



## 2021 WINTER SPORTS Preview

### SPORT: GYMNASTICS



*2019-2020 CHAMPION - JONATHAN LAW*

### TENTATIVE PLAYOFF SCHEDULE

SCC Championship > Virtual Meet – March 20-28

### Participating Teams:

Daniel Hand, Hamden, Jonathan Law, Foran and Mercy

## Team Previews:



**SPORT:** Gymnastics

**SCHOOL NAME:** Daniel Hand

**Head Coach (# of years coaching):** Kelly Smith (15<sup>th</sup> season)

**2021 Captains:** Kayla Cataldo, Grace Segnere, Megan Stefanowski

### **Top Returners:**

Kayla Cataldo, senior captain, All-SCC last season;

Morgan McMahon, Sophomore, All Around: All-SCC last season;

Paige Dean, Junior, All Around: battled injuries last season but was All-SCC and All State as a freshman;

Riley Caruso, Junior, All Around.

### **2021 Season Outlook:**

We are focusing on staying in the moment and enjoying our sport and each other this season. We weren't sure we would have a season and with the student athletes already missing so much of their "normal" experiences, we're so excited to be together in the gym. We have many new faces, some poised to make immediate contributions to the team, and that excites us for our future. We'll look to make an improvement on our third-place finish at SCCs last season and to work toward bringing that trophy back to Hand in the near future.



**SPORT:** Gymnastics

**SCHOOL NAME:** Hamden High School

**Head Coach (# of years coaching):** Holly Stanley (2nd year)

**2021 Captains:** Julia DelGrego & Isabella Romano

**Top Returners:**

Bella Romano – 12<sup>th</sup> grade – All Around Gymnast;  
Julia DelGrego – 12<sup>th</sup> grade – Beam, Floor;  
Danya Marsh – 12<sup>th</sup> grade – All Around Gymnast;  
Brooke Richetelli – 12<sup>th</sup> grade – Floor;  
Misaki Claflin – 11<sup>th</sup> grade – All Around Gymnast;  
Mariah Nuton – 11<sup>th</sup> grade – All Around Gymnast;  
Ava Peschell – 10<sup>th</sup> grade – All Around Gymnast

**2021 Season Outlook:**

We are looking forward to having the opportunity to train together safely, have fun, develop new skills and reach personal bests on events.



**SPORT:** Gymnastics

**SCHOOL NAME:** Joseph A. Foran High School

**Head Coach (# of years coaching):** Dina Sklanka, 8th year

**2021 Captains:** Emma Jerue

**Top Returners:**

Emma Jerue: Senior, competes in the all-around (all 4 events), she has been a crucial part of our line up since her freshman year. Top events include floor and beam. Last year, she earned the honor of being chosen for the All-SCC team.

Ginger Schmidt: Sophomore, competes in the all-around, last year she was a key all-arounder in our line up. Top events include floor and beam. Last year, as a freshman, she earned the honor of being chosen for the All-SCC team.

Riley Grunow: Sophomore, competes in the all-around and last year, as a freshman, was a crucial part of our line up. Top event is the floor.

**2021 Season Outlook:**

This year, I hope that all of our gymnasts try their best and accomplish an individual goal they have for themselves. Most importantly, we are just excited to be together this year and compete.



**SPORT:** Gymnastics

**SCHOOL NAME:** Jonathan Law

**Head Coach (# of years coaching): 42**

**2021 Captains:** Catherine Burns, Lexi Rios, MaKenna Sharpe

**Top Returners:**

Senior Catherine Burns, All Around, 4 year starter, All SCC, All State.;  
Junior, Emma Nelly, All Around, 3 year starter, All SCC, All State.;  
MaKenna Sharpe Junior, 3 year starter;  
Jenna Hanson, Senior 2 year starter

**2021 Season Outlook:**

With no CIAC Championships, our goal is to have as many of our team qualify for the top 40 scores on the CIAC website and to place high in the SCC Championships.



**SPORT:** Gymnastics

**SCHOOL NAME:** Mercy High School

**Head Coach (# of years coaching):** Monica Bauer

**2021 Captains:** Annie Berger, Lauren Turner

**Top Returners:**

Returning athletes to watch!

Annie Berger- Senior & Co captain  
Lauren Turner- Senior & Co captain  
Charlie Weaver –Junior  
Ella Bankoski- Junior

We are excited to meet new athletes, Jessa Capiello a sophomore and Tallulah Malz a freshman. These athletes will be joining the Mercy team this year and are experienced gymnasts! We welcome them and are excited to see what they bring to the team.  
All athletes are all around competitors!

### **2021 Season Outlook:**

Although the season will be different this year, we are excited the athletes are able to practice and compete. This year we will focus on short term goals. One of the quotes I enjoy is “A dream without a plan is only a wish”. Our first few practices we will focus on goals for the season and journal them to help keep the girls accountable. Our team goal this year is to strengthen and polish our skills and be more consistent on sticking the balance beam. The girls are excited to perform and work hard as they are happy we are permitted to have a season. I think this season will be one to remember! Best of luck to all!

**\*\*\* 2020-2021 SCC GYMNASTICS PREVIEW \*\*\***