



Southern Connecticut Conference 2023 Spring Sports All-Conference

Boys Golf

AJ DePaolo (Cheshire), Andrew Beauton (Guilford), Reece Scott (Daniel Hand), Kasimir Lesnik (Daniel Hand), Cameron St. Pierre (Shelton), Keegan LaLone (Branford), John Thompson (Xavier), JB Ouellette (Xavier), Jack DeJoseph (Cheshire), Dylan Gillotti (Cheshire)

Girls Golf

Sydney Hidalgo (Cheshire), Sophia DelRosso (Cheshire), Bridget Morrison (Amity Regional), Izzy Thomas (Lauralton Hall), Annika Yun (Amity Regional), Molly Bosma (Amity Regional)

Boys Volleyball

First Team: Adam Martire (Amity Regional), Will Allen (Cheshire), Matti Lilback (Cheshire), Matt Irizarry (Cheshire), Thomas Kopec (Shelton), Evan Murrell (Shelton), Peter O'Brien (Xavier)

Second Team: Chris Carlson (Amity Regional), Harsil Parmar (Amity Regional), Jason Cafourek (Cheshire), Court Lucas (Daniel Hand), Timmy Hilser (Shelton), John Quevedo (Shelton), Duke Diamond (Xavier)

Girls Tennis

Tier 1

Singles– Alex Orlins (Cheshire), Kiley Pickens (Amity Regional), Soumya Wijesekera (Amity Regional), Sophia Padro (North Haven), Laila Harai-Sai (Daniel Hand), Riley Mullett (Guilford)

Doubles– Isabel Sicignano (Amity Regional), Kyah Harding (Amity Regional), Liberty Rogers (Daniel Hand), Ella Helfrich (Daniel Hand), Lila Watkinson (Cheshire), Aadya Wijesekera (Amity Regional)

Tier 2/3

Singles– Peyton Gaudreau (Branford), Sneha Dagar (Shelton), Madison Rossetti (SHA), Aggie Dalton (Foran), Sophie Mazuroski (West Haven), Alondra Lopez (Sheehan), Osiana Brown (Career)

Doubles– Evie Kaiser (Branford), Scout Engstrom (Branford), Daniela Bejleri (SHA), Shelbe Vidal (SHA), Caroline Doyle (Jonathan Law), Olivia Hudak (Jonathan Law), Catalina Koji (Mercy), Ava Cedillo (Mercy)

Boys Tennis

Tier 1

Singles – James Lorenzetti (ND-West Haven), Elliot Booth (Daniel Hand), Ethan Hass (Amity Regional), Luke Levanat (Fairfield Prep), Michael Lorenzetti (ND-West Haven), Andrew Gershfeld (Cheshire)

Doubles – Matt Kelly (Fairfield Prep), Robbie Doanhue (Fairfield Prep), Matt Vetter (Daniel Hand), Paul Fumex (Daniel Hand), Thomas Nardone (Fairfield Prep), Jason Gong (Fairfield Prep)

Tier 2/3

Singles– Mathias Schalper (Branford), Tyler Ferguson (Xavier), Avery Solan (Sheehan), Nathan Rininger (Lyman Hall), Marcus Duff (Career), Lucas de Lencastre (North Haven), Quinn Northrop (Hamden)
Doubles- Jack Mackniak (Shelton), Jack Parkes (Shelton), Sam Marsh (Xavier), Aanay Chandra (Xavier), Billy Lipinski (North Haven), Jess Hansard (North Haven), Nirvan Paudyal (Branford), Matt Law (Branford)

Girls Outdoor Track & Field

First Team

Audrey Kozak (Shelton), 100 meters (12.54), 200 meters (25.49) and Long Jump (19-00)
Leonaya Knox (Hillhouse), 100 meter hurdles (14.72)
Squirrel Lanz (Cheshire), 300 meter hurdles (44.78)
Marie Kane (Mercy), 400 meters (57.92)
Lucy Moran (Branford), 800 meters (2:15.97)
Alexa Ciccone (Cheshire), 1600 meters (5:07.58)
Hannah Andrejczyk (Shelton), 3200 meters (11:16.08)
Maya Quaranta (Sacred Heart Academy), Discus (115-11) and Shot Put (39-03)
Susan Porto (Shelton), High Jump, 5-00
Alice Stettinger (East Haven), Javelin, 39-03
Savanna Bauman (Sheehan), Pole Vault, 10-00
Shalisha Robertson (Hillhouse), Triple Jump, 37-00.0
Hamden (Jalisa Mims, Shanez DeRoche, Taj McGibony, Amanda Lee), 4 x 100 meter Relay, 50.39
Cheshire (Squirrel Lanz, Julia Rubin, Mia Vientos, Leah Farrell), 4 x 400 meter relay, 4:05.38
Cheshire (Leah Farrell, Alexa Ciccone, Julia Rubin, Mia Vientos), 4 x 800 meter relay, 9:37.48

Second Team

Leonaya Knox (Hillhouse), 100 meters
Squirrel Lanz (Cheshire), 100 meter hurdles
Marie Kane (Mercy), 200 meters
Macie Salado (Amity Regional), 300 meter hurdles
Leah Farrell (Cheshire), 400 meters
Mia Vientos (Cheshire), 800 meters
Annecy Vlieks (Daniel Hand), 1600 meters
Juliette Forstrom (Sacred Heart Academy), 3200 meters
Shalisha Robertson (Hillhouse), Long Jump and Shot Put
Alexis Borecki (Jonathan Law), Pole Vault
Hayden Solecki (Sacred Heart Academy), High Jump
Dulce Castillo-Guerra (West Haven), Javelin
Paige Davis (West Haven), Triple Jump
Redmond Sullivan (Daniel Hand), Discus
Amity Regional (Sarah Granados, Grace Launder, Riley Zielinski, Macie Salado), 4 x 100 meter relay
Daniel Hand (Alice Agovino, Vivian Glaser, Jordan Kells, Julia Coric), 4 x 400 meter relay
Mercy (Kayla Johnson, Tess Wasiolek, Megan Menard, Julia Lelko), 4 x 800 meter relay

Boys Outdoor Track & Field

First Team

Camren Kemp (Hamden), 100 meters, 11.23
Sam Forte (Xavier), 110 meter hurdles (15.17), 300 meter hurdles (39.50)
Stylz Mitchell (Xavier), 200 meters, 22.19
Maximilian Musial (Amity Regional), 400 meters, 48.95

Thomas Conklin (Lyman Hall), 800 meters, 1:55.98
Jack Ouellette (Xavier), 1600 meters, 4:21.26
John Larkin (Xavier), 3200 meters, 9:34.31
Lucas DeCrescenzo (Lyman Hall), Discus, 148-02
Isaiah Moore (Foran), High Jump, 6-02
Drew Schwartz (Branford), Javelin, 171-09
Christopher Hergott (Hamden), Long Jump, 23-11
Ryder Kropiwnicki (Branford), Pole Vault, 14-06
Ethan Anderson (North Haven), Shot Put, 49-00
Micah Blair (Amity Regional), Triple Jump, 45-08
Hamden (Kyle Antoine, Camren Kemp, Liam Buckley-Robinson, Christopher Hergott), 4x 100 meter Relay, 42.63
Daniel Hand (Nathaniel Kraft, Cooper Dunsmore, John Daniels, Kyle Hoffman), 4x400 meter Relay, 3:25.15
Xavier (Robert Quan, John Larkin, Cameron Nephew, Nick Cassarino), 4 x 800 meter relay, 8:16.24

Second Team

Stylz Mitchell (Xavier), 100 meters
Maximilian Musial (Amity Regional), 200 meters
Amir Phelmetto (Hillhouse), 110 meter hurdles
Daniel Kim (Amity Regional), 300 meter hurdles
Kyle Hoffman (Daniel Hand), 400 meters
Colin Donahoe (Branford), 800 meters
Owen Martin (Xavier), 1600 meters
Jack Ouellette (Xavier), 3200 meters
Jayden Dougherty (Sheehan), Long Jump
Jacob Harkins (Xavier), Discus
Matthew Kasper (Daniel Hand), Triple Jump
Chance DeCrescenzo (Lyman Hall), Pole Vault
Ayden Sepkaski (Shelton), Javelin
Dillon Songhurst (North Haven), Shot Put
Curtis McCray III (Hamden), High Jump
Notre Dame (Tremaine Barr, Malcolm Benton, Connor Seabrooks, Ajay Bellamy), 4 x 100 meter relay
Lyman Hall (Michael Fisher, Timothy Conklin, Cam Pragano, Thomas Conklin), 4 x 400 meter relay
Amity Regional (Justin Singh, Andrew Jackson, Hatim Elhadiri, Daniel Manning), 4 x 800 meter relay

Girls Lacrosse

First Team

Attack: Dylan Lyons (Amity Regional), Ava Harris (Cheshire), Payton Root (Guilford), Shawn Staak (Daniel Hand), Charlotte Brown (Sacred Heart Academy), Olivia Zalinsky (Amity Regional), Alex Lucas (Cheshire)

Midfield: Lydia Doraz (Daniel Hand), Ava Matikowski (Cheshire), Haley Mario (Amity Regional), MJ Santa Barbara (Guilford), Emma Kirck (Sacred Heart Academy), Ella Clarke (Guilford), Charlotte Michener (Lauralton Hall), Stella Tessier (Cheshire)

Defense: Kat Baseggio (Guilford), Coco Rourke (Daniel Hand), Taylor Fitzgerald (Cheshire), Addison Zalinsky (Amity Regional), Lauren Samela (Cheshire), Scout Climie (Guilford)

Goalie: Audrey Bronson (Cheshire)

Second Team

Attack: Kyley Turschmann (Hamden), Hollis Huntington (Lauralton Hall), Lyndsey Bunnell (Sheehan), Molly Schmitz (Sacred Heart Academy), Carmella Defeo (Shelton)

Midfield: Addison Kosiewicz (Daniel Hand), Ava Deitelbaum (Foran), Mia Hartman (Amity Regional), Sam Brown (Sheehan), Mackenzie Kelley (Mercy), Kayleigh Bartlett (Shelton), Maya Rosado (Jonathan Law), McKenzie Posey (Foran), Julia Tsakonas (West Haven)

Defense: Kayla Wilonski (Sacred Heart Academy), Julia Fitzgerald (Lauralton Hall), Liv Catela (Daniel Hand), Isabella Fallon (Foran), Olivia Fritz (Sheehan)

Goalie: Marina Pinto (Lauralton Hall), Grace Keenan (Sheehan)

Boys Lacrosse

First Team Division I

Attack: Charles Kurtz (Cheshire), Tyler Fox (Fairfield Prep), Tim Shannehan (Fairfield Prep), Sean Greveling (Cheshire), Sam Sisk (Daniel Hand), Will Kleine (Daniel Hand)

Midfield: Marco Firmender (Fairfield Prep), Matt Jeffery (Cheshire), Peter Grandolfo (Fairfield Prep), Dom Basti (Notre Dame), Brendan Mullahy (Fairfield Prep)

FO: Ryan Grove (Cheshire)

Defense: Gavin McCarthy (Fairfield Prep), George Hawley (Fairfield Prep), PJ Mackey (Xavier), Luke Wiedemann (Cheshire), Lucas Chymbor (Cheshire)

Second Team Division I

Attack: Patrick Coughlin (Amity Regional), Maddux Little (Fairfield Prep), Gavin O'Mara (Notre Dame)

Midfield: Cooper Savoy (Notre Dame), Alex Cushing (Daniel Hand), Tyler Hilgert (Guilford), Noah Berquist (Xavier)

SSDM: John Duffy (Fairfield Prep), Connor Moran (Cheshire)

LSM: Jack Watson (Cheshire)

FO: Liam Alberti (Guilford), Ryan Backus (Fairfield Prep)

Defense: Jayden Ginsberg (Notre Dame), Chance Starrett (Amity Regional), Ryan Xeller (Daniel Hand)

Goalie: Connor Atwater (Cheshire), Greg Hilinski (Fairfield Prep)

All-SCC Division II

Attack: Sean Bosworth (Branford), Eli Gomes (Foran), Jack Cushman (Foran), Owen Trautner (Hamden), Conor Chirico (Jonathan Law), Tanner Drobish (Sheehan)

Midfield: Matt Miller (Foran), Jack Gaffney (Hamden), Jeffrey Karavas (North Haven), Dusty Gibbon (Wilbur Cross)

Defense: Jack Sellman (Jonathan Law), Salvatore DeMaio (North Haven), Aaron Mansfield (Sheehan)

Goalie: Gabe Bonessi (Foran), Eli Dineen (Lyman Hall), Jeffrey Wojtowicz (Shelton)

Softball

First Team: Madyson Bull (Jonathan Law), Elizabeth Roos (Jonathan Law), Ivie Archer (Sheehan), Reilly Hunter (Sheehan), Addison Smith (Guilford), Ella Munson (Guilford), Grace Carrington (Amity Regional), Hannah Fletcher (Amity Regional), Jenna Maus (Amity Regional), Ava Saez (Lyman Hall), Alyssa Norton (Sacred Heart Academy), Meghan Brown (Sacred Heart Academy), Karissa Spring (Cheshire), Mary Rodrigues (Foran), Ayanna Fernandez (Lauralton Hall), Brianna Miller (West Haven), Mia Rubirosa (West Haven), Tai Byrd (Cheshire), Shyanne Raccio (West Haven), Kate Bailey (Mercy), Sophie Engels (Mercy), Alyssa DiGiovanna (North Haven), Kayla Balisciano (North Haven), Jules Galasso (North Haven), Gianna Fowler (East Haven), Lexi Heaphy (East Haven), Ava Lockwood (Wilbur Cross)

Second Team: Kailey Bonilla (Career), Sophia Meade (Guilford), Paige Kelly (Branford), Nicolina Salanto (Jonathan Law), Paige Jolley (Jonathan Law), Leah Monschein (Amity Regional), Cosette Zito (Amity Regional), Anna Fagan (Sacred Heart Academy), Adrianna Ramos (Sacred Heart Academy), Reese Ciecko (Daniel Hand), Karla Carangelo (Cheshire), Melanie Jimenez (West Haven), Abigail Corris (Foran), Maggie Mathews (Mercy), Izzy Robinson (Hamden), Gabby Blanchard (North Haven), Jeanise Serrano (Shelton), Francesca Colangelo (Lauralton Hall)

Baseball

First Team: Ryan Barbieri (Cheshire), Maico Cardona (Hamden), Steve Cifarelli (Amity Regional), Andrew Cutler (Fairfield Prep), Lucas Deshefy (Guilford), Nicholas Fox (Xavier), Yabdriel Gonzalez-Coste (Hillhouse-Career co-op), Brock Goodwin (Amity Regional), Jon Hosney (Xavier), Hunter Hoxie (Jonathan Law), Nick Hunkele (Notre Dame), Michael Iannazzo (Fairfield Prep), Aiden Jovia (Hamden), Tyler Kornacki (North Haven), Kade Marcantonio (Sheehan), Matt Moconyi (Sheehan), Connor Martinello (Notre Dame), Bryce Meder (Guilford), Kevin Milewski (Notre Dame), Kyle Mitchell (Lyman Hall), Troy Piascik (Daniel Hand), Ryan Preisano (Fairfield Prep), Jack Pesta (Lyman Hall), Austin Rhodes (Branford), Josh Santiago (Wilbur Cross), Andrew Vagts (Cheshire), Ryan Vallie (East Haven), Kyle Viesselman (Foran), Tripp Waldron (Amity Regional), Zach Worzel (Foran)

Second Team: Sam Ametrano (Guilford), Lucas Ametrano (Guilford), Bill Barthel (East Haven), Jesse Buonocore (Notre Dame), Tim Cap (Amity Regional), Tyler Casey (Lyman Hall), Sean Cleary (Branford), Bennett Crerar (Cheshire), Charles Dusek (Cheshire), Brandon Gaer (Xavier), Brian Goglia (Jonathan Law), Isaish Joseph (Fairfield Prep), Brian Kiska (Amity Regional), Jack Martineau (North Haven), Matthew Moreira (Hamden), Ryan Oshinski (Fairfield Prep), Adrian Padilla (Hillhouse/Career co-op), Jose Padilla (West Haven), Matt Piechota (Notre Dame), Owen Rich (Lyman Hall), Andrew Shosho (Guilford), Quintin Sotero (Xavier)