



# Southern Connecticut Conference

*State Champions (1994-present)*

| <b>Sport</b> | <b>Division</b> | <b>School</b> | <b>SCC Runner-Up</b> |
|--------------|-----------------|---------------|----------------------|
|--------------|-----------------|---------------|----------------------|

## **1994-95 (15)**

### **Fall**

|                     |    |          |  |
|---------------------|----|----------|--|
| Football            | L  | Cheshire |  |
| Girls Volleyball    | L  | Amity    |  |
| Girls Swimming      | L  | Cheshire |  |
| Boys Cross Country  | LL | Xavier   |  |
| Girls Cross Country | L  | Cheshire |  |

### **Winter**

|                          |          |                   |                  |
|--------------------------|----------|-------------------|------------------|
| Boys Swimming            | L        | Cheshire          |                  |
| Wrestling                | M        | Daniel Hand       |                  |
| Boys Indoor Track        | L        | Xavier            |                  |
| <b>Boys Indoor Track</b> | <b>M</b> | <b>Lyman Hall</b> | <b>Hillhouse</b> |
| Boys Indoor Track        | Open     | Wilbur Cross      |                  |
| Ice Hockey               | I        | Fairfield Prep    |                  |

### **Spring**

|                    |    |                                  |  |
|--------------------|----|----------------------------------|--|
| Golf               | I  | Fairfield Prep                   |  |
| Boys Outdoor Track | L  | Lyman Hall                       |  |
| Boys Outdoor Track | MM | Hillhouse                        |  |
| Boys Tennis        | L  | Cheshire/Simsbury (co-champions) |  |

## **1995-96 (21)**

### **Fall**

|                     |          |              |                 |
|---------------------|----------|--------------|-----------------|
| Boys Soccer         | LL       | Xavier       |                 |
| Boys Soccer         | L        | Daniel Hand  |                 |
| <b>Field Hockey</b> | <b>L</b> | <b>Amity</b> | <b>Branford</b> |
| Football            | L        | Cheshire     |                 |
| Football            | LL       | Shelton      |                 |
| Girls Volleyball    | L        | Amity        |                 |
| Girls Swimming      | L        | Cheshire     |                 |

### **Winter**

|                   |    |        |  |
|-------------------|----|--------|--|
| Boys Indoor Track | LL | Xavier |  |
|-------------------|----|--------|--|

|                           |             |                  |                   |
|---------------------------|-------------|------------------|-------------------|
| <b>Boys Indoor Track</b>  | <b>Open</b> | <b>Xavier</b>    | <b>Hillhouse</b>  |
| Girls Basketball          | L           | Mercy            |                   |
| Ice Hockey                | I           | Fairfield Prep   |                   |
| Boys Swimming             | L           | Cheshire         |                   |
| <b>Spring</b>             |             |                  |                   |
| Baseball                  | L           | Notre Dame       |                   |
| Baseball                  | S           | Derby            |                   |
| Golf                      | I           | Amity            |                   |
| Boys Outdoor Track        | Open        | Xavier           |                   |
| Boys Outdoor Track        | LL          | Xavier           |                   |
| <b>Boys Outdoor Track</b> | <b>L</b>    | <b>Hillhouse</b> | <b>Lyman Hall</b> |
| Girls Outdoor Track       | L           | Hillhouse        |                   |
| Boys Tennis               | L           | Cheshire         |                   |
| Boys Tennis               | LL          | Fairfield Prep   |                   |

### **1996-97 (25)**

|                     |           |                                  |               |
|---------------------|-----------|----------------------------------|---------------|
| <b>Fall</b>         |           |                                  |               |
| Boys Cross Country  | LL        | Xavier                           |               |
| Boys Cross Country  | L         | Amity                            |               |
| Boys Cross Country  | Open      | Xavier                           |               |
| Girls Cross Country | L         | Cheshire                         |               |
| <b>Football</b>     | <b>LL</b> | <b>Cheshire</b>                  | <b>Hamden</b> |
| Boys Soccer         | LL        | Guilford                         |               |
| Field Hockey        | L         | Cheshire/Simsbury (co-champions) |               |
| Girls Swimming      | L         | Cheshire                         |               |
| Girls Swimming      | Open      | Cheshire                         |               |

|                    |      |                |  |
|--------------------|------|----------------|--|
| <b>Winter</b>      |      |                |  |
| Ice Hockey         | I    | Notre Dame     |  |
| Boys Swimming      | L    | Cheshire       |  |
| Gymnastics         | S    | Daniel Hand    |  |
| Girls Indoor Track | M    | Hillhouse      |  |
| Boys Indoor Track  | Open | Hillhouse      |  |
| Boys Indoor Track  | M    | Hillhouse      |  |
| Boys Indoor Track  | L    | Xavier         |  |
| Boys Basketball    | LL   | Fairfield Prep |  |

|                     |      |             |  |
|---------------------|------|-------------|--|
| <b>Spring</b>       |      |             |  |
| Boys Volleyball     | L    | Amity       |  |
| Boys Tennis         | L    | Cheshire    |  |
| Boys Outdoor Track  | LL   | Xavier      |  |
| Boys Outdoor Track  | L    | Notre Dame  |  |
| Boys Outdoor Track  | MM   | Hillhouse   |  |
| Boys Outdoor Track  | Open | Hillhouse   |  |
| Girls Outdoor Track | MM   | North Haven |  |

Girls Outdoor Track L Hillhouse

### **1997-98 (23)**

#### **Fall**

Field Hockey L Guilford/Simsbury (co-champions)  
Football LL Cheshire  
Football L Daniel Hand  
Boys Soccer L Daniel Hand/Woodstock Acad(co-champions)  
**Girls Swimming L Cheshire Amity**  
Girls Swimming Open Cheshire  
Girls Volleyball L Cheshire  
Boys Cross Country LL Fairfield Prep  
Boys Cross Country Open Fairfield Prep

#### **Winter**

Girls Basketball L Hillhouse  
Ice Hockey II East Haven  
Boys Indoor Track L Xavier/Danbury (co-champions)  
Boys Indoor Track M Hillhouse  
Girls Indoor Track L Amity  
Boys Swimming Open Fairfield Prep  
Boys Swimming L Cheshire  
Gymnastics S Daniel Hand

#### **Spring**

Baseball L Branford  
**Boys Tennis LL Cheshire Fairfield Prep**  
Boys Outdoor Track LL Xavier  
Boys Outdoor Track L Hillhouse/Rockville (co-champions)  
Girls Outdoor Track L Hillhouse  
Softball LL Lyman Hall

### **1998-1999 (18)**

#### **Fall**

Girls Volleyball L Cheshire  
Boys Cross Country LL Fairfield Prep  
Girls Swimming Open Cheshire  
**Girls Swimming L Cheshire Amity**  
Girls Swimming M Branford

#### **Winter**

Girls Basketball L Daniel Hand  
**Boys Swimming L Amity Notre Dame-WH**  
Girls Indoor Track Open Hillhouse  
**Girls Indoor Track L Cheshire Amity**  
**Boys Indoor Track Open Xavier Fairfield Prep**

|                          |          |               |                       |
|--------------------------|----------|---------------|-----------------------|
| <b>Boys Indoor Track</b> | <b>L</b> | <b>Xavier</b> | <b>Fairfield Prep</b> |
| Gymnastics               | M        | Daniel Hand   |                       |

**Spring**

|                           |             |               |               |
|---------------------------|-------------|---------------|---------------|
| <b>Boys Outdoor Track</b> | <b>LL</b>   | <b>Hamden</b> | <b>Xavier</b> |
| <b>Boys Outdoor Track</b> | <b>Open</b> | <b>Xavier</b> | <b>Hamden</b> |
| Girls Outdoor Track       | Open        | Hillhouse     |               |
| Girls Outdoor Track       | MM          | Hillhouse     |               |
| Boys Volleyball           | I           | Amity         |               |
| Golf                      | I           | Cheshire      |               |

**1999-2000 (18)**

**Fall**

|                       |          |                 |              |
|-----------------------|----------|-----------------|--------------|
| Girls Swimming        | Open     | Cheshire        |              |
| <b>Girls Swimming</b> | <b>L</b> | <b>Cheshire</b> | <b>Amity</b> |
| Boys Cross Country    | Open     | Xavier          |              |
| Boys Cross Country    | LL       | Xavier          |              |

**Winter**

|                           |          |                 |                      |
|---------------------------|----------|-----------------|----------------------|
| Girls Basketball          | L        | Hillhouse       |                      |
| Ice Hockey                | I        | Fairfield Prep  |                      |
| Wrestling                 | S        | Derby           |                      |
| Boys Indoor Track         | S        | Sheehan         |                      |
| <b>Girls Indoor Track</b> | <b>L</b> | <b>Cheshire</b> | <b>Amity</b>         |
| Girls Indoor Track        | M        | Hillhouse       |                      |
| Girls Indoor Track        | Open     | Hillhouse       |                      |
| Gymnastics                | M        | Daniel Hand     |                      |
| <b>Boys Swimming</b>      | <b>L</b> | <b>Cheshire</b> | <b>Notre Dame-WH</b> |

**Spring**

|                     |           |                      |                 |
|---------------------|-----------|----------------------|-----------------|
| <b>Baseball</b>     | <b>LL</b> | <b>Notre Dame-WH</b> | <b>Cheshire</b> |
| Boys Outdoor Track  | LL        | Amity                |                 |
| Girls Outdoor Track | Open      | Hillhouse            |                 |
| Girls Outdoor Track | MM        | Hillhouse            |                 |
| Boys Volleyball     | I         | Amity                |                 |

**2000-01 (18)**

**Fall**

|                  |    |          |  |
|------------------|----|----------|--|
| Girls Swimming   | M  | Branford |  |
| Girls Swimming   | L  | Cheshire |  |
| Boys Soccer      | LL | Guilford |  |
| Field Hockey     | L  | Cheshire |  |
| Girls Volleyball | M  | Sheehan  |  |
| Football         | LL | Shelton  |  |

**Winter**

|                    |          |                       |                   |
|--------------------|----------|-----------------------|-------------------|
| Wrestling          | S        | Derby                 |                   |
| Girls Indoor Track | M        | Hillhouse             |                   |
| <b>Ice Hockey</b>  | <b>I</b> | <b>Fairfield Prep</b> | <b>Notre Dame</b> |
| Girls Basketball   | L        | Guilford              |                   |
| Boys Swimming      | M        | Branford              |                   |
| Cheerleading       | L        | Shelton               |                   |

|                     |          |                    |                   |
|---------------------|----------|--------------------|-------------------|
| <b>Spring</b>       |          |                    |                   |
| Boys Outdoor Track  | MM       | Wilbur Cross       |                   |
| Boys Outdoor Track  | Open     | Wilbur Cross       |                   |
| Girls Outdoor Track | Open     | Hillhouse          |                   |
| Baseball            | M        | Sheehan            |                   |
| <b>Softball</b>     | <b>M</b> | <b>Daniel Hand</b> | <b>Lyman Hall</b> |
| Softball            | L        | Amity              |                   |

### **2001-02 (22)**

|                       |          |                 |                 |
|-----------------------|----------|-----------------|-----------------|
| <b>Fall</b>           |          |                 |                 |
| Football              | L        | Notre Dame-WH   |                 |
| <b>Field Hockey</b>   | <b>L</b> | <b>Cheshire</b> | <b>Guilford</b> |
| Field Hockey          | M        | Branford        |                 |
| <b>Girls Swimming</b> | <b>L</b> | <b>Cheshire</b> | <b>Amity</b>    |
| Girls Swimming        | M        | Branford        |                 |

|                      |          |                 |                      |
|----------------------|----------|-----------------|----------------------|
| <b>Winter</b>        |          |                 |                      |
| Ice Hockey           | I        | Notre Dame-WH   |                      |
| Girls Basketball     | L        | Guilford        |                      |
| Boys Indoor Track    | S        | Sheehan         |                      |
| Girls Indoor Track   | M        | Hillhouse       |                      |
| Wrestling            | S        | Derby           |                      |
| Boys Swimming        | Open     | Notre Dame-WH   |                      |
| <b>Boys Swimming</b> | <b>L</b> | <b>Cheshire</b> | <b>Notre Dame-WH</b> |
| Skiing               | L        | Fairfield Prep  |                      |

|                     |          |                   |                   |
|---------------------|----------|-------------------|-------------------|
| <b>Spring</b>       |          |                   |                   |
| Boys Tennis         | LL       | Fairfield Prep    |                   |
| Boys Tennis         | L        | Cheshire          |                   |
| Boys Lacrosse       | I        | Cheshire          |                   |
| Boys Outdoor Track  | MM       | Wilbur Cross      |                   |
| Boys Outdoor Track  | Open     | Wilbur Cross      |                   |
| Girls Outdoor Track | L        | Wilbur Cross      |                   |
| Girls Outdoor Track | Open     | Wilbur Cross      |                   |
| <b>Baseball</b>     | <b>L</b> | <b>Lyman Hall</b> | <b>East Haven</b> |
| Softball            | LL       | Amity             |                   |

### **2002-03 (21)**

**Fall**

|                     |      |            |
|---------------------|------|------------|
| Girls Swimming      | M    | Branford   |
| Girls Swimming      | L    | Cheshire   |
| Field Hockey        | M    | Branford   |
| Girls Cross Country | Open | Guilford   |
| Football            | LL   | West Haven |
| Football            | SS   | Hillhouse  |

### Winter

|                    |      |             |
|--------------------|------|-------------|
| Girls Indoor Track | M    | Hillhouse   |
| Girls Indoor Track | Open | Hillhouse   |
| Gymnastics         | S    | Daniel Hand |
| Girls Basketball   | L    | Guilford    |
| Girls Basketball   | M    | Career      |
| Boys Swimming      | L    | Notre Dame  |

### Spring

|                     |      |                |
|---------------------|------|----------------|
| Girls Outdoor Track | L    | Wilbur Cross   |
| Girls Outdoor Track | Open | Wilbur Cross   |
| Boys Outdoor Track  | L    | Wilbur Cross   |
| Boys Lacrosse       | II   | Branford       |
| Baseball            | L    | North Haven    |
| Softball            | LL   | Amity          |
| Softball            | L    | Lyman Hall     |
| Boys Tennis         | LL   | Fairfield Prep |
| Golf                | LL   | Hamden         |

### **2003-04 (21)**

#### Fall

|                    |      |                                    |
|--------------------|------|------------------------------------|
| Boys Cross Country | L    | Guilford                           |
| Girls Swimming     | M    | Branford                           |
| Girls Swimming     | L    | Cheshire                           |
| Girls Swimming     | Open | Cheshire                           |
| Girls Soccer       | LL   | Cheshire                           |
| Girls Soccer       | L    | Guilford/Farmington (co-champions) |
| Girls Volleyball   | L    | Amity                              |
| Football           | L    | Shelton                            |
| Football           | M    | Daniel Hand                        |

#### Winter

|                    |           |                       |                      |
|--------------------|-----------|-----------------------|----------------------|
| Girls Indoor Track | M         | Hillhouse             |                      |
| Girls Indoor Track | L         | Wilbur Cross          |                      |
| Girls Indoor Track | S         | Career                |                      |
| Girls Indoor Track | Open      | Wilbur Cross          |                      |
| <b>Ice Hockey</b>  | <b>I</b>  | <b>Fairfield Prep</b> | <b>Notre Dame-WH</b> |
| <b>Ice Hockey</b>  | <b>II</b> | <b>North Haven</b>    | <b>Daniel Hand</b>   |
| Girls Basketball   | L         | Hillhouse             |                      |

Boys Swimming L Notre Dame-WH Cheshire

**Spring**

Boys Outdoor Track MM Lyman Hall  
Girls Outdoor Track Open Wilbur Cross  
Boys Volleyball L Shelton  
Baseball M Sheehan

**2004-05 (21)**

**Fall**

Boys Cross Country L Guilford  
Girls Cross Country MM Guilford  
Boys Cross Country Open Guilford  
Girls Volleyball L East Haven  
Field Hockey M Branford  
Girls Swimming LL Cheshire  
Girls Swimming M Branford  
Girls Swimming Open Cheshire  
Football M Daniel Hand

**Winter**

Girls Indoor Track LL Amity  
Girls Indoor Track L Hillhouse  
Girls Indoor Track S Career  
Boys Indoor Track LL Amity  
**Ice Hockey I Fairfield Prep Notre Dame-WH**  
**Boys Swimming L Cheshire Xavier**  
Girls Basketball L Hillhouse

**Spring**

Boys Outdoor Track MM Branford  
Girls Outdoor Track MM North Haven  
Girls Outdoor Track M Career  
Boys Volleyball L Shelton  
Softball LL Amity

**2005-06 (20)**

**Fall**

Boys Cross Country LL Amity  
Boys Cross Country MM Guilford  
Field Hockey M Branford  
Football LL Xavier  
Football MM Branford  
**Football M Daniel Hand Hillhouse**  
Girls Cross Country MM Guilford  
Girls Soccer LL Cheshire/Simsbury (*co-champions*)

**Winter**

|                    |      |             |
|--------------------|------|-------------|
| Boys Indoor Track  | LL   | Amity       |
| Boys Indoor Track  | Open | Amity       |
| Girls Indoor Track | L    | Hillhouse   |
| Gymnastics         | M    | Daniel Hand |
| Ice Hockey         | II   | Daniel Hand |
| Ice Hockey         | III  | Cheshire    |
| Boys Basketball    | I    | Hillhouse   |
| Boys Swimming      | L    | Cheshire    |

**Spring**

|                 |           |                           |
|-----------------|-----------|---------------------------|
| Baseball        | LL        | Amity                     |
| Baseball        | L         | Branford                  |
| <b>Softball</b> | <b>LL</b> | <b>Mercy</b> <b>Amity</b> |
| Boys Lacrosse   | L         | Fairfield Prep            |

**2006-07 (13)****Fall**

|                     |    |  |
|---------------------|----|--|
| Girls Cross Country | MM | Guilford                               |
| Girls Soccer        | LL | Amity/Trumbull ( <i>co-champions</i> ) |
| Girls Swimming      | L  | Branford                               |
| Football            | M  | Hillhouse                              |

**Winter**

|                      |          |   |
|----------------------|----------|---|
| Boys Basketball      | LL       | Hillhouse                               |
| <b>Boys Swimming</b> | <b>L</b> | <b>Fairfield Prep</b> <b>Xavier</b>     |
| Gymnastics           | M        | Daniel Hand                             |
| Ice Hockey           | I        | Fairfield Prep                          |
| Cheerleading         | LL       | Shelton/Danbury ( <i>co-champions</i> ) |
| Cheerleading         | L        | Foran                                   |

**Spring**

|               |    |                |
|---------------|----|----------------|
| Baseball      | LL | Amity          |
| Baseball      | L  | Guilford       |
| Boys Lacrosse | L  | Fairfield Prep |

**2007-08 (11)****Fall**

|                     |    |             |
|---------------------|----|-------------|
| Boys Cross Country  | MM | Daniel Hand |
| Girls Cross Country | MM | Guilford    |
| Girls Volleyball    | LL | Cheshire    |

**Winter**

|                    |      |           |
|--------------------|------|-----------|
| Boys Indoor Track  | M    | Hillhouse |
| Girls Indoor Track | Open | Hillhouse |

|                  |    |                |
|------------------|----|----------------|
| Ice Hockey       | I  | Fairfield Prep |
| Ice Hockey       | II | Amity          |
| Girls Basketball | LL | Career         |

**Spring**

|               |   |                |
|---------------|---|----------------|
| Baseball      | L | Jonathan Law   |
| Softball      | L | North Haven    |
| Boys Lacrosse | L | Fairfield Prep |

**2008-09 (12)**

**Fall**

|                     |    |             |
|---------------------|----|-------------|
| Boys Cross Country  | MM | Daniel Hand |
| Girls Cross Country | MM | Guilford    |
| Boys Cross Country  | L  | Amity       |

**Winter**

|                    |    |           |
|--------------------|----|-----------|
| Girls Indoor Track | M  | Hillhouse |
| Boys Indoor Track  | L  | Amity     |
| Girls Basketball   | L  | Hillhouse |
| Boys Ice Hockey    | I  | Hamden    |
| Boys Ice Hockey    | II | Cheshire  |

**Spring**

|                    |    |                |
|--------------------|----|----------------|
| Boys Outdoor Track | L  | Amity          |
| Baseball           | L  | Branford       |
| Baseball           | LL | West Haven     |
| Boys Lacrosse      | L  | Fairfield Prep |

**2009-10 (23)**

**Fall**

|                     |      |            |
|---------------------|------|------------|
| Girls Cross Country | MM   | Guilford   |
| Girls Cross Country | Open | Guilford   |
| Boys Cross Country  | LL   | Xavier     |
| Boys Cross Country  | Open | Xavier     |
| Girls Swimming      | LL   | Cheshire   |
| Football            | LL   | Cheshire   |
| Football            | L    | Notre Dame |

**Winter**

|                          |           |                   |                       |
|--------------------------|-----------|-------------------|-----------------------|
| Girls Basketball         | L         | Hillhouse         |                       |
| Boys Basketball          | M         | Sheehan           |                       |
| <b>Ice Hockey</b>        | <b>I</b>  | <b>Hamden</b>     | <b>Fairfield Prep</b> |
| Ice Hockey               | II        | Amity             |                       |
| Ice Hockey               | III       | Guilford          |                       |
| <b>Boys Indoor Track</b> | <b>LL</b> | <b>Hamden</b>     | <b>Amity</b>          |
| <b>Boys Indoor Track</b> | <b>L</b>  | <b>Notre Dame</b> | <b>Hand</b>           |

|                           |      |             |                |
|---------------------------|------|-------------|----------------|
| Boys Indoor Track         | M    | Hillhouse   |                |
| <b>Spring</b>             |      |             |                |
| <b>Baseball</b>           | L    | Sheehan     | Notre Dame     |
| <b>Boys Lacrosse</b>      | L    | Cheshire    | Fairfield Prep |
| <b>Boys Outdoor Track</b> | Open | Notre Dame  | Amity          |
| <b>Boys Outdoor Track</b> | L    | Daniel Hand | Notre Dame     |
| Boys Outdoor Track        | LL   | Amity       |                |
| <b>Boys Tennis</b>        | M    | Guilford    | Branford       |
| Girls Outdoor Track       | MM   | Daniel Hand |                |
| Girls Outdoor Track       | M    | Career      |                |

### **2010-11 (22)**

#### **Fall**

|                           |    |           |        |
|---------------------------|----|-----------|--------|
| Girls Cross Country       | MM | Guilford  |        |
| <b>Boys Cross Country</b> | LL | Amity     | Xavier |
| Boys Cross Country        | MM | Guilford  |        |
| Girls Soccer              | LL | Shelton   |        |
| Football                  | LL | Xavier    |        |
| Football                  | M  | Hillhouse |        |

#### **Winter**

|                         |      |                |          |
|-------------------------|------|----------------|----------|
| <b>Girls Basketball</b> | LL   | Career         | Mercy    |
| Girls Basketball        | L    | Hillhouse      |          |
| Ice Hockey              | I    | Fairfield Prep |          |
| <b>Ice Hockey</b>       | II   | Cheshire       | Guilford |
| Girls Indoor Track      | M    | Hillhouse      |          |
| Wrestling               | LL   | Xavier         |          |
| <b>Cheerleading</b>     | Coed | Branford       | Shelton  |
| Cheerleading            | L    | North Haven    |          |

#### **Spring**

|                     |      |                      |  |
|---------------------|------|----------------------|--|
| Softball            | L    | Foran                |  |
| Softball            | M    | Sacred Heart Academy |  |
| Baseball            | L    | Notre Dame           |  |
| Boys Outdoor Track  | MM   | Hillhouse            |  |
| Girls Outdoor Track | M    | Hillhouse            |  |
| Girls Outdoor Track | Open | Hillhouse            |  |
| Boys Volleyball     | L    | Cheshire             |  |
| Girls Tennis        | M    | Daniel Hand          |  |

### **2011-12 (25)**

#### **Fall**

|                           |      |                |        |
|---------------------------|------|----------------|--------|
| Girls Cross Country       | MM   | Guilford       |        |
| Boys Cross Country        | LL   | Fairfield Prep |        |
| <b>Boys Cross Country</b> | Open | Fairfield Prep | Xavier |

|              |    |             |
|--------------|----|-------------|
| Field Hockey | L  | Cheshire    |
| Football     | LL | Xavier      |
| Football     | L  | Daniel Hand |

**Winter**

|                    |             |                |
|--------------------|-------------|----------------|
| Boys Ice Hockey    | I           | Notre Dame     |
| Boys Basketball    | L           | Career         |
| Girls Ice Hockey   |             | West Hartford  |
| Boys Indoor Track  | M           | Hillhouse      |
| Girls Indoor Track | M           | Hillhouse      |
| Girls Indoor Track | Open        | Hillhouse      |
| Wrestling          | LL          | Xavier         |
| Wrestling          | L           | Daniel Hand    |
| <b>Wrestling</b>   | <b>Open</b> | <b>Xavier</b>  |
| Cheerleading       | Co-ed       | Shelton        |
| Boys Swimming      | LL          | Fairfield Prep |
| Boys Swimming      | Open        | Fairfield Prep |

**Daniel Hand**

**Spring**

|                     |    |                |
|---------------------|----|----------------|
| Girls Outdoor Track | MM | Hillhouse      |
| Girls Tennis        | M  | Daniel Hand    |
| Golf                | II | Daniel Hand    |
| Boys Lacrosse       | L  | Fairfield Prep |
| Softball            | LL | Amity          |
| Boys Volleyball     | L  | Cheshire       |
| Baseball            | LL | Shelton        |

**2012-13 (16)**

**Fall**

|                    |    |             |
|--------------------|----|-------------|
| Boys Cross Country | MM | Guilford    |
| Girls Swimming     | M  | Branford    |
| Football           | LL | Xavier      |
| Football           | L  | Daniel Hand |
| Football           | M  | Hillhouse   |

**Winter**

|                        |           |                       |                       |
|------------------------|-----------|-----------------------|-----------------------|
| Girls Indoor Track     | M         | Hillhouse             |                       |
| Gymnastics             | M         | Daniel Hand           |                       |
| Cheerleading           | Co-ed     | Shelton               |                       |
| <b>Boys Basketball</b> | <b>LL</b> | <b>Hillhouse</b>      | <b>Fairfield Prep</b> |
| Girls Basketball       | LL        | Mercy                 |                       |
| <b>Boys Ice Hockey</b> | <b>I</b>  | <b>Fairfield Prep</b> | <b>Notre Dame</b>     |

**Spring**

|                             |    |             |
|-----------------------------|----|-------------|
| Girls Outdoor Track & Field | MM | Hillhouse   |
| Boys Tennis                 | L  | Daniel Hand |

|               |    |                |  |
|---------------|----|----------------|--|
| Golf          | II | Daniel Hand    |  |
| Boys Lacrosse | L  | Fairfield Prep |  |
| Baseball      | LL | Amity          |  |

### **2013-14 (14)**

#### **Fall**

|                     |    |          |          |
|---------------------|----|----------|----------|
| Girls Volleyball    | LL | Cheshire |          |
| Girls Soccer        | L  | Guilford | Branford |
| Girls Cross Country | MM | Branford |          |

#### **Winter**

|                    |      |                |          |
|--------------------|------|----------------|----------|
| Boys Ice Hockey    | I    | Fairfield Prep |          |
| Boys Ice Hockey    | II   | Daniel Hand    | Amity    |
| Girls Ice Hockey   | --   | Simsbury       | Guilford |
| Gymnastics         | M    | Daniel Hand    |          |
| Girls Indoor Track | Open | Wilbur Cross   |          |

#### **Spring**

|                            |    |             |  |
|----------------------------|----|-------------|--|
| Boys Outdoor Track & Field | M  | Sheehan     |  |
| Baseball                   | LL | Amity       |  |
| Baseball                   | L  | Notre Dame  |  |
| Golf                       | II | Notre Dame  |  |
| Boys Tennis                | L  | Daniel Hand |  |
| Boys Tennis                | M  | Guilford    |  |

### **2014-15 (22)**

#### **Fall**

|                    |          |                                       |         |
|--------------------|----------|---------------------------------------|---------|
| Boys Soccer        | L        | Branford/Avon ( <i>co-champions</i> ) |         |
| Boys Cross Country | LL       | Amity Regional                        |         |
| Girls Swimming     | M        | Lauralton Hall                        |         |
| Field Hockey       | M        | Daniel Hand                           |         |
| Football           | LL Small | Xavier                                | Shelton |

#### **Winter**

|                    |       |  |  |
|--------------------|-------|--|--|
| Boys Basketball    | LL    | Fairfield Prep                                 |  |
| Gymnastics         | M     | Daniel Hand                                    |  |
| Boys Indoor Track  | M     | Hillhouse                                      |  |
| Boys Indoor Track  | Open  | Hillhouse                                      |  |
| Girls Indoor Track | L     | Wilbur Cross                                   |  |
| Cheerleading       | LL    | Shelton  |  |
| Cheerleading       | Co-ed | Lyman Hall                                     |  |
| Girls Ice Hockey   | --    | Simsbury/East Catholic ( <i>co-champions</i> ) |  |

#### **SPRING**

|          |    |                |  |
|----------|----|----------------|--|
| Baseball | LL | Amity Regional |  |
| Baseball | L  | North Haven    |  |

|                             |    |                |              |
|-----------------------------|----|----------------|--------------|
| Baseball                    | M  | Sheehan        |              |
| Softball                    | L  | East Haven     |              |
| Boys Outdoor Track & Field  | MM | Hillhouse      |              |
| Girls Outdoor Track & Field | L  | Mercy          | Wilbur Cross |
| Girls Tennis                | M  | Lauralton Hall | Guilford     |
| Boys Tennis                 | LL | Amity Regional |              |

## **2015-16 (12)**

### **Fall**

|                    |    |                |  |
|--------------------|----|----------------|--|
| Boys Cross Country | LL | Amity Regional |  |
| Boys Cross Country | MM | Guilford       |  |
| Girls Swimming     | M  | Lauralton Hall |  |

### **Winter**

|                   |    |             |  |
|-------------------|----|-------------|--|
| Boys Basketball   | LL | Hillhouse   |  |
| Boys Indoor Track | M  | Hillhouse   |  |
| Cheerleading      | LL | Shelton     |  |
| Wrestling         | M  | Foran       |  |
| Gymnastics        | M  | Daniel Hand |  |

### **Spring**

|              |    |                |                |
|--------------|----|----------------|----------------|
| Baseball     | LL | Amity Regional |                |
| Baseball     | L  | Notre Dame     |                |
| Girls Tennis | M  | Lauralton Hall | Daniel Hand    |
| Softball     | LL | Cheshire       | Amity Regional |

## **2016-17 (13)**

### **Fall**

|             |   |             |  |
|-------------|---|-------------|--|
| Boys Soccer | L | Daniel Hand |  |
| Football    | M | Hillhouse   |  |

### **Winter**

|                   |    |                |  |
|-------------------|----|----------------|--|
| Cheerleading      | L  | Lauralton Hall |  |
| Boys Indoor Track | M  | Hillhouse      |  |
| Gymnastics        | M  | Daniel Hand    |  |
| Boys Ice Hockey   | II | Guilford       |  |
| Boys Basketball   | LL | Hillhouse      |  |
| Girls Basketball  | L  | Daniel Hand    |  |

### **Spring**

|                            |      |             |             |
|----------------------------|------|-------------|-------------|
| Baseball                   | L    | Foran       | North Haven |
| Boys Golf                  | I    | Xavier      |             |
| Girls Lacrosse             | M    | Branford    |             |
| Girls Tennis               | M    | Daniel Hand | Guilford    |
| Boys Outdoor Track & Field | Open | Daniel Hand |             |

**2017-18 (19)****Fall**

|                    |      |                |             |
|--------------------|------|----------------|-------------|
| Boys Soccer        | L    | Daniel Hand    |             |
| Football           | L    | Daniel Hand    |             |
| Field Hockey       | M    | Daniel Hand    |             |
| Girls Swimming     | M    | Lauralton Hall | North Haven |
| Girls Swimming     | L    | Cheshire       |             |
| Boys Cross Country | Open | Xavier         |             |

**Winter**

|                    |    |                |            |
|--------------------|----|----------------|------------|
| Girls Basketball   | M  | East Haven     | Career     |
| Girls Basketball   | LL | Mercy          |            |
| Boys Indoor Track  | M  | Hillhouse      | Lyman Hall |
| Girls Indoor Track | M  | Hillhouse      |            |
| Cheerleading       | LL | Shelton        |            |
| Boys Ice Hockey    | I  | Fairfield Prep |            |
| Wrestling          | M  | Foran          |            |

**Spring**

|                             |    |                |             |
|-----------------------------|----|----------------|-------------|
| Baseball                    | LL | Cheshire       |             |
| Softball                    | LL | Amity Regional |             |
| Girls Lacrosse              | M  | Branford       | Daniel Hand |
| Boys Outdoor Track & Field  | MM | Hillhouse      |             |
| Girls Outdoor Track & Field | M  | Hillhouse      |             |
| Boys Tennis                 | M  | Daniel Hand    |             |

**2018-19 (20)****Fall (8)**

|                    |      |                |                    |
|--------------------|------|----------------|--------------------|
| Boys Cross Country | L    | Xavier         |                    |
| Boys Cross Country | Open | Xavier         |                    |
| Girls Swimming     | L    | Cheshire       |                    |
| Girls Swimming     | M    | Daniel Hand    | North Haven        |
| Field Hockey       | M    | Guilford       | Sacred Heart Acad. |
| Girls Volleyball   | LL   | Amity Regional |                    |
| Football           | L    | Daniel Hand    |                    |
| Boys Soccer        | L    | Daniel Hand    |                    |

**Winter (8)**

|                    |     |                |                |
|--------------------|-----|----------------|----------------|
| Cheerleading       | L   | North Haven    | Mercy          |
| Boys Ice Hockey    | I   | Fairfield Prep | Notre Dame     |
| Boys Ice Hockey    | II  | Branford       |                |
| Boys Ice Hockey    | III | Lyman Hall/HK  | Sheehan        |
| Girls Indoor Track | M   | Hillhouse      |                |
| Boys Indoor Track  | M   | Hillhouse      |                |
| Boys Indoor Track  | L   | Xavier         | Amity Regional |
| Girls Basketball   | L   | Hillhouse      | Daniel Hand    |

**Spring (4)**

|                             |    |             |                |
|-----------------------------|----|-------------|----------------|
| Boys Golf                   | II | Daniel Hand |                |
| Girls Tennis                | M  | Daniel Hand | Lauralton Hall |
| Girls Outdoor Track & Field | M  | Hillhouse   |                |
| Boys Outdoor Track & Field  | MM | Hillhouse   |                |

**2019-20 (11)****Fall (8)**

|                     |          |                 |                    |
|---------------------|----------|-----------------|--------------------|
| Boys Cross Country  | L        | Xavier          |                    |
| Girls Swimming      | LL       | Cheshire        |                    |
| Girls Swimming      | Open     | Cheshire        |                    |
| Girls Swimming      | M        | North Haven     | Daniel Hand        |
| Football            | S        | Sheehan         |                    |
| Boys Soccer         | L        | Daniel Hand     |                    |
| Girls Soccer        | L        | Guilford        |                    |
| <b>Field Hockey</b> | <b>M</b> | <b>Guilford</b> | <b>Daniel Hand</b> |

**Winter (3)**

|                   |   |             |             |
|-------------------|---|-------------|-------------|
| Boys Indoor Track | L | Hillhouse   |             |
| Wrestling         | L | Xavier      |             |
| Cheerleading      | L | Daniel Hand | North Haven |

*The rest of the CIAC tournaments in the winter (b/g basketball, ice hockey and boys swimming) and all of spring were not contested due to COVID-19.*

**2020-21 (8)**

*The fall and winter CIAC tournaments were not contested due to COVID-19.*

**Spring**

|                             |      |                |  |
|-----------------------------|------|----------------|--|
| Boys Outdoor Track & Field  | L    | Hillhouse      |  |
| Boys Outdoor Track & Field  | Open | Hillhouse      |  |
| Girls Outdoor Track & Field | MM   | Hillhouse      |  |
| Boys Golf                   | I    | Fairfield Prep |  |
| Boys Golf                   | II   | Daniel Hand    |  |
| Girls Tennis                | L    | Daniel Hand    |  |
| Girls Lacrosse              | M    | Guilford       |  |
| Baseball                    | L    | Daniel Hand    |  |

**2021-22 (24)****Fall**

|                     |    |                      |             |
|---------------------|----|----------------------|-------------|
| Boys Cross Country  | L  | Xavier               |             |
| Girls Cross Country | MM | Guilford             |             |
| Girls Cross Country | M  | Sacred Heart Academy |             |
| Girls Swimming      | M  | Daniel Hand          | North Haven |

|                           |   |                                |  |
|---------------------------|---|--------------------------------|--|
| Field Hockey              | M | Guilford                       |  |
| Girls Soccer<br>champions | M | Mercy/Sacred Heart Academy co- |  |

### Winter (11)

|                    |      |                      |              |
|--------------------|------|----------------------|--------------|
| Girls Indoor Track | M    | Sheehan              |              |
| Boys Indoor Track  | M    | Lyman Hall           | Jonathan Law |
| Boys Indoor Track  | L    | Xavier               | Hillhouse    |
| Wrestling          | Open | Xavier               |              |
| Wrestling          | L    | Xavier               |              |
| Wrestling          | M    | Branford             | Foran        |
| Gymnastics         | S    | Daniel Hand          |              |
| Cheerleading       | L    | Shelton              | North Haven  |
| Boys Basketball    | III  | Daniel Hand          |              |
| Girls Basketball   | MM   | Sacred Heart Academy |              |
| Boys Ice Hockey    | I    | Notre Dame           |              |

### Spring (7)

|                             |      |                |  |
|-----------------------------|------|----------------|--|
| Boys Outdoor Track & Field  | L    | Hillhouse      |  |
| Boys Outdoor Track & Field  | Open | Hillhouse      |  |
| Girls Outdoor Track & Field | M    | Sheehan        |  |
| Girls Outdoor Track & Field | Open | Sheehan        |  |
| Girls Tennis                | L    | Guilford       |  |
| Boys Golf                   | I    | Fairfield Prep |  |
| Girls Lacrosse              | M    | Guilford       |  |

### 2022-23 (25)

#### Fall (7)

|                     |    |             |        |
|---------------------|----|-------------|--------|
| Boys Cross Country  | L  | Xavier      |        |
| Girls Cross Country | MM | Guilford    |        |
| Girls Soccer        | M  | Mercy       |        |
| Field Hockey        | M  | Branford    |        |
| Boys Soccer         | L  | Cheshire    | Xavier |
| Football            | MM | North Haven |        |
| Football            | M  | Notre Dame  |        |

#### Winter (9)

|                    |      |                |            |
|--------------------|------|----------------|------------|
| Gymnastics         | S    | Daniel Hand    |            |
| Gymnastics         | Open | Daniel Hand    |            |
| Wrestling          | L    | Xavier         |            |
| Wrestling          | Open | Xavier         |            |
| Boys Indoor Track  | L    | Xavier         |            |
| Girls Indoor Track | M    | Hillhouse      |            |
| Girls Basketball   | LL   | Hamden         |            |
| Boys Ice Hockey    | I    | Fairfield Prep | Notre Dame |

|                     |    |                      |             |
|---------------------|----|----------------------|-------------|
| Boys Ice Hockey     | II | North Haven          |             |
| <b>Spring (9)</b>   |    |                      |             |
| Boys Outdoor Track  | L  | Xavier               |             |
| Girls Outdoor Track | MM | Daniel Hand          |             |
| Girls Outdoor Track | M  | Sacred Heart Academy |             |
| Girls Tennis        | L  | Guilford             |             |
| Girls Tennis        | M  | Daniel Hand          |             |
| Boys Golf           | I  | Cheshire             |             |
| Boys Golf           | II | Daniel Hand          |             |
| Boys Lacrosse       | M  | Cheshire             | Daniel Hand |
| Girls Lacrosse      | M  | Guilford             |             |

### **2023-24 (26)**

|                     |            |                |                      |
|---------------------|------------|----------------|----------------------|
| <b>Fall (6)</b>     |            |                |                      |
| Football            | M          | Daniel Hand    |                      |
| Football            | MM         | North Haven    |                      |
| Field Hockey        | M          | Daniel Hand    |                      |
| Boys Cross Country  | L          | Xavier         |                      |
| Girls Cross Country | M          | Mercy          |                      |
| Boys Golf           | I          | Fairfield Prep |                      |
| <b>Winter (10)</b>  |            |                |                      |
| Boys Indoor Track   | L          | Xavier         |                      |
| Boys Indoor Track   | M          | Lyman Hall     |                      |
| Girls Indoor Track  | M          | Hillhouse      |                      |
| Wrestling           | L          | Xavier         |                      |
| Wrestling           | State Open | Xavier         |                      |
| Gymnastics          | S          | Daniel Hand    |                      |
| Girls Basketball    | LL         | Hamden         | Sacred Heart Academy |
| Boys Basketball     | I          | Notre Dame     |                      |
| Boys Ice Hockey     | II         | Cheshire       | East Haven co-op     |
| Boys Ice Hockey     | I          | Notre Dame     |                      |

|                     |    |                |  |
|---------------------|----|----------------|--|
| <b>Spring (10)</b>  |    |                |  |
| Girls Outdoor Track | MM | Hillhouse      |  |
| Boys Outdoor Track  | MM | Daniel Hand    |  |
| Boys Outdoor Track  | M  | Sheehan        |  |
| Boys Outdoor Track  | L  | Xavier         |  |
| Boys Golf           | I  | Xavier         |  |
| Girls Lacrosse      | S  | Lauralton Hall |  |
| Baseball            | LL | Amity Regional |  |
| Boys Lacrosse       | M  | Daniel Hand    |  |
| Boys Lacrosse       | L  | Cheshire       |  |
| Boys Lacrosse       | LL | Fairfield Prep |  |

## **2024-25 (31)**

### **Fall (6)**

|                     |    |                |          |
|---------------------|----|----------------|----------|
| Boys Golf           | I  | Fairfield Prep |          |
| Boys Cross Country  | L  | Xavier         |          |
| Girls Cross Country | MM | Mercy          |          |
| Field Hockey        | M  | Guilford       | Branford |
| Girls Soccer        | LL | Mercy          |          |

### **Winter (14)**

|                    |            |                      |  |
|--------------------|------------|----------------------|--|
| Boys Indoor Track  | L          | Xavier               |  |
| Girls Indoor Track | M          | Hillhouse            |  |
| Boys Indoor Track  | LL         | Hamden               |  |
| Boys Indoor Track  | M          | Lyman Hall           |  |
| Boys Indoor Track  | State Open | Lyman Hall           |  |
| Gymnastics         | S          | Daniel Hand          |  |
| Wrestling          | L          | Xavier               |  |
| Wrestling          | State Open | Xavier               |  |
| Wrestling          | M          | Foran                |  |
| Boys Basketball    | I          | Notre Dame           |  |
| Girls Basketball   | LL         | Sacred Heart Academy |  |
| Girls Basketball   | MM         | Sheehan              |  |
| Boys Swimming      | L          | Fairfield Prep       |  |
| Boys Ice Hockey    | II         | East Haven co-op     |  |

### **Spring (12)**

|                             |    |                |                      |
|-----------------------------|----|----------------|----------------------|
| Girls Outdoor Track & Field | MM | Hillhouse      |                      |
| Boys Outdoor Track & Field  | MM | Daniel Hand    |                      |
| Boys Outdoor Track & Field  | L  | Xavier         |                      |
| Boys Tennis                 | M  | Daniel Hand    |                      |
| Girls Tennis                | M  | Daniel Hand    |                      |
| Girls Tennis                | S  | Lauralton Hall |                      |
| Boys Golf                   | I  | Xavier         |                      |
| Baseball                    | L  | Lyman Hall     | Guilford             |
| Boys Lacrosse               | M  | Guilford       | Daniel Hand          |
| Girls Lacrosse              | S  | Lauralton Hall | Sacred Heart Academy |
| Softball                    | LL | Cheshire       |                      |
| Softball                    | M  | Foran          |                      |

## **2025-26**

### **Fall (9)**

|                    |    |                |  |
|--------------------|----|----------------|--|
| Boys Golf          | I  | Fairfield Prep |  |
| Boys Cross Country | LL | Amity Regional |  |
| Boys Cross Country | L  | Xavier         |  |

|                     |    |             |
|---------------------|----|-------------|
| Girls Cross Country | MM | Mercy       |
| Girls Cross Country | M  | Daniel Hand |
| Field Hockey        | M  | Branford    |
| Girls Soccer        | M  | Foran       |
| Football            | SS | Daniel Hand |
| Football            | S  | Sheehan     |

### **WINTER (8)**

|                    |            |                |
|--------------------|------------|----------------|
| Girls Indoor Track | M          | Mercy          |
| Gymnastics         | S          | Daniel Hand    |
| Wrestling          | L          | Xavier         |
| Wrestling          | State Open | Xavier         |
| Wrestling          | M          | Foran          |
| Boys Ice Hockey    | Div. 2     | Lyman Hall     |
| Boys Swimming      | L          | Fairfield Prep |
| Boys Basketball    | I          | West Haven     |

### **SPRING (14)**

|                             |    |                |                 |
|-----------------------------|----|----------------|-----------------|
| Girls Outdoor Track & Field | MM | Hillhouse      |                 |
| Boys Outdoor Track & Field  | MM | Daniel Hand    |                 |
| Boys Outdoor Track & Field  | LL | Hamden         |                 |
| Girls Tennis                | S  | Lauralton Hall |                 |
| Girls Tennis                | L  | Guilford       |                 |
| Boys Tennis                 | M  | Daniel Hand    |                 |
| Boys Golf                   | I  | Xavier         | Cheshire        |
| Boys Golf                   | II | Daniel Hand    | Lyman Hall/NDWH |
| Boys Volleyball             | L  | Shelton        |                 |
| Softball                    | LL | Cheshire       |                 |
| Softball                    | M  | Foran          |                 |
| Girls Lacrosse              | M  | Daniel Hand    | Branford        |
| Baseball                    | L  | Lyman Hall     |                 |
| Boys Lacrosse               | L  | Guilford       |                 |

***Updated June 14, 2026***