curis (Notre Dame), Joseph Lakaj (Notre Dame), Jack Pollard (North Haven), Brady Day (Fairfield Prep), Chase St. Amant (Sheehan), Matt Maura Sanchez (Shelton), Sebastian Navarro (West Haven), Daniel Duarte (West Haven), Jack Polke (Xavier)

**Player of Year, presented by Connecticut Orthopaedics:**  
Brady Stevenson (Xavier)

**Coach of Year, presented by Connecticut Orthopaedics:**  
Mike Gruber (Jonathan Law)

## Boys Soccer

### Divisional champions

**Hammonasset:** Xavier (7-0-1)

**Housatonic:** Daniel Hand (8-0)

**Oronoque:** Guilford, Cheshire (7-1)

**Quinnipiac:** Jonathan Law (5-1)

### SCC Playoffs

#### **Quarterfinals – Saturday, Oct. 30**

#1 Xavier 5, #8 West Haven 2

#7 Cheshire 2, #2 Jonathan Law 1

#6 Notre Dame 3, #3 Daniel Hand 2

#4 Fairfield Prep 2, #5 Guilford 1 (OT)

#### **Semifinals – Tuesday, Nov. 2 @Higher Seeds**

Xavier 4, Fairfield Prep 0

Cheshire 1, Notre Dame 1 (Cheshire advances via penalty kicks, 8-7)

#### **Championship Game – Thursday, Nov. 4 @West Haven HS**

Xavier 1, Cheshire 0 (2 OT)

**Tournament Most Outstanding Player:** Dylan Misenti, senior, defense, Xavier

## Girls Swimming

**Div. 1 regular-season champion:** Cheshire (7-0)

**Div. 2 regular-season champion:** Guilford (8-0)

### SCC Championship Meet – Nov. 3 @SCSU

1. Amity Regional, 1114; 2. Cheshire, 1099.5; 3. Lauralton Hal, 817; 4. Daniel Hand, 710; 5. Guilford, 614.5; 6. North Haven, 586; 7. Lyman Hall, 546; 8. Jonathan Law, 430; 9. Sheehan, 425; 10. Foran, 396.5; 11. Mercy, 370; 12. Hamden, 361; 13. Shelton, 320; 14. East Haven/Cross co-op, 304; 15. Branford, 179; 16. West Haven, 173; 17. Sacred Heart Academy, 169.5

**Meet Most Outstanding Performer:** Claire Kehley, senior, Lauralton Hall

### All-Conference

#### **200 yard Medley Relay**

Amity Regional (Elizabeth Bodie, Marea Li, Grace Mahon, Katherine O'Connor)  
Lyman Hall (Elise Richardson, Caroline Krawec, Hailey Baker, Elena Bielez)

# 2021-22 SPORT-BY-SPORT RECAP



**200 yard Freestyle:** Claire Kehley (Lauralton Hall), Julia Barto (Cheshire), Norah Rome (East Haven/Cross)

**200 yard IM:** Marea Li (Amity Regional), Caroline Krawec (Lyman Hall), Julia Rosado (East Haven/Cross)

**50 yard Freestyle:** Avery Potyrala (Cheshire), Katherine O'Connor (Amity Regional), Ashlyn Blessey (Lauralton Hall)

**Diving:** MaKenna Sharpe (Jonathan Law), Hannah Tao (Cheshire), El-Lana Coleman (North Haven)

**100 yard Butterfly:** Avery Potyrala (Cheshire), Julianna Tyler (Cheshire), Grace Mahon (Amity Regional)

**100 yard Freestyle:** Katherine O'Connor (Amity Regional), Amanda Wojenski (Hamden), Elise Richardson (Lyman Hall)

**500 yard Freestyle:** Claire Kehley (Lauralton Hall), Julia Barto (Cheshire), Norah Rome (East Haven/Cross)

## **200 yard Freestyle Relay**

Cheshire (Avery Potyrala, Gabrielle Sokolik, Carly Cahill, Julia Barto)  
Amity Regional (Marea Li, Grace Mahon, Julia Snow, Katherine O'Connor)

**100 yard Backstroke:** Elise Richardson (Lyman Hall), Julia Rosado (East Haven/Cross), Elizabeth Bodie (Amity Regional)

**100 yard Breaststroke:** Caroline Krawec (Lyman Hall), Marea Li (Amity Regional), Samantha Chemacki (Daniel Hand)

## **400 yard Freestyle Relay**

Cheshire (Julia Barto, Hannah Merritt, Julianna Tyler, Avery Potyrala)  
Lauralton Hall (Ashlyn Blessey, Caroline Begg, Phoebe Hamblett, Claire Kehley)

**Div. I Swimmer of Year, presented by Connecticut Orthopaedics:** MaKenna Sharpe (Jonathan Law)

**Div. II Swimmer of Year, presented by Connecticut Orthopaedics:** Caroline Krawiec (Lyman Hall)

**Div. I Coach of Year, presented by Connecticut Orthopaedics:** Nate Hill (Hamden)

**Div. II Coach of Year, presented by Connecticut Orthopaedics:** Donna Neary (Lyman Hall)

# WINTER

## Boys Indoor Track

### East Sectional – Wednesday, Jan. 26 @Floyd Little AC

1. Amity Regional, 89; 2. Hillhouse, 88; 3. Shelton, 56; 4. Jonathan Law, 54; 5. Lyman Hall, 52; 6. Daniel Hand, 39; 7. Sheehan, 24; 8. Guilford, 23; 9. Cheshire, 21; 10. Foran, 18

### West Sectional – Thursday, Jan. 27 @Floyd Little AC

1. Xavier, 174; 2. Wilbur Cross, 74; 3. Hamden, 49; 4. North Haven, 44; 5. Branford, 42; 5. Fairfield Prep, 42; 7. Notre Dame, 24; 8. West Haven, 5; 9. East Haven, 4

### SCC Championship Meet – Sunday, Feb. 6 @Floyd Little AC

1. Xavier, 104; 2. Hillhouse, 65; 3. Amity Regional, 64; 4. Wilbur Cross, 49; 5. Jonathan Law, 34; 6. Shelton, 23; 6. Lyman Hall, 23; 8. Sheehan, 20; 9. Branford, 17; 10. Cheshire, 16; 11. Guilford, 15; 12. Foran, 10; 13. North Haven, 8; 13. Hamden, 8; 15. Notre Dame, 4; 16. Daniel Hand, 3; 17. Fairfield Prep, 2

**Championship Meet Most Outstanding Athlete:** Gary Moore, Jr., senior, Hillhouse

### All-Conference

#### **First Team**

55 meters – Colin Brown (Cheshire), 6.57  
300 meters – Ralphael Hawkins (Hillhouse), 35.71  
600 meters – Basit Idriss (Foran), 1:26  
1000 meters – Alexander Ushchak (Xavier), 2:39.68  
1600 meters – Nikita Omelchenko (Wilbur Cross), 4:20.59  
3200 meters – Alexander Ushchak (Xavier), 9:45.52  
55 meter Hurdles – Blake Battaglia (Wilbur Cross), 8.07  
4 x 200 Relay – Hillhouse (Ralphael Hawkins, Gary Moore, Jr., Sheldon Hawkins, Zyaire Wali), 1:33.89  
4 x 400 Relay – Branford (Cameron Meli, Nate McCall, Colin Donahoe, Peyton Moriarty), 3:40.85  
4 x 800 Relay – Xavier (Ryan Zimmerman, Jack Larkin, Joshua Lesniak, Nicholas Martin), 8:37.09  
1600 Sprint Medley Relay – Xavier (Owen Pestka, Owen Miller, Chase Vitale, Jacob Kirejczyk), 3:46.04  
High Jump – Dillon Luke (Xavier), 5-10  
Pole Vault – Aidan King (Jonathan Law), 11-06  
Long Jump – Dillon Luke (Xavier), 21-00.50  
Shot Put – Gary Moore, Jr. (Hillhouse), 63-02 (SCC record)

#### **Second Team**

55 meters – Maximillian Musial (Amity Regional), 6.68  
300 meters – Thomas Bretthauer (Jonathan Law), 36.54  
600 meters – Ralphael Hawkins (Hillhouse), 1:26.60  
1000 meters – Justin Shiffrin (Guilford), 2:40.99  
1600 meters – Mason Beaudette (Amity Regional), 4:27.44  
3200 meters – Parker Paragas (Amity Regional), 9:47.66

# 2021-22 SPORT-BY-SPORT RECAP



55 meter Hurdles – Jackson Warters (Jonathan Law), 8.09  
4 x 200 meter Relay - Amity Regional (Maximillian Musial, Daniel Kim, Michael Bowman, Sean Doron), 1:37.77  
4 x 400 meter Relay – Amity Regional (Michael Bowman, Sean Doron, Daniel Kim, Quincy Houser), 3:41.32  
4 x 800 meter Relay – Wilbur Cross (Nikita Omelchenko, Sebastian Halpern, Hector Meza Sanchez, Wolfe Boone), 8:42.35  
1600 Sprint Medley Relay – Amity Regional (Quincy Houser, Sean Doron, Daniel Kim, Brodey Lu), 3:50.45  
High Jump – Zyair Wali (Hillhouse), 5-08  
Pole Vault – Hunter Feitel (Xavier), 11-06  
Long Jump – Christopher Hergott (Hamden), 20-10.5  
Shot Put – Jquan Athis (Hillhouse), 48-01.75

## **Athlete of Year, presented by Connecticut Orthopaedics:**

Gary Moore, Jr. (Hillhouse)

## **Coach of Year, presented by Connecticut Orthopaedics:**

Chris Stonier (Xavier)

## Girls Indoor Track

### **East Sectional – Wednesday, Jan. 26 @Floyd Little AC**

1. Sheehan, 105; 2. Shelton, 72; 3. Cheshire, 70.33; 4. Hillhouse, 65; 5. Guilford, 48; 6. Daniel Hand, 41.33; 7. Jonathan Law, 20; 8. Amity Regional, 18.33; 9. Foran, 10; 10. Lyman Hall, 1

### **West Sectional – Thursday, Jan. 27 @Floyd Little AC**

1. Sacred Heart Academy, 93; 2. Luralton Hall, 91; 3. Mercy, 76; 4. Wilbur Cross, 46; 5. Branford, 41; 6. Career, 29; 7. East Haven, 27; 8. Hamden, 23; 9. West Haven, 17; 10. North Haven 8

### **SCC Championship Meet - Sunday, Feb. 6 @Floyd Little AC**

1. Sheehan, 104; 2. Hillhouse, 47; 3. Cheshire, 40; 4. Shelton, 39; 5. Luralton Hall, 36; 6. Daniel Hand, 34; 7. Mercy, 27; 8. Guilford, 21; 9. Branford, 20; 10. Wilbur Cross, 19; 11. Sacred Heart Academy, 16; 12. Amity Regional, 13; 13. Jonathan Law, 12; 14. West Haven, 10; 14. East Haven, 10; 16. Foran, 8; 17. Career, 7; 18. Hamden, 2

**Championship Meet Most Outstanding Athlete:** Avery Winters, senior, Sheehan

### **All-Conference**

#### **First Team**

55 meters – Avery Winters (Sheehan), 7.39  
300 meters – Avery Winters (Sheehan), 42.17  
600 meters – Leah Farrell (Cheshire), 1:43.35  
1000 meters – Clara Gahm (Guilford), 3:11.30  
1600 meters – Kelly Jones (Luralton Hall), 5:13.30  
3200 meters – Kelly Jones (Luralton Hall), 11:36.69  
55 meter Hurdles – Amanda Castaldi (Sheehan), 8.84  
4 x 200 Relay – Sheehan (Erin Brennan, Patrice Mansfield, Amanda Castaldi, Avery Winters), 1:47.50  
4 x 400 Relay – Branford (Katie Laska, Tess Wasiolek, Catherine Duffy, Joelle Budz), 4:19.03

4 x 800 Relay – Luralton Hall (Kelly Jones, Carys Cook, Amanda Umbricht, Katerina Koutouvides), 10:28.77  
1600 Sprint Medley Relay – Branford (Katie Laska, Joelle Budz, Catherine Duffy, Tess Wasiolek), 4:27.70  
High Jump – Audrey Kozak (Shelton), 5-04.00  
Pole Vault – Erin Brennan (Sheehan), 10-00  
Long Jump – Erin Brennan (Sheehan), 17-08  
Shot Put – Olivia O'Connor (Hillhouse), 38-06.50

#### **Second Team**

55 meters - Amanda Castaldi (Sheehan), 7.41  
300 meters - Patrice Mansfield (Sheehan), 43.58  
600 meters - Olivia Platt (Sheehan), 1:43.74  
1000 meters - Meryl Sullivan (Daniel Hand), 3:11.94  
1600 meters - Anna Omelchenko (Wilbur Cross), 5:16.75  
3200 meters - Alexa Ciccone (Cheshire), 11:44.69  
55 meter hurdles - Caden Simpson (Jonathan Law), 8.85  
4 x 200 meter Relay – Hillhouse (Ne'riah Townsend, Taniyah Mabry, Brianna West, Shalisha Robertson) , 1:51.24  
4 x 400 meter Relay – Daniel Hand (Julia Coric, Adelynn Arroyo, Meryl Sullivan, Maya Howard), 4:20.43  
4 x 800 meter Relay – Hillhouse (Kayla Blackwell, Bernadette Karpel, Jennifer Torres Garcia, Kyla Parker), 10:37.68  
1600 Sprint Medley Relay – Mercy (Ava Noviello, Julia Salley, Julia Lelko, Alexandra Epright), 4:37.21  
High Jump – Abigail Ball (Amity Regional), 5-02  
Pole Vault – Ava Steigbigel (Foran), 8-06  
Long Jump – Audrey Kozak (Shelton), 16-10.25  
Shot Put – Shalisha Robertson (Hillhouse), 36-07

## **Athlete of Year, presented by Connecticut Orthopaedics:**

Erin Brennan (Sheehan)

## **Coach of Year, presented by Connecticut Orthopaedics:**

Dale Nosel (Sheehan)

## Cheerleading

### **SCC Cheerleading Competition – Feb. 5 @East Haven HS**

1. Daniel Hand, 87.50; 2. East Haven, 82.95; 3. Shelton, 82.35; 4. North Haven, 80.05; 5. Lyman Hall, 76.65; 6. Luralton Hall, 76.55; 7. Jonathan Law, 75.15; 8. Mercy, 72.70; 9. Cheshire, 71.80; 10. Branford, 62.25; 11. Foran, 61.65; 12. Sheehan, 42.65

### **All-Conference**

Phoebe Flasko (Luralton Hall), Dollise Albero (Luralton Hall), Lilly Keller (Luralton Hall), Maura Carr (Shelton), Caileigh Cisero (Shelton), Siena Mattiolo (Shelton), Bridget Eberhart (Mercy), Aliana Fichera (Mercy), Adriana Diaz (Mercy), Kaitlyn Kapinos (East Haven), Kolbey Nastro (East Haven), Ariana Stewart (North Haven), Isabella Izzo (North Haven), Jenna Roby (North Haven), Mariella Esperti (Branford), Sami Iagrossi (Branford), Reegan O'Dea (Daniel Hand), Mia Scott (Daniel Hand), Gianna D'Angelo (Lyman Hall), Mallory Fisher (Lyman Hall), Alyssa Capello (Lyman Hall)

# 2021-22 SPORT-BY-SPORT RECAP



## **Cheerleader of Year, presented by Connecticut Orthopaedics:**

Caileigh Cisero (Shelton)

**Cheerleader Merit Award:** Rebecca Anastasio, North Haven

## **Coach of Year, presented by Connecticut Orthopaedics:**

Licia Ciotti (Daniel Hand)

## Boys Swimming

**Div. I regular-season champion:** Xavier (5-0)

**Div. II regular-season champion:** Hamden (7-0)

### **Championship Meet – Wednesday, March 2 @Hutchinson Natatorium - SCSU**

1. Fairfield Prep, 1007; 2. Xavier, 957; 3. Greater New Haven Co-op, 822; 4. Amity Regional, 786; 5. Daniel Hand, 668; 6. Hamden, 661; 7. Cheshire 512; 8. Lyman Hall/Coginchaug 339; 9. Haddam Killingworth co-op, 312; 10. Notre Dame, 279; 11. Foran-Law co-op 263; 12. Shelton, 242; 13. West Haven, 190; 14. Sheehan, 174

**Championship Meet Most Outstanding Performer:** Elliot Lee, senior, Daniel Hand

### All-Conference

#### **200 yard Medley Relay**

Xavier (Mitchell Wollen, Matthew Whitaker, Samuel Enes, Dillon Gallo)

Amity Regional (Seamus Hennessy, Adam Liu, Kevin Sweeney, Benjamin Frazer)

**200 yard Freestyle:** Maxwell Enes (Xavier), Noah San Vicente (Xavier), Jack Signorello (Daniel Hand)

**200 yard IM:** Brendan Conners (Greater New Haven co-op), Mitchell Wollen (Xavier), Anmol Sapru (Cheshire)

**50 yard Freestyle:** Elliot Lee (Daniel Hand), Nikita Zuev (Xavier), Benjamin Frazer (Amity Regional)

**Diving:** Thomas Kehoe (Fairfield Prep), Christian Butler (Greater New Haven co-op), Orion Heiser (Hamden)

**100 yard Butterfly:** Elliot Lee (Daniel Hand), Owen Tharrington (Fairfield Prep), Anmol Sapru (Cheshire)

**100 yard Freestyle:** Nikita Zuev (Xavier), Benjamin Frazer (Amity Regional), Nathaniel Duffy (Fairfield Prep)

**500 yard Freestyle:** Noah San Vicente (Xavier), Maxwell Enes (Xavier), Hugh Hutchinson (Fairfield Prep)

#### **200 yard Freestyle Relay**

Xavier (Nikita Zuev, Noah San Vicente, Dillon Gallo, Samuel Enes) Greater New Haven co-op (Brendan Conners, William Cong, Aiden Cohen, Hethon Foster)

**100 yard Backstroke:** Brendan Conners (Greater New Haven co-op), Owen Tharrington (Fairfield Prep), Mitchell Wollen (Xavier)

**100 yard Breaststroke:** Silas Wang (Cheshire), Jack Ferguson (Haddam-Killingworth co-op), Matthew Whitaker (Xavier)

#### **400 Freestyle Relay:**

Xavier (Nikita Zuev, Mitchell Wollen, Maxwell Enes, Noah San Vicente)

Daniel Hand (Ian Looby, Jack Signorello Joseph Sharkey, Elliot Lee)

**Div. I Swimmer of Year, presented by Connecticut Orthopaedics – Elliot Lee (Daniel Hand)**

**Div. II Swimmer of Year, presented by Connecticut Orthopaedics – Kendrick Lagamao (Lyman Hall)**

**Div. I Coach of Year, presented by Connecticut Orthopaedics – Bill Evison (Xavier)**

**Div. II Coach of Year, presented by Connecticut Orthopaedics – Nate Hill (Hamden)**

## Gymnastics

### **SCC Championship Meet – Feb. 10 at Jonathan Law HS**

1. Daniel Hand, 141.3; 2. Jonathan Law, 133.7; 3. Mercy, 122.45; 4. Foran, 117.35; 5. Hamden, 109

#### **All-Around**

Morgan Flickinger (Daniel Hand), 36.15

Brooke Anderson (Daniel Hand), 35.65

Natalie Morrell (Jonathan Law), 34.7

Ella Esposito (Guilford), 34.4

Paige Dean (Daniel Hand), 34.0

Hadley Reiss (Daniel Hand), 33.8

#### **Vault**

Brooke Anderson (Daniel Hand), 9.3

Morgan Flickinger (Daniel Hand), 9.15

Paige Dean (Daniel Hand), 9.15

#### **Bars**

Natalie Morrell (Jonathan Law), 9.1

Paige Dean (Daniel Hand), 8.75

Morgan Flickinger (Daniel Hand), 8.7

#### **Floor**

Morgan Flickinger (Daniel Hand), 9.1

Hadley Reiss (Daniel Hand), 8.95

Brooke Anderson (Daniel Hand), 8.85

#### **Beam**

Morgan Flickinger (Daniel Hand), 9.2

Ella Esposito (Guilford), 9.1

Brooke Anderson (Daniel Hand), 9.0

# 2021-22 SPORT-BY-SPORT RECAP



**Meet Most Outstanding Performer:** Morgan Flickinger, freshman, Daniel Hand

## **All-Conference:**

Morgan Flickinger (Daniel Hand), Brooke Anderson (Daniel Hand), Ella Esposito (Guilford), Natalie Morrell (Jonathan Law), Paige Dean (Daniel Hand), Jessa Cappiello (Mercy), Kenzie Powers (Jonathan Law), Hadley Reiss (Daniel Hand) Riley Grunow (Foran), Olivia Consiglio (Daniel Hand), Tallulah Malz (Mercy), Emma Nelly (Jonathan Law), Ginger Schmidt (Foran)

## **Gymnast of Year, presented by Connecticut Orthopaedics:**

Morgan Flickinger (Daniel Hand)

## **Coach of Year, presented by Connecticut Orthopaedics:**

Kelly Smith (Daniel Hand)

(Sacred Heart Academy), Darla Jagrosse (Sheehan), Amani Abuhatat (West Haven), Kassidy Carrano (West Haven)

**Second Team:** Sarah Granados (Amity Regional), Shelby Burnham (Branford), Taylor Scott (Career), Natalie Lucas (Daniel Hand), Gabby Gaetano (East Haven), Faith O'Donnell (Guilford), Gianna Donnarummo (Hamden), Shelby Green (Jonathan Law), Catherine Bosse (Lauralton Hall), Shea Barron (Lyman Hall), Olivia Johnson (North Haven), Lauren Thompson (Sacred Heart Academy), Olivia Cassesse (Sheehan), Laryssa "LaLa" Guimaraes (Shelton), Tanner Punzo (Wilbur Cross)

## **Player of Year, presented by Connecticut Orthopaedics:**

Amani Abuhatat (West Haven)

## **Coach of Year, presented by Connecticut Orthopaedics:**

Jessica Moriarty (West Haven)

## Girls Basketball

### Divisional champions

**Hammonasset:** West Haven (7-1)

**Housatonic:** Mercy (8-0)

**Oronoque:** Sacred Heart Academy (7-1)

**Quinnipiac:** Jonathan Law (8-0)

### SCC Playoffs

#### **First Round – Thursday, Feb. 17 @Higher Seeds**

#2 Daniel Hand 51, #15 Amity Regional 24

#3 Mercy 61, #14 Branford 32

#4 Hamden 46, #13 East Haven 33

#5 West Haven 63, #12 Foran 43

#6 Guilford 53, #11 Cheshire 39 (Feb. 18)

#7 Hillhouse 66, #10 North Haven 49 (Feb. 18)

#8 Sheehan 37, #9 Jonathan Law 36

#### **Quarterfinals – Saturday, Feb. 19 @Higher Seeds**

#1 Sacred Heart Academy 50, #8 Sheehan 27

#5 West Haven 54, #4 Hamden 51

#3 Mercy 47, #6 Guilford 38

#2 Daniel Hand 55, #7 Hillhouse 50 (OT)

#### **Semifinals – Monday, Feb. 21 @Jonathan Law HS**

#2 Daniel Hand 42, #3 Mercy 36

#1 Sacred Heart Academy 62, #5 West Haven 39

#### **Championship Game – Wednesday, Feb. 23 @Jonathan Law HS**

Sacred Heart Academy 55, Daniel Hand 37

**Tournament Most Outstanding Player:** Rosa Rizzitelli, senior, Sacred Heart Academy

### All-Conference

**First Team:** Grace Lurz (Cheshire), Sophia Coppola (Daniel Hand), Brooke Salutari (Daniel Hand), Faith Doyle (Foran), Leah Philpotts (Hamden), Alana Philpotts (Hamden), Nielle Reaves (Hillhouse), Trinity Moody (Hillhouse), Sophie Hedge (Mercy), Ava Giansiracusa (Mercy), Rosa Rizzitelli (Sacred Heart Academy), Carina Ciampi

## Boys Basketball

### Divisional champions

**Hammonasset:** Notre Dame (8-0)

**Housatonic:** Hillhouse, Xavier (6-2)

**Oronoque:** West Haven (8-0)

**Quinnipiac:** Fairfield Prep (8-0)

### SCC Playoffs

#### **First Round – Thursday, Feb. 24 @Higher Seeds**

#3 Daniel Hand 65, #14 Sheehan 43

#4 Branford 50, #13 Jonathan Law 45

#5 West Haven 73, #12 Hamden 60

#6 Amity Regional 64, #11 East Haven 45

#7 Wilbur Cross 68, #10 Guilford 64

#9 Hillhouse 48, #8 Xavier 42

#### **Quarterfinals – Saturday, Feb. 26 @Higher Seeds**

#1 Notre Dame 79, #9 Hillhouse 41

#2 Fairfield Prep 76, #7 Wilbur Cross 63

#3 Daniel Hand 79, #6 Amity Regional 65

#5 West Haven 66, #4 Branford 41

#### **Semifinals – Monday, Feb. 28 – at Floyd Little Athletic Center**

#1 Notre Dame 73, #5 West Haven 34

#2 Fairfield Prep 58, #3 Daniel Hand 43

#### **Championship Game – Wednesday, March 2 – at Floyd Little Athletic Center**

Notre Dame 53, Fairfield Prep 45

**Tournament Most Outstanding Player:** Andrew Lazarre, senior, Notre Dame

### All-Conference

**First Team:** Micah Morgan (Amity Regional), Jake Palluzzi (Branford), Tyler Favre (Daniel Hand), Max Manjos (Fairfield Prep), Justin Hess (Guilford), Matthew Gibbs (Hillhouse), Mekhi Conner (Notre Dame), Timaury Gay (Notre Dame), Andrew Lazarre (Notre Dame), Fredo Delgado (Wilbur Cross), Christian McClearse (Wilbur Cross), Anthony Parker (Xavier)

# 2021-22 SPORT-BY-SPORT RECAP



**Second Team:** Hudson Geremia (Daniel Hand), Ron Calderon (East Haven), Griffin Harding (Fairfield Prep), Tommy Scholl (Fairfield Prep), Charlie Diamantis (Foran), John Neider (Jonathan Law), Jordan Elliott (Notre Dame), Tajae Jones (Notre Dame), Vinny DeFeo (Shelton), Manny Belcher (West Haven), Javaun Calhoun (West Haven), Tavares Tuck (West Haven)

**Player of Year, presented by Connecticut Orthopaedics:**  
Christian McCleave (Wilbur Cross)

**Coach of Year, presented by Connecticut Orthopaedics:**  
Jason Shea (Notre Dame)

## Girls Ice Hockey

**Regular-season champion:** Guilford (9-1)

### SCC Playoffs

#### **First Round – Monday, Feb. 21**

#5 Amity-Cheshire-North Haven co-op 9, #4 Daniel Hand co-op 5  
#3 Hamden co-op 4, #6 Masuk co-op 2

#### **Semifinals – Wednesday, Feb. 23**

#1 Guilford 8, #5 Amity/Cheshire/North Haven co-op 3  
#2 West Haven/SHA co-op 2, #3 Hamden co-op 0

#### **Championship Game – Friday, Feb. 25**

Guilford 4, West Haven/SHA 3 (OT)

**Tournament Most Outstanding Player:** Kimberly Evans, senior, defense, Guilford

### All-Conference

#### **First Team:**

Goalie: Eva Smith (Masuk co-op)

Defense: Meghan Dupre (West Haven/SHA co-op), Olivia Gill (Guilford)

Forward: Maddie Epke (Guilford), Maya Boyhen (West Haven/SHA), Avery DePodesta (Amity/Cheshire/NH co-op)

#### **Second Team:**

Goalie: Grace Nowak (West Haven/SHA co-op)

Defense: Aryana Wilson (Daniel Hand co-op/Branford), Kimberly Evans (Guilford)

Forward: Maya Komorowski (Masuk co-op/Shelton), Sofia Cuzzo (Guilford), Cora Buzzard (Daniel Hand co-op/Branford), Isabella Jackowicz (Hamden co-op/East Haven), Julia Crisci (Hamden co-op/East Haven)

**Player of Year, presented by Connecticut Orthopaedics:**  
Maddie Epke (Guilford)

**Coach of Year, presented by Connecticut Orthopaedics:**  
Erin Blake (West Haven/SHA co-op)

## Boys Ice Hockey

### Regular-season champions:

**Div. I:** Notre Dame-West Haven (6-0)

**Div. II:** Lyman Hall, North Haven (9-1)

**Div. III:** JBWA co-op/New Milford (5-1)

### SCC/SWC Playoffs

#### **Division I Championship – Friday, March 4 @Bennett Rink**

#1 Notre Dame 5, #2 Xavier 0

**Game Most Outstanding Player:** Ty Battipaglia, junior, Notre Dame

#### **Division II Semifinals – Thursday, March 3 @Bennett Rink**

#1 Lyman Hall 3, #4 Daniel Hand 0

#2 North Haven 5, #3 Sheehan 1

#### **Division II Championship – Saturday, March 5 @Bennett Rink**

North Haven 4, Lyman Hall 3

**Tournament Most Outstanding Player:** Alex Petersen, junior, North Haven

#### **Division III Semifinals – Wednesday, March 2 @Shelton Rink**

#4 BBD co-op 4, #1 New Milford 1

#2 JBWA co-op 3, #3 Masuk 2

#### **Division III Championship – Friday, March 4 @Bennett Rink**

JBWA co-op 3, BBD co-op 1

**Tournament Most Outstanding Player:** Spencer Thomas, senior, JBWA

### All-Conference:

#### **Division I First Team**

Forward: Dylan Reynolds (Xavier), Michael Pilato (Notre Dame-West Haven), Anthony Malonis (Hamden), D.J. Carfora (West Haven)

Defense: Will Monroe (Xavier), Grant Curtis (Notre Dame-West Haven)

Goalie: Colby LaSalle (Notre Dame-Fairfield)

#### **Division I Second Team:**

Forward: Matt Kraus (Xavier), Kellen Sargolini (Hamden), Ryan Bernardi (West Haven), Tiernan Curley (Fairfield Prep)

Defense: Anthony Peschell (West Haven), Luke Noonan (Fairfield Prep)

Goalie: Peter Alfano (Notre Dame-West Haven)

#### **Div. I Player of Year, presented by Connecticut Orthopaedics:**

Dylan Reynolds (Xavier)

#### **Div. I Coach of Year, presented by Connecticut Orthopaedics:**

Karl Sundquist (Xavier)

#### **Division II First Team:**

Forward: Jake Hines (North Haven), Jack Roberts (Lyman Hall), Matt Morgan (Branford), Anthony DeFilio (Sheehan)

Defense: Daniel Pettit (Lyman Hall), Brendan Hilinski (Sheehan)

Goalie: Jared Anderson (North Haven)

# 2021-22 SPORT-BY-SPORT RECAP



## Division II Second Team:

Forward: Michael Torre (Guilford), Gennaro Pompano (East Haven), Dylan Gay (Lyman Hall), Ryan Michonski (North Branford)  
Defense: Kevin Sandor (Daniel Hand), Owen Quick (North Haven)  
Goalie: Gavyn Litvyn (Guilford)

## Div. II Player of Year, presented by Connecticut Orthopaedics:

Jack Roberts (Lyman Hall)

## Div. II Coach of Year, presented by Connecticut Orthopaedics:

Chris Avena (North Haven)

## Division III First Team:

Forward: Kenny Granacker (BBD), Andrew Scalia (Masuk), Niko Tournas (JBWA)  
Defense: Duncan Crane (JBWA), Ronan McAllister (Newtown)  
Goalie: Markus Paltauf (Newtown), Louis Alfid (BBD)

## Division III Second Team

Forward: Nicholas Kondub (Masuk), Theo Dietter (New Milford), Liam Gelfand (BBD)  
Defense: Quinn Danvers (New Milford), Jack Cirillo (Masuk), Kevin Wokanovicz (Milford)  
Goalie: Tory Beck (Masuk)

## Div. III Player of Year, presented by Connecticut Orthopaedics:

Niko Tournas (JBWA)

## Div. III Coach of Year, presented by Connecticut Orthopaedics:

Rusty Granacker (BBD)

# SPRING

## Boys Outdoor Track & Field

### East Sectional – Tuesday, May 17 @Bowen Field

1. Amity Regional, 123; 2. Daniel Hand, 120.83; 3. Xavier, 119; 4. Branford, 65.33; 4. North Haven, 65.33; 6. Wilbur Cross, 61.5; 7. Sheehan, 44; 8. Notre Dame, 41; 9. Fairfield Prep, 40; 10. East Haven, 20

### West Sectional – Wednesday, May 18 @Bowen Field

1. Hillhouse, 168; 2. Shelton, 119; 3. Jonathan Law, 93; 4. Foran, 69; 5. Hamden, 60; 6. Guilford, 58; 7. Lyman Hall, 55; 8. Cheshire, 39; 9. West Haven, 39

### SCC Championship Meet - Tuesday, May 24 @Bowen Field

1. Hillhouse, 122; 2. Xavier, 81; 3. Daniel Hand, 64; 4. Jonathan Law, 50; 4. Amity Regional, 43; 6. Hamden, 39; 7. Branford, 34; 7. Foran, 34; 9. Guilford, 33; 10. Shelton, 30; 10. Wilbur Cross, 30; 12. Fairfield Prep, 28; 13. North Haven, 25; 14. Cheshire, 24; 15. West Haven, 19; 16. Notre Dame, 15; 16. Lyman Hall, 15; 18. East Haven, 8; 18. Sheehan, 8

**Championship Meet Most Outstanding Athlete:** Gary Moore, Jr., senior, Hillhouse

### All-Conference

#### First Team

Colin Brown (Cheshire), 100 meters, 200 meters  
Basit Idriss (Foran), 400 meters  
Patrick Zdunek (Branford), 800 meters  
Eamon Burke (Xavier), 1600 meters  
Brody Santagata (Xavier), 3200 meters  
Blake Battaglia (Wilbur Cross), 110 meter hurdles  
Jackson Warters (Jonathan Law), 300 meter hurdles  
Fairfield Prep (Robert Young, Jon Morris, Konrad Walinowski, Tymaine Smith), 4 x 100 meter relay  
Foran (Jonathan Lahav, Joseph Defreitas, Nathanael Huebner, Basit Idriss), 4 x 400 meter relay  
Xavier (Alexander Ushchak, Jacob Kirejczyk, Joshua Lesniak, Brody Santagata), 4 x 800 meter relay  
Zyair Wali (Hillhouse), High Jump, Triple Jump  
Tremayne Sweat (Hillhouse), Pole Vault  
Christopher Hergott (Hamden), Long Jump  
Gary Moore, Jr. (Hillhouse), Shot Put, Discus, Javelin

#### Second Team

Raphael Hawkins (Hillhouse), 100 meters  
Samuel Klein (Shelton), 200 meters

# 2021-22 SPORT-BY-SPORT RECAP



Thomas Bretthauer (Jonathan Law), 400 meters  
Eamon Burke (Xavier), 800 meters  
Nikita Omelchenko (Wilbur Cross), 1600 meters  
Alexander Ushchak (Xavier), 3200 meters  
Connor Smith (Fairfield Prep), 110 meter hurdles  
Dante Rodney (West Haven), 300 meter hurdles  
Hamden (Naeem Mills, Andrew Lefers, Liam Buckley-Robinson, Luis Calderon II), 4 x 100 meter relay  
Branford (Patrick Zdunek, Cheng Wu, Cameron Meli, Peyton Moriarity), 4 x 400 meter relay  
Amity Regional (Brodey Lu, Benjamin Frazer, James Nichol, Parker Paragas), 4 x 800 meter relay  
Morgan Veth (Daniel Hand), High Jump, Long Jump  
Aidan King (Jonathan Law), Pole Vault  
Luis Calderon (Hamden), Triple Jump  
Jquan Athis (Hillhouse), Shot Put, Discus  
John Roy (Xavier), Javelin

## **Athlete of Year, presented by Connecticut Orthopaedics:**

Gary Moore, Jr. (Hillhouse)

## **Coach of Year, presented by Connecticut Orthopaedics:**

Mike Gambardella (Shelton)

## Girls Outdoor Track & Field

### **East Sectional – May 17 at Bowen Field, New Haven**

1. Sheehan, 186; 2. Amity Regional, 90; 3. Mercy, 85.5; 4. Sacred Heart Academy, 80.5; 5. Luralton Hall, 69; 6. East Haven, 57; 7. Branford, 55; 8. Daniel Hand, 45; 9. Wilbur Cross, 17; 10. North Haven, 16

### **West Sectional – May 18 at Bowen Field, New Haven**

1. Shelton, 133; 2. Hillhouse, 131.50; 3. Cheshire, 119; 4. Guilford, 82.5; 5. Career, 57.5; 6. Jonathan Law, 50.5; 7. Hamden, 48.5; 8. Foran, 35; 9. West Haven, 19.5; 10. Lyman Hall, 15

### **SCC Championship Meet – May 25 at Bowen Field, New Haven**

1. Sheehan, 141; 2. Shelton, 81; 3. Hillhouse, 69; 4. Cheshire, 54; 5. Guilford, 50; 6. Mercy, 40; 7. Luralton Hall, 39; 8. Amity Regional, 36.5; 9. Career, 33; 10. Branford, 32; 11. Sacred Heart Academy, 30; 12. East Haven, 27; 13. Jonathan Law, 21; 14. Hamden, 14.5; 15. Daniel Hand, 14; 16. Foran, 8; 17. West Haven, 5; 18. North Haven, 3; 19. Wilbur Cross, 2; 19. Lyman Hall, 2

**Championship Meet Most Outstanding Athletes:** Avery Winters, senior, Sheehan; Audrey Kozak, junior, Shelton

### All-Conference

#### **First Team**

Amanda Castaldi (Sheehan), 100 meters  
Avery Winters (Sheehan), 200 meters, 400 meters  
Tess Wasiolek (Branford), 800 meters

Kelly Jones (Luralton Hall), 1600 meters, 3200 meters  
Leonaya Knox (Hillhouse), 100 meter hurdles  
Macie Salado (Amity Regional), 300 meter hurdles  
Sheehan (Patrice Mansfield, Amanda Castaldi, Maya Wresien, Avery Winters), 4 x 100 meter relay  
Guilford (Daniella Selig, Julia Antony, Ella Heckler, Riley Hickey), 4 x 400 meter relay  
Cheshire (Leah Farrell, Meghan Georgescu, Alexa Ciccone, Mia Vientos), 4 x 800 meter relay  
Audrey Kozak (Shelton), High Jump, Long Jump, Triple  
Erin Brennan (Sheehan), Pole Vault  
Olivia O'Connor (Hillhouse), Shot Put, Discus  
Alice Stettinger (East Haven), Javelin

#### **Second Team**

Marie Kane (Mercy), 100 meters, 200 meters  
Leah Farrell (Cheshire), 400 meters  
Olivia Platt (Sheehan), 800 meters  
Tess Wasiolek (Branford), 1600 meters  
Hannah Andrejczyk (Shelton), 3200 meters  
Amanda Castaldi (Sheehan), 100 meter hurdles  
Kira Zawalich (Cheshire), 300 meter hurdles  
Hillhouse (Tanyah Mabry, Ne'riah Townsend, Amaiya Ellis, Leonaya Knox), 4 x 100 meter relay  
Cheshire (Molly Lanz-Squirrel, Leah Farrell, Mia Vientos, Kira Zawalich), 4 x 400 meter relay  
Guilford (Clara Gahm, Olivia Skapczynski, Alexa Suchy, Julia Antony), 4 x 800 meter relay  
Abigail Ball (Amity Regional), High Jump  
Ava Steigbigel (Foran), Pole Vault  
Erin Brennan (Sheehan), Long Jump  
Lalia Best (Career), Triple Jump  
Darla Jagrosse (Sheehan), Shot Put, Discus  
Emma Savoie (Jonathan Law), Javelin

#### **Athlete of Year, presented by Connecticut Orthopaedics:**

Avery Winters (Sheehan)

#### **Coach of Year, presented by Connecticut Orthopaedics:**

Charles Farley (Sheehan)

## Boys Tennis

**Tier 1 Regular-season champions:** Daniel Hand (10-0)

**Tier 2 Regular-season champions:** Notre Dame (5-0)

**Tier 3 Regular-season champions:** Hamden (12-0)

#### **SCC Playoffs**

##### **Quarterfinals – Saturday, May 21**

#1 Daniel Hand 7, #8 Branford 0

#2 Fairfield Prep 7, #7 Xavier 0 (Sunday, May 22)

#3 Amity Regional 5, #6 Cheshire 2

#5 Guilford 4, #4 Notre Dame 3

##### **Semifinals – Monday, May 23 @Higher Seeds**

#1 Daniel Hand 7, #5 Guilford 0



# 2021-22 SPORT-BY-SPORT RECAP



#2 Fairfield Prep 6, #3 Amity Regional 1

**Championship – Tuesday, May 24 @Amity Regional HS**

Daniel Hand 5, Fairfield Prep 2

**Tournament Most Outstanding Player:** Sebastien Lowy, senior, Daniel Hand

## All-Conference

**Tier 1:** Utsav Subramani (Cheshire), Sebastian Lowy (Daniel Hand), Elliot Booth (Daniel Hand), Luke Levanat (Fairfield Prep), Ethan Hass (Amity Regional), Max Fuffo (Xavier), Will de Charbert (Daniel Hand), Will Fumex (Daniel Hand), Griffin Harding (Fairfield Prep), Thomas Nardone (Fairfield Prep), Matt Gulla (Daniel Hand), Andrew Gershfeld (Cheshire), Dom Dadek (Guilford)

**Tier 2/3:** James Lorenzetti (Notre Dame), Tommy Fawcett (Notre Dame), Desmond Shannon (Notre Dame), Josh Berdon (Branford), William Mollow (Branford), Matt Gaudio (Branford), Ben Rudikoff (North Haven), Brian Oppenheim (Hamden), Quinn Northrop (Hamden), Dan Folloni (Jonathan Law), Julien Roy (Jonathan Law), Avery Solan (Sheehan), Jack Mackniak (Shelton), Jack Parkes (Shelton)

**Player of Year, presented by Connecticut Orthopaedics –** Utsav Subramani (Cheshire)

**Coach of Year, presented by Connecticut Orthopaedics –** Glen Maxwell (Jonathan Law)

## Girls Tennis

**Tier 1 Regular-season champions:** Amity Regional (10-0)

**Tier 2 Regular-season champions:** Sacred Heart Academy (5-0)

**Tier 3 Regular-season champions:** Branford (10-0)

## SCC Playoffs

**Quarterfinals – Saturday, May 21 @Higher Seeds**

#1 Amity Regional 7, #8 Jonathan Law 0

#2 Guilford 6, #7 Sacred Heart Academy 1

#3 North Haven 4, #6 Cheshire 3

#5 Luralton Hall 4, #4 Daniel Hand 3

**Semifinals – Monday, May 23 @Higher Seeds**

#2 Guilford 5, #3 North Haven 2

#1 Amity Regional 7, #5 Luralton Hall 0

**Championship – Tuesday, May 24 @Amity Regional HS**

Amity Regional 7, Guilford 0

**Tournament Most Outstanding Player:** Isabella Sicignano, sophomore, Amity Regional

## All-Conference

**Tier 1:** Alex Orlins (Cheshire), Kiley Pickens (Amity Regional), Isabella Sicignano (Amity Regional), Riley Mullett, (Guilford), Claire Langille (Daniel Hand), Audrey Ulrich (Luralton Hall), Aadya Wijsekera (Amity Regional), Scarlett Zhai (Amity Regional), Chelsea

Larke (Luralton Hall), Kallie Horan (Luralton Hall), Zhu Zhu Berger (Daniel Hand), Breanna Colonese-Dibello (Daniel Hand)

**Tier 2/3:** Peyton Gaudreau (Branford), Lucia Pino (Jonathan Law), Madison Rossetti (Sacred Heart Academy), Emily Carlin (Shelton), Joyce Delgado (West Haven), Gianna Draghi (Lyman Hall), Daniela Bejleri (Sacred Heart Academy), Shelbe Vidal (Sacred Heart Academy), Caroline Doyle (Jonathan Law), Olivia Hudak (Jonathan Law), Ava Cedillo (Mercy), Catalina Koji (Mercy)

**Player of Year, presented by Connecticut Orthopaedics:**

Alex Orlins (Cheshire)

**Coach of Year, presented by Connecticut Orthopaedics:**

David Gruendel (Branford)

## Boys Lacrosse

**Div. I Regular-season champions:** Fairfield Prep (8-0)

**Div. II Regular-season champions:** Foran (7-0)

## SCC Playoffs

**First Round - Saturday, May 21 @Higher Seeds**

#3 Daniel Hand 18, #6 Foran 3

#4 Notre Dame 11, #5 Guilford 7

**Semifinals - Tuesday, May 24 @Higher Seeds**

#2 Cheshire 13, #3 Daniel Hand 12

#1 Fairfield Prep 18, #4 Notre Dame 4

**Championship Game - Thursday, May 26 @Ken Strong Stadium – West Haven HS**

Fairfield Prep 13, Cheshire 6

**Tournament Most Outstanding Player:** Tyler Fox, junior, attack, Fairfield Prep

## All-Conference

### **First Team**

**Attack:** Charles Kurtz (Cheshire), Timothy Shannehan (Fairfield Prep), Tyler Fox (Fairfield Prep), Sam Sisk (Daniel Hand), Aiden Fletcher (Notre Dame)

**Midfield:** Jack Coughlin (Amity Regional), Matt Jeffery (Cheshire), Marco Firmender (Fairfield Prep), Peter Grandolfo (Fairfield Prep), Patch Flanagan (Daniel Hand), Dom Basti (Notre Dame)

**Defense:** Max Manware (Cheshire), Emmett Cheever (Fairfield Prep), Gavin McCarthy (Fairfield Prep), Jack Gara (Daniel Hand)

**FO:** Ryan Grove (Cheshire)

**LSM:** Cooper Callahan (Fairfield Prep), Seth Sweitzer (Daniel Hand)

**Goalie:** Aidan Strebel (Branford), Harrison Loyd (Guilford)

### **Second Team**

**Attack:** Patrick Coughlin (Amity Regional), Jason Raba (Cheshire), Will Kleine (Daniel Hand), Connor Chirico (Jonathan Law), Jack Roberts (Lyman Hall), Gavin O'Mara (Notre Dame), James Stratton (Sheehan)

**Midfield:** Colby O'Connor (Amity Regional), Luke Lombardo (Fair-

# 2021-22 SPORT-BY-SPORT RECAP



field Prep), Kevin Sandor (Daniel Hand), Jake Hines (North Haven), Cooper Savoy (Notre Dame)

**Defense:** Cam Paleski (Branford), Luke Wiedemann (Cheshire), George Hawley (Fairfield Prep), Lucas Ubaldi (Foran), Sean Mandel (Guilford), Perry Mackey (Xavier)

**SSDM:** Henry Keller (Fairfield Prep)

**Goalie:** Connor Atwater (Cheshire), Jacob Shook (Sheehan)

**Player of Year, presented by Connecticut Orthopaedics:**

Marco Firmender (Fairfield Prep)

**Coach of Year, presented by Connecticut Orthopaedics:**

Graham Niemi (Fairfield Prep)

Regional), Hannah Merritt (Cheshire), Mackenzie Posey (Foran), Sydney Rossacci (Sacred Heart Academy), Morgan White (Lauralton Hall)

**Defense:** Lily Chicosky (Sacred Heart Academy), Aubrey Monroe (Sheehan), Lila Pinho (Lauralton Hall), Mariyah Reid (Jonathan Law)

**Goalie:** Audrey Bronson (Cheshire), Anna Saccente (Amity Regional)

**Player of Year, presented by Connecticut Orthopaedics:**

Maddie Epke (Guilford)

**Coach of Year, presented by Connecticut Orthopaedics:**

Charissa Zbikowski (Sheehan)

## Girls Lacrosse

**Div. I Regular-season champions:** Guilford (8-0)

**Div. II Regular-season champions:** Sheehan (7-1)

**Div. III Regular-season champions:** Foran, Hamden (9-1)

### SCC Playoffs

#### **Quarterfinals - Saturday, May 21**

#4 Daniel Hand 11, #5 Sacred Heart Academy 3

#3 Amity Regional 11, #6 Sheehan 8

#### **Semifinals - Tuesday, May 24**

#2 Cheshire 20, #3 Amity Regional 8

#1 Guilford 17, #4 Daniel Hand 5

#### **Championship Game - Thursday, May 26 - at Ken Strong Stadium - West Haven HS**

Guilford 12, Cheshire 6

**Tournament Most Outstanding Player:** Sydney Widlitz, senior, goalie, Guilford

### All-Conference

#### **First Team**

**Attack:** Ava Harris (Cheshire), Dylan Lyons (Amity Regional), Payton Root (Guilford), MJ Santa Barbara (Guilford), Kacie Wines (Daniel Hand)

**Midfield:** Lydia Doraz (Daniel Hand), Maddie Epke (Guilford), Taylor Farace (Guilford), Lorelei King (Guilford), Emma Kirck (Sacred Heart Academy), Haley Mario (Amity Regional), Ava Matikowski (Cheshire), Lily Schoonmaker (Mercy)

**Defense:** Kat Baseggio (Guilford), Taylor Fitzgerald (Cheshire), Peytyn Gies (Daniel Hand), Kalliopi Maniatis (Amity Regional), Coco Rourke (Daniel Hand)

**Goalie:** Sydney Widlitz (Guilford)

#### **Second Team**

**Attack:** Ally Colburn (Branford), Anna Garate (Lauralton Hall), Alexa Guercia (Sacred Heart Academy), Alex Lucas (Cheshire), Allie Ottochian (Sheehan), Shea Saracino (North Haven), Kyley Tur-schmann (Hamden), Mia Williams (Foran)

**Midfield:** Reilly Dolan (Daniel Hand), Karleigh Kokoruda (Daniel Hand), Jayna MacKenzie (Sheehan), Bailey McDermott (Amity

## Boys Volleyball

**Regular-season champions:** Shelton, Cheshire (6-2)

### SCC Playoffs

#### **First Round – Tuesday, May 24 @Amity Regional HS**

#5 Daniel Hand 3, #4 Amity Regional 1 (18-25, 26-24, 25-23, 25-18)

#### **Semifinals – Wednesday, May 25 @Higher Seeds**

#1 Shelton 3, #5 Daniel Hand 0 (25-18, 25-18, 25-19)

#2 Cheshire 3, #3 Xavier 2 (25-22, 22-25, 18-25, 25-11, 15-13)

#### **Championship Game – Friday, May 27 @Shelton HS**

Shelton 3, Cheshire 2 (21-25, 17-25, 25-11, 25-17, 15-10)

**Tournament Most Outstanding Player:** Alessandro Mallozzi, senior, Shelton

### All-Conference

**First Team:** Tim Nugent (Cheshire), Rory McCormack (Xavier), Andrew Wang (Cheshire), Peter O'Brien (Xavier), Joe O'Brien (Xavier), Alessandro Mallozzi (Shelton), Will Allen (Cheshire), Gianluca Giardina (Cheshire)

**Second Team:** Konstantinos Spanolios (Amity Regional), Nate Foss (Shelton), Brady Higgins (Xavier), Missimo Liquori (Daniel Hand), Harshil Parmar (Amity Regional), Thomas Kopec (Shelton), Evan Murrell (Shelton), Trey Adams (Daniel Hand)

**Player of Year, presented by Connecticut Orthopaedics:**

Tim Nugent (Cheshire)

**Coach of Year, presented by Connecticut Orthopaedics:**

Stefanie Reay (Xavier)

## Boys Golf

**Div. I Regular-season champions:** Fairfield Prep

**Div. II Regular-season champions:** Branford

# 2021-22 SPORT-BY-SPORT RECAP



## SCC Championship Meet - Wednesday, June 1 @The Farms

### Country Club – Wallingford (par-72)

1. Fairfield Prep (304), 2. Cheshire (320), 3. Guilford (331), 4. Xavier (333), 5. Daniel Hand (336), 6. Shelton (336), 7. Notre Dame (338), 8. Branford (339), 9. Amity Regional (343)

### Top Individuals:

Mike Rothberg, Fairfield Prep (35-37=72)  
AJ DePaolo, Cheshire (37-36=73)  
Charlie Duffy, Fairfield Prep (38-37=75)  
Will Huntington, Fairfield Prep (37-39=76)  
Cameron St. Pierre, Shelton (39-37=76)

### All-Conference

Mike Rothberg (Fairfield Prep), AJ DePaolo (Cheshire), Charlie Duffy (Fairfield Prep), Cameron St. Pierre (Shelton), Will Huntington (Fairfield Prep), Riley Brabant (Cheshire), Andrew Beauton (Guilford), Miguel Pearce (Guilford), Justin Acquarulo (Cheshire), Keegan Lalonde (Branford)

### Golfer of Year, presented by Connecticut Orthopaedics:

Mike Rothberg (Fairfield Prep)

### Coach of Year, presented by Connecticut Orthopaedics:

Dan Lee (Cheshire)

## Girls Golf

**Regular-season champions:** Amity Regional

### SCC Championship Meet - Thursday, June 2@Oronoque Country Club, Stratford

1. Amity Regional (387), 2. Luralton Hall (395), 3. Cheshire (409), 4. Daniel Hand (447), 5. Mercy (483)

### Top Individuals

Ava Gross, Amity Regional (40-38=78)  
Izzy Thomas, Luralton Hall (43-43=86)  
Sydney Hidalgo, Cheshire (41-49=90)  
Mia Coppola, Foran (47-47=94)  
Kaitlyn Dobkowski, Foran (45-51=96)

### All-Conference

Ava Gross (Amity Regional), Sydney Hidalgo (Cheshire), Sophia DelRosso (Cheshire), Bridget Morrison (Amity Regional), Mackenzie Corcoran (Cheshire), Izzy Thomas (Luralton Hall)

### Golfer of Year, presented by Connecticut Orthopaedics:

Ava Gross (Amity Regional)

### Coach of Year, presented by Connecticut Orthopaedics:

Jill Waldron (Luralton Hall)

## Baseball

### Divisional champions

**Hammonasset:** Xavier (8-0)

**Housatonic:** Amity Regional (6-2)

**Oronoque:** Shelton/Fairfield Prep (7-1)

**Quinnipiac:** North Haven/West Haven/Cheshire (4-2)

### SCC Playoffs

#### Quarterfinals – May 23 @Higher Seed

#1 Xavier 4, #8 North Haven 1  
#2 Amity Regional 10, #7 Shelton 0 (6)  
#3 Fairfield Prep 6, #6 Guilford 1  
#4 Lyman Hall 4, #5 Daniel Hand 1

#### Semifinals - Tuesday, May 24 @Higher Seeds

#3 Fairfield Prep 4, #2 Amity Regional 2  
#1 Xavier 14, #4 Lyman Hall 4

#### Championship Game - Thursday, May 26 @Piurek Field – West Haven HS

Fairfield Prep 9, Xavier 4

**Tournament Most Outstanding Player:** Ryan Preisano, junior, second baseman, Fairfield Prep

### All-Conference

**First Team:** David Antonetti (Daniel Hand), Michael Anquilare (North Haven), James Aselta (Fairfield Prep), Ryan Barbieri (Cheshire), Chris Barkasy (Sheehan), McAllister Burke (Amity Regional), Tyler Casey (Lyman Hall), Tyler DeSanty (West Haven), Gianni Gambardella (West Haven), Yabdriel Gonzalez-Coste (Hillhouse/Career), Justin Hackett (Lyman Hall), Tyler Hartley (Xavier), JP Hosney (Xavier), Nick Hunkele (Notre Dame), Drew Kron (Xavier), Roy Lenhard (Shelton), Kevin Milewski (Notre Dame), Ryan Oshinskis (Fairfield Prep), Brandon Payne (Foran), Owen Pincince (North Haven), Luca Raccio (Cheshire), Angel Rivera (Hamden), Sam Smith (Branford), AJ Soldra (Amity Regional), Ryan Vallie (East Haven), Sathvik Vakati (Xavier), Ian Wirtz (Cheshire), Carter Williams (Guilford), Jaden Wywoda (Jonathan Law), Martin Zhang (Amity Regional)

**Second Team:** Maico Cardona (Hamden), Nick Clark (Amity Regional), Justin Coppola (Notre Dame), Dylan Correa (Hillhouse), Joe D'Elia (Fairfield Prep), Ray Gilbert (West Haven), Audry Guy (Sheehan), Ben Kuja (Daniel Hand), David Loomis (Branford), Dillon Luke (Xavier), Bryce Meder (Guilford), Matt Moconyi (Sheehan), John Neider (Jonathan Law), Ryan Preisano (Fairfield Prep), EJ Quint (Cheshire), Owen Rich (Lyman Hall), Alberto Rivas (Wilbur Cross), Dylan Sachs (Branford), Mike Torre (Guilford), Dylan Ziegler (Shelton)

### Player of Year, presented by Connecticut Orthopaedics:

Justin Hackett (Lyman Hall)

### Coach of Year, presented by Connecticut Orthopaedics:

Sal Coppola (Amity Regional)

# 2021-22 SPORT-BY-SPORT RECAP



## Softball

### Divisional champions

**Hammonasset:** Guilford, Cheshire (7-1)

**Housatonic:** Jonathan Law (8-0)

**Oronoque:** East Haven (8-0)

**Quinnipiac:** West Haven (7-1)

### SCC Playoffs

#### **Quarterfinals – May 23 @Higher Seeds**

#4 West Haven 4, #5 Cheshire 1

#3 Guilford 3, #6 Daniel Hand 2

#2 Jonathan Law 9, #7 Amity Regional 1

#1 East Haven 2, #8 Shelton 0

#### **Semifinals - Tuesday, May 24**

#2 Jonathan Law 1, #3 Guilford 0

#1 East Haven 9, #4 West Haven 1

#### **Championship Game - Wednesday, May 26 @Biondi Field – West Haven HS**

East Haven 6, Jonathan Law 1

**“Danni Kemp” Tournament Most Outstanding Player:** Emilee Bishop, senior, pitcher, East Haven

### All-Conference

**First Team:** Karissa Spring (Cheshire), Grace Lurz (Cheshire), Allie Petonito (Guilford), Addie Smith (Guilford), Emily Chase (Lyman Hall), Francesca Colangelo (Lauralton Hall), Sophia Engels (Mercy), Emilee Bishop (East Haven), Magdalena Barthel (East Haven), Gianna Donnarummo (Hamden), Kendall LaMorte (Foran), Morgan Viesselman (Foran), Caroline Toni (North Haven), Talia Salanto (Jonathan Law), Madyson Bull (Jonathan Law), Grace Carrington (Amity Regional), Hannah Fletcher (Amity Regional), Marzia Johnson (Branford), Ivie Archer (Sheehan), Paige Beurer (West Haven), Mia Rubirosa (West Haven), Isabella Saracco (Sacred Heart Academy), Liv Vega (Wilbur Cross), Anna Leone (Shelton), Julia Krijgsman (Shelton)

**Second Team:** Cat Palmer (Cheshire), Sophia Meade (Guilford), Ella Munson (Guilford), Isabella Fiscaldo (Lauralton Hall), Ayan-na Fernandez (Lauralton Hall), Jilien Ayala (East Haven), Alyssa DiGiovanna (North Haven), Megan Hart (Daniel Hand), Lilly Perry (Daniel Hand), Isabelle Robinson (Hamden), Chloe Nittoly (Foran), Elizabeth Roos (Jonathan Law), Nicolina Salanto (Jonathan Law), Sydney Manzione (Amity Regional), Dannielle Geary (Sheehan), Ryen Wolcheski (Sheehan), Kailey Bonilla (Career), Hailey Christian-son (Wilbur Cross), Jillian Cofrancesco (Sacred Heart Academy), Sarah Broad (Shelton), Alexis Resto (Shelton), Juliana Petruzzillo (West Haven), Shyanne Raccio (West Haven), Da’Veona Parker-Sessions (Hillhouse)

**Player of Year, presented by Connecticut Orthopaedics –**  
Emilee Bishop (East Haven)

**Coach of Year, presented by Connecticut Orthopaedics –** Ed Crisafi (East Haven)

# 2021-22 ATHLETES OF MONTH



The Southern Connecticut Conference, with the support of presenting sponsor j.roo's of North Haven, named a female and male athlete of the month during the 2021-22 academic year. Each recipient received a plaque and \$25 gift card to j.roo's.

j.roo's is located at 243 State Street in North Haven. Visit them at <https://www.jroosrestaurant.com/>



**ALEXA CICCONE**  
CHESHIRE  
CROSS COUNTRY  
SEPTEMBER



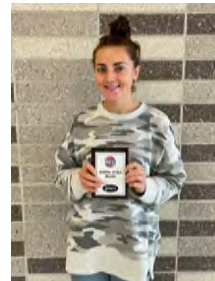
**LEX EDWARDS**  
JONATHAN LAW  
SOCCER  
SEPTEMBER



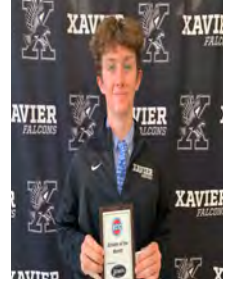
**CLAIRE KEHLEY**  
LAURALTON HALL  
SWIMMING  
OCTOBER



**JACOB SHOOK**  
SHEEHAN  
FOOTBALL  
OCTOBER



**MADDIE EPKE**  
GUILFORD  
FIELD HOCKEY  
NOVEMBER



**EMON BURKE**  
XAVIER  
CROSS COUNTRY  
NOVEMBER



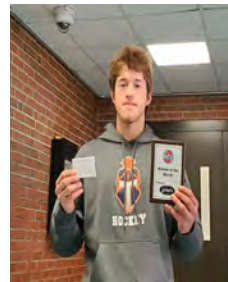
**AMANI ABUHATAB**  
WEST HAVEN  
BASKETBALL  
DECEMBER



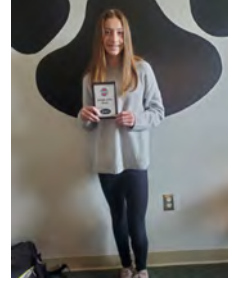
**FREDO DELGADO**  
WILBUR CROSS  
BASKETBALL  
DECEMBER



**ERIN BRENNAN**  
SHEEHAN  
INDOOR TRACK  
JANUARY



**JACK ROBERTS**  
LYMAN HALL  
ICE HOCKEY  
JANUARY



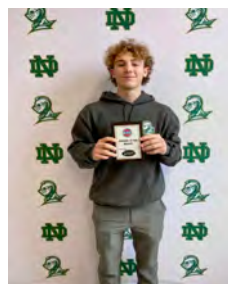
**MORGAN FLICKINGER**  
DANIEL HAND  
GYMNASTICS  
FEBRUARY



**GARY MOORE, JR.**  
HILLHOUSE  
INDOOR TRACK  
FEBRUARY



**ROSA RIZZITELLI**  
SACRED HEART ACADEMY  
BASKETBALL  
MARCH



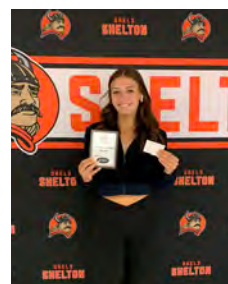
**MICHAEL PILATO**  
NOTRE DAME  
ICE HOCKEY  
MARCH



**KILEY PICKENS**  
AMITY REGIONAL  
TENNIS  
APRIL



**KEVIN MILEWSKI**  
NOTRE DAME  
BASEBALL  
APRIL



**AUDREY KOZAK**  
SHELTON  
OUTDOOR TRACK  
MAY



**PETER GRANDOLFO**  
FAIRFIELD PREP  
LACROSSE  
MAY