



2021 WINTER SPORTS Preview

SPORT: GIRLS BASKETBALL



2019-2020 CHAMPION - HAMDEN

TENTATIVE PLAYOFF SCHEDULE

First Round – Wednesday, March 17

Quarterfinals – Friday, March 19

Semifinals – Monday, March 22

Championship Game – Thursday, March 25

Note: If you lose in the first round/quarterfinal, you will be scheduled additional games the week of March 22-26.

Division 1 Teams:

Amity, East Haven, Hand, Hamden, Hillhouse, Law, Mercy,
Sheehan, Shelton, and Wilbur Cross

Division 2 Teams:

Branford, Career, Cheshire, Foran, Guilford, Luralton Hall,
Lyman Hall, North Haven, Sacred Heart Academy, and West Haven

Division 1 Team Previews:



SPORT: Girls Basketball

SCHOOL NAME: Amity High School

Head Coach (# of years coaching): Michelle Shoop

2021 Captains: Skylar Burzynski, Mya Manzione, Meghan Smith, Jayne Whitman

Top Returners:

Meghan Smith, Mya Manzione

2021 Season Outlook:

Amity is looking to come out and be a defensive force. With 7 seniors, we have experience and leadership to be tough competition throughout the season and postseason.



Sport: Girls Basketball

School Name: East Haven

Head Coach (# of years coaching): Anthony Russell (13th year)

2021 Captains: Erin Curran, Brooklyn Mortimer, & Taylor Salato (All Seniors)

Top Returners:

Erin Curran (Senior - PG) Two-year starter, 8 points & 5 assists;

Kate Pycela (Junior - G) 4 points & 3 assists ;

Taylor Salato (Senior - F) Three-year starter, 17 points & 12 rebounds

- Two-time All SCC, Tap-Off All-County, NHR All-Area & CT Coaches All-State

2021 Season Outlook:

“We will look for our juniors & seniors to lead a very young but athletic team. Our season goals and expectations are to stay healthy and stay together for as long as possible. We are hoping to continue the tradition of playing hard and being competitive.”



SPORT: Girls Basketball

SCHOOL NAME: Hamden High School

Head Coach (# of years coaching): Amanda Forcucci (4th year at Hamden; 14th year career total)

2021 Captains: Diamond White, Ja'lyn Roberts

Top Returners:

Diamond White, PG/G: 9PPG, 3 APG, 3RPG, 2 SPG

2021 Season Outlook:

We have a very young group of kids, looking to rebuild.



SPORT: Girls Basketball

SCHOOL NAME: Daniel Hand

Head Coach (# of years coaching): Tim Tredwell (12th year)

2021 Captains: Senior G Hadley Houghton, Senior G Maddie Thomas

Top Returners:

Sr. G Hadley Houghton 5'6" ...6.2 PPG...4.9 RPG...1.8 APG...1.6 SPG;

Sr. F Maddie Thomas 5'10" ...2.9 PPG...4.9 RPG...2.1 BPG;

Jr. G Brooke Salutari 5'8" ...11.2 PPG...3.3 RPG...2.1 APG...1.5 SPG...1st team all SCC, NH Register All-Area, Tap Off Club All-Area;

Jr. G Sophia Coppola 5'11" ...5 PPG...3.6 RPG...1 SPG

2021 Season Outlook:

We are all excited for the prospects of this season, no matter what form it takes. The chance to be together in the gym has us eagerly anticipating being able to compete against some of the top teams in the state. While our team may look different than it has in recent years, we expect to maintain the standards that Daniel Hand has set for its basketball program.



SCHOOL NAME: Hillhouse High School

Head Coach (Number of Years coaching): Catrina Hawley-Stewart (18th year)

2021 Captains: Shaniya Butler, Isialis Marrera, Trinity Moody, Ryan Young

Top Returners:

Trinity Moody - Jr. Return Starter;
Shaniya Butler - Sr. Return Starter;
Nielle Reaves - All League Soph.; Return Starter.

2021 Season Outlook:

Our program is excited to have the opportunity to get back on the court together since March. The passion to play and chemistry is already present. We hope that all teams will be able to play every game this season as well as keep players and coaches healthy on and off the court.



SPORT: Girls Basketball

SCHOOL NAME: Jonathan Law

Head Coach (# of years coaching): Dan Young (8th season)

2021 Captains: Katie Konareski, Maddie Lula, Sarah Paulus, Shelby Green

Top Returners:

Katie Konareski 5'6'' Sr. PG - 12ppg 4rpg 4apg 3spg 2nd team 2020 ALL SCC

Maddie Lula 5'7" Sr. G/F 8ppg 7rpg
Shelby Green 5'6" Jr. G 8ppg 4rpg
Sarah Paulus 5'7" Sr. F 2ppg 3rpg

2021 Season Outlook:

Grateful and ready to make the most of our opportunity.



SPORT: Basketball

SCHOOL NAME: Mercy

Head Coach (# of years coaching): Tim Kohs (28th season)

2021 Captains: Lilly Hedge

Top Returners:

Sr. Lilly Hedge, three-year starter, second team ALL SCC 2019-20, Averaged 28 mins per game, 9.1 points, 7 rebs, 2.1 assists. Terrific all-around player and exceptional leader with a young team (only senior).

So. Sophie Hedge, started 19 of 22 games, averaged 8.1 ppg, Very capable scorer.

The players below all averaged between 6 and 18 minutes last season and have returned a little bigger and more prepared for varsity action.

Jr. Sam Strell, So. Ava Giansiracusa, So. Melina Ford, So. Avery Kohs, So. Lauren Kohs, So. Jasmine Mendez, So. Lily Schoonmaker

2021 Season Outlook:

We are a very young team as we graduated one senior and have only one senior this year. Our sophomore class played significant minutes last year and gained a lot of valuable experience. We will be very aggressive defensively and will look to create easy baskets off our defense. Lilly Hedge will be relied on heavily on both ends of the floor and will need to score more consistently for us to be successful. We are an extremely hungry, hard working group that is eager to get out on the court.



SPORT: Girls Basketball

SCHOOL NAME: Sheehan

Head Coach (# of years coaching): Mike Busillo (15th year)

2021 Captains: N/A

Top Returners:

Caitlyn Hunt (3-year starter, Class MM All-State, Tap-Off Club All Area, All SCC 1st Team, 15.1ppg);

Caitlyn Velez (3-year starter, All SCC 1st Team, 9 ppg);

Hayleigh Lagase (4-year starter, 8 ppg)

2021 Season Outlook:

Team brings back a wealth of experience with six players in the rotation that played major minutes for last year's 20-4 squad and should be in the conversation of which teams can win the SCC Division 1 Tournament. We certainly expect to be a team that can win the Division 1 SCC tournament at the end of the year. We still have a lot of work to do and need to improve everyday, but we think that's an attainable goal.



SPORT: Girls Basketball

SCHOOL NAME: Shelton

Head Coach (# of years coaching): John Danielski (First Year)

2021 Captains: Devan Wildman, Clarissa Pierre, and Keira O'Connor

Top Returners:

Devan Wildman (Senior Guard) - All Academic Team, Shelton Holiday All Tournament Team;

Clarissas Pierre (Senior Forward) - All Academic Team; SCC Second Team (Sophomore Year),

SCC First Team (Junior Year), New Haven Register All Area Team, Shelton Holiday Tournament

MVP;
Keira O'Connor (Senior Guard) - All Academic Team;
Emily Sandin (Senior Guard);
Ashia Askew (Senior Guard).

2021 Season Outlook:

We plan on being competitive in every game that we play. We are hoping for a good run in the SCC tournament. With multiple players returning with varsity experience, I look forward to seeing what the girls can accomplish. I know that we can be competitive against any team in the conference.



SPORT: Girls Basketball

SCHOOL NAME: Wilbur Cross High School

Head Coach (Number of Years coaching): Tyrees Thomas (5th year)

2021 Captains: Madison Macauley, Dejah Middleton

Top Returners:

April Artis-Senior 12pt;
Dejah Middleton 11.0 pts;
Kandi Everett 9.0 pts.

2021 Season Outlook:

Our season expectations and goals for this year is to try do our best, stay healthy and make it through the season.

Quote: Play hard, play smart, and have fun.

***** SCC DIVISION 1 BASKETBALL *****

SEE BELOW FOR SCC DIVISION 2 PREVIEWS

Division 2 Team Previews:



SPORT: Girls Basketball

SCHOOL NAME: Branford

Head Coach (# of years coaching): Robert Manghnani (3rd year)

2021 Captains: Gabby Lucertini and Frannie Valletta

Top Returners: N/A

2021 Season Outlook:

Would like to continue to get better and compete hard on a daily basis.



SPORT: Girls Basketball

SCHOOL NAME: Hill Regional Career Magnet

Head Coach (Number of Years coaching): Steve Bethke (20th year)

2021 Captains: TBA

Top Returners:

Taylor Scott, Tayjana Greene, Jenna Whitney, Sian Smie, Yarelis Torres, Nevaeh Lewis

2021 Season Outlook:

This year, the Lady Panthers are grateful to be back on the court again. We are ready to work hard and have a fun and safe season.



SPORT: Girls' Basketball

SCHOOL NAME: Cheshire High School

Head Coach (# of years coaching): Angelica Ariola (First year as head coach)

2021 Captains: TBA

Top Returners:

Ella Watson - Guard

Kaylee Clark - Guard

Sophia Vagts - Guard

Jordan DeMatteo - Guard

Hailey Beling - Forward

Tess Givens - Forward

Hannah Jalowiec - Guard/Forward

Emily Grayson - Guard/Forward

Grace Lurz - Guard

Jenna Stickney - Guard/Forward

2021 Season Outlook:

We are looking to be competitive every time we step foot onto the court and give our seniors a memorable season.



SPORT: Girls Basketball

SCHOOL NAME: Foran

Head Coach (# of years coaching): Bob Asmussen (13th year)

2021 Captains: Lauren Heenan

Top Returners:

Lauren Heenan Sr. PG 4 year starter 7.5 ppg 4.8 apg
Abby Sanwald Jr. SG 2 year starter 2.4 spg
Courtney Musante Jr, SF 2 year starter 5.8 ppg 6.6 rpg
Mia Loewenberg Jr. SF
Zoe Fallon So. PG/SG
Mary Rodrigues So, SG
Teresa Shugrue So, C

2021 Season Outlook:

My message for this season is Toughness, Discipline and Detail. If we put the team above self, good things will happen. With off season basketball being so limited due to Covid-19 and training being at a minimum, our goal in all reality is to improve each and every practice. We need to practice and play with 100% intensity and effort at all times, being mentally and physically Tough and have the discipline to do the right things on and off the court in order to complete the season. We also need to be disciplined with the ball at all times and be defensively sound. We want to pay attention to detail in everything we do, from the moment we arrive at the gym until we leave. By paying attention to the small things and every little detail the fundamentals and skill level will improve for us to be able to get better every day and to compete in the very tough SCC conference.



SPORT: Girls Basketball

SCHOOL NAME: Guilford High School

Head Coach (# of years coaching): Bernie Brennan (2nd year)

2021 Captains: Sr. Moira Kellaher, Jr. Miabella Diaz, Jr. Faith O'Donnell

Top Returners:

Sr. Moira Kellaher, Pt. Guard 7 ppg. 5 steals, 4 rebounds;
Jr. Miabella Diaz, Guard 6 ppg. 3 reb.;
Jr. Faith O'Donnell, Guard 8 ppg., 4 reb.

2021 Season Outlook:

Since we only have one senior and many underclassmen, this will be a rebuilding year for the Guilford girls' basketball team. The team will be focusing on skill development and increasing basketball I.Q. development.



SPORT: Girls Basketball

SCHOOL NAME: Lauralton Hall

Head Coach (# of years coaching): Laura Discenza (2nd Year at Lauralton)

2021 Captains: Giulia Emanuel and Shannon Redgate

Top Returners:

We are excited to be returning most of our varsity roster from last year including many juniors and seniors who will be playing key roles this year. Included in this group are our starting point guard, Senior, Elizabeth Corcoran, and our captains, Seniors Giulia Emanuel and Shannon Redgate.

2021 Season Outlook:

We as a team are very excited to get back into the gym. We have an astounding group of players who are eager to work together. We are continuing to grow as a unit and strive to get better everyday.



SPORT: Girls' Basketball

SCHOOL NAME: Lyman Hall

Head Coach (# of years coaching): Tom Lipka (17th year)

2021 Captains: Grace Gagliardi, Natalie Panagrosso

Top Returners:

Brianna Mik – senior forward, 10.5 ppg, 24 three point baskets, 4.5 rebounds per game, 2.2 steals per game, two year starter

Natalie Panagrosso – senior center, 7.8 ppg, 4.4 rebounds per game, two year starter

Grace Gagliardi – senior point guard, 4.2 ppg, 3.1 assists per game, 2.2 steals per game, 16 three pointers, two year starter

2021 Season Outlook:

We return three starters and our top leading scorer in Brianna Mik. Point guard Grace Gagliardi has been a 4 year varsity player and is a solid point guard. Natalie Panagrosso has been one of the best post players at LH in a long time. Lauren Cretella and Riley Sullivan are ready to step in as full time varsity players. We will be competitive in a very balanced SCC.

**SPORT:** Girls Basketball**SCHOOL NAME:** North Haven High School**Head Coach (# of years coaching):** Tom Blake (2nd year)**2021 Captains:** Olivia Stefanik (senior), Carly Fresher (senior), Sarah Puzone (senior)**Top Returners:**

Sr. G, Olivia Stefanik;

Sr. G, Carly Fresher, 5 pts/g;

Sr. G, Sarah Puzone, 7 pts/g;

Jr. G, Eveani Okwuosa, 11 pts/g, 2nd team SCC

2021 Season Outlook:

We finished last season at 14-10. We won a game in both the SCC tourney and in the state tournament. We're looking to do even better this year. Our goals have obviously changed somewhat but we are looking to win the SCC. Our strength is defense as we held our opponents to under 40 pts/g. We need to improve on our shooting from the perimeter and the free throw line. Our veteran players logged a lot of minutes last year and will probably do the same this year. We have some talented sophomores who were key contributors for the junior varsity team last year and we'll also have to rely on 7 freshman. If they can develop sooner rather than later that will be a big boost for the team. But the most important thing is that we are back in the gym. We're excited to be there and we can't wait for our first game.

**SPORT:** Girls Basketball**SCHOOL NAME:** SHA

Head Coach (# of years coaching): Jason Kirck (2nd year)

2021 Captains: Carina Ciampi, Rosa Rizzitelli, Sydney Rossacci

Top Returners:

Carina Ciampi, JR, F, 2nd year starter;
Rosa Rizzitelli, JR, G, 2nd year starter;
Sydney Rossacci, JR, G, 2nd year starter;
Emma Kirck, Soph, G, 2nd year starter;
Giana Pye, JR, F

2021 Season Outlook:

SHA is looking forward to the challenges of playing in the ultra-competitive SCC. We have a solid core group back from last year's team who is hungry to compete against the best teams in our league. Our goal at SHA is to work hard every day in practice, improve every single day and be playing our best basketball at the end of the season in the SCC Tournament and compete for SCC Division and SCC League Championships.



SPORT: Girls Basketball

SCHOOL NAME: West Haven High School

Head Coach (# of years coaching): Jessica Moriarty (8th year)

2021 Captains: Sarah Evangelista

Top Returners:

Amani Abuhatab: SO, Forward, 14.0ppg, 10rpg. 2nd year starter, All-SCC, All-Area;
Kassidy Carrano: SO, Guard, 8ppg, 4.5rpg, 2nd year starter;
Sarah Evangelista: SR, Guard, 6ppg, 5apg, 4-year starter

2021 Season Outlook:

We have a very young, talented group of players who can really perform and compete. Hoping to make a run in any post-season play, now that many of our players have a year of varsity experience under their belt.

*** SCC DIVISION 2 BASKETBALL ***