

NEWS from the SOUTHERN CONNECTICUT CONFERENCE

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Contact: Al Carbone, Commissioner (203) 671-4421

SportsCenter of Connecticut/SCC Scholar Athletes of the Month for December *Fourteen Outstanding Student-Athletes Recognized*

New Haven, CT – Fourteen student-athletes from seven high schools have been named The SportsCenter of Connecticut/Southern Connecticut Conference Scholar Athletes of the Month for December. The SportsCenter of Connecticut/SCC Scholar Athlete of the Month program honors 14-16 outstanding young men and women each month during the 2006-07 academic year. The program will recognize a total of 138 student-athletes – six from each of the conference's 23 member schools.

Student athletes who are selected must be a varsity letterwinner and have a 3.0/B average while demonstrating leadership qualities such as: being a positive role model; helping teammates overcome adversity; showing a commitment to self-improvement; or putting the needs of the team before themselves. Sports Center of CT/SCC Scholar Athlete of the Month recipients and receive a certificate, commemorative tee-shirt and a SportsCenter of Connecticut activity pass.

The SportsCenter of Connecticut/SCC Scholar Athletes of the Month – December, 2006

Wendy Liu – Amity

One of the standouts on the girls' ice hockey team, Wendy Liu has made an impact in the Amity community. She ranks in the top 5-percent of her class and is a staple in several clubs, including SADD, Asian Club, International Studies and Link Crew. Said Amity Athletic Director Paul Mengold: "Wendy is an important citizen at Amity High School. She is an outstanding person, a great leader and an excellent ice hockey player."

Elliott Morgan – Amity

A two-year captain of the boys' ski team and three-sport athlete, Elliott Morgan has distinguished himself while at Amity High. His impact is also felt in the community, where he has volunteered at the Columbus House and at St. Raphael's Hospital. He also worked with the Make A Difference Worldwide organization, assisting with Hurricane Katrina relief efforts. He is a four-year member of the boys' soccer and ski teams, and also played lacrosse for two years. Elliott is also a member of the National Honor Society, the National Spanish Honor Society and the National Art Honor Society. Said Amity Athletic Director Paul Mengold: "Elliott never complains or seeks special treatment, but remains humble in his accomplishments. All that he wants is the opportunity to contribute and compete. He is hard-working, respectful and trustworthy."

Trip Fernandes – Branford

A two-sport captain and three-sport athlete at Branford High, Trip Fernandes will carry his skills to the United States Coast Guard Academy after graduation. He maintains a 3.8 grade point average and is a member of the National Honor Society. Trip has been a key member of the Hornets' cross country, basketball and sailing teams. Said BHS athletic director and boys basketball coach Jake Palluzzi: "Trip has accomplished much both academically and athletically. He has consistently achieved academic honors while participating at a high level in three sports. He is the consummate team player in that he works hard improving himself and shows that he is accountable to himself, his teammates and his coaches."

Jenn Platt – Branford

The President of the National Honor Society at Branford High, Jenn Platt has also been a member of the boys' ice hockey, and girls' outdoor track and tennis teams. The starting goaltender on the Hornets' boys' ice hockey team, Jenn has also been a key component of several clubs, including Model Congress and Youth and Government. She has also been recognized with the Mount Holyoke College Book Award and the Kodak Young Leaders Award. Said Athletic Director Savas Synodi: "Jenn epitomizes what a scholar-athlete is. She excels in a rigorous academic environment while challenging herself in competitive varsity athletics and various school and community activities."

Adham Conaway – Career

A co-captain of the successful Career boys' basketball team, Adham Conaway carries a 3.35 grade point average. He has also impacted the local community as a camp counselor and summer youth fund coordinator during his spare time. Said Career Athletic Director John Chernovetz: "Adham is a gentleman, an outstanding athlete, and an excellent student."

Melissa Rosemond – Career

A member of the volleyball and indoor track squads at Career, Melissa Rosemond maintains a 3.75 grade point average. She has also extended herself in both school and outside activities, including Spanish Honor Society, the Drama Club and the Mayor's Youth Council. Said Athletic Director John Chernovetz: "Melissa is a great all-around student-athlete who has worked diligently to reach her potential through her four years at Career."

Michael Garcia – Foran

A member of the Lions' boys' swimming, outdoor track and cross country teams, Michael Garcia has made a difference both on the field and within the Foran and Milford communities. He ranks ninth in his class while participating as a member of the National Honor Society, Spanish Club, Key Club, Spanish National Honor Society and School Spirit Club. Outside of school, he has been involved with Relay for Life, Cystic Fibrosis road races and the Vacation Bible School. Said coach Kristin Skuches: "Mike is a perfectionist in all aspects of his life. He is a tireless worker whose attributes make him a positive role model in sports and in the classroom."

Dina Savoca – Foran

An All-American gymnast and member of the Foran High swimming and diving squad, Dina Savoca has distinguished herself during her high school career. She has been tabbed as a part of Who's Who Among American High School students, while earning four letters in gymnastics and diving. On the mat, Dina has also earned All-State, All-New England and All-SCC honors. She is also a member of the Film Society and Latin Club and has done volunteer work with Swim Across the Sound, St. Mary's Church and Cartwheels, etc. Said Foran athletic director Anthony Vitelli: "Dina has excelled in the classroom and in athletics at Foran High for the last four years. She is a great role model for our athletes."

Megan Harpe – Hamden

The captain of the soccer, indoor and outdoor track teams, Megan Harpe has excelled both on and off the field at Hamden High. Academically, she ranks in the top 20-percent of her class. Megan is an All-Quinnipiac division pick in all three sports, as well as a four-year letterwinner. Said track coach Nils Leblang: "Megan displays great qualities in all aspects of her high school career, not only athletically, but also academically."

Michael Zilm – Hamden

An All-Quinnipiac division selection in track, Michael Zilm is an honor student at Hamden High. He has been an integral member of the Green Dragons track squad during his career. Michael has also been recognized for his academic prowess as a Science Scholar and CAPT Scholar. Said track coach Nils Leblang: "Michael exemplifies the qualities of leadership, good sportsmanship and athletic competition, and academic excellence."

Haley Goodwill – Mercy

Competing in three sports (cross country, indoor and outdoor track) has not limited Haley Goodwill from immersing herself in a variety of activities while at Mercy. She is a National Honor Society member and participates in SADD and with the school's Recruitment Team. Haley has competed in States in each of her first three years at Mercy and will look to make it a four-peat this year. In her spare time, she also coaches recreational soccer and works with a local Girl Scout troop. Said Mercy track coach John Hastings: "Haley is an extremely strong competitor who pushes herself in races and practices. She is a very good role model for our team."

Kathryn Szwaja – Mercy

A three-sport athlete and captain of the cross country team, Kathryn Szwaja carries ranks 13th in her class at Mercy High. On the trails, she is a three-time All-Quinnipiac selection. She also has competed with the indoor and outdoor track teams. Kathryn is also involved in several extracurricular activities, including Student Council, Peer Ministry and the Recruitment Team. She is also an accomplished Girl Scout, where she has received several awards. Said track coach John Hastings: "There are very few distance runners who are as dedicated as Katie is. She's a true distance runner who takes it upon herself to run many miles on her own as well."

Melissa Argraves – Shelton

Currently the salutatorian in a class of more than 400, Melissa Argraves has made the most of her time at Shelton High. Athletically, she is a member of the girls' swim and cheerleading squads. Melissa also is the Student Council Secretary and is a member of the World Language Honor Society, the National Honor Society and the yearbook staff. She also volunteers with the United Way and Special Olympics. Said cheerleading coach Beth Far: "Melissa is an extraordinary student, cheerleader and person. She is dedicated not only to sports, but to her academics as well. Melissa puts forth an amazing effort and sets her mind to what she needs to accomplish. She is a great role model."

John Karpinski – Shelton

Currently the valedictorian in a class of more than 400, John Karpinski is also a three-sport athlete at Shelton High. A member of the cross country and indoor and outdoor track teams, John has been a key performer for the Gaels. He is also the President of the World Language Honor Society and is a member of the French Club and National Honor Society. John is also a member of the Student Council Executive Board. Said track coach Bart Wasiolek: "John is an extremely hard worker. His work ethic on the track and in the classroom is paying off. He is a pleasure to work with and is a leader both on and off the track."

The SportsCenter of Connecticut offers an exciting and unique combination of fun, recreation, lessons and competitive exercise! Located at 784 River Road (Route 110) in Shelton, the Sports Center of Connecticut offers a premier weather protected golf practice facility, 18-hole miniature golf course, baseball & softball batting stadium, lazer tag arena, fun bowl and the world's only double-decker ice arena. For more information, visit www.sportscenterct.com.

Founded in 1994, the Southern Connecticut Conference is in its 13th season of competition in 2006-07 with 23 member-schools and nearly 23,000 students. Recognized as the premier athletic league in the state of Connecticut, SCC member schools have captured 240 state championships since the league's inception. More importantly, the SCC is recognized for its outstanding non-athletic programs and events, which attempt to break down barriers and build bridges of understanding to its students. For more information on the SCC, visit www.SouthernConnecticutConference.org.