

Southern Connecticut Conference

2009 Fall Sports All-Conference Teams

BOYS CROSS COUNTRY

All-Conference

Sean Mueller (Cheshire), Ryan Laemel (Amity), Connor Rog (Fairfield Prep), Dan Nestor (Hand), Dave Cotton (Hand), Ian Albert (Xavier), Chris FitzSimons (Hamden), Nick Saba (Hamden), Nick Lemon (Xavier), Jonathan Anelli (Xavier), Dean Bhatt (Amity), John Cocco (Amity)

All-Oronoque

Patrick Hubbell (North Haven), Thomas Dextrateur (Branford), Kevin Gell (Branford), Casey Mackay (North Haven), Matthew Korstep (North Haven), David Salvo (North Haven), Stephen LaLuna (North Haven), Ryan Parris (Wilbur Cross)

All-Quinnipiac

Connor Rog (Fairfield Prep), Ian Albert (Xavier), Chris FitzSimons (Hamden), Nick Saba (Hamden), Nick Lemon (Xavier), Jonathan Anelli (Xavier), John Corona (Xavier), Isiah Whiting (Hamden)

All-Hammonasset

Dan Nestor (Hand), Dave Cotton (Hand), Jeff Moretti (Guilford), Matt Marchand (Guilford), Alex Liontas (Foran), Peter Clarke (Hand), Mike McGowan (Guilford), Andrew Fowler (Jonathan Law)

All-Housatonic

Sean Mueller (Cheshire), Ryan Laemel (Amity), Dean Bhatt (Amity), John Cocco (Amity), Jason Shnipes (Shelton), Kyle Casiglio (Shelton), Dan Harris (Cheshire), Allen Copas (Lyman Hall)