



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 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 ***