

Southern Connecticut Conference

2009 Fall Sports All-Conference Teams

GIRLS CROSS COUNTRY

All-Conference

Sarah Cotton (Hand), Kellie Davis (Career), Kathleen Kalbian (Cheshire), Val Williams (Guilford), Carolyn Williams (Hamden), Megan Carroll (Shelton), Megan Lynch (Hand), Julie Hart (Cheshire), Kelsey Grimmer (Shelton), Brianne Vess (Mercy), Lauren Villano (Guilford), Melissa Corraro (Shelton)

All-Oronoque

Kellie Davis (Career), Emily Arsenault (Branford), Lisa MacLachlan (Branford), Shari Peterson (Branford), Erika Zocher (Branford), Shana Casey (Branford), Meg O'Brien (Branford), Precious Holmes (Career)

All-Housatonic

Kathleen Kalbian (Cheshire), Megan Carroll (Shelton), Julie Hart (Cheshire), Kelsey Grimmer (Shelton), Melissa Corraro (Shelton), Sarah Fusco (Cheshire), Amanda Chang (Cheshire), Tesni Phillips (Cheshire)

All-Hammonasset

Sarah Cotton (Hand), Val Williams (Guilford), Megan Lynch (Hand), Lauren Villano (Guilford), Megan Powell (Guilford), Katie Duman (Guilford), Ciara Collins (Hand), Emily Taylor (Guilford)

All-Quinnipiac

Carolyn Williams (Hamden), Brianne Vess (Mercy), Kathleen Darling (Mercy), Chelsea Harris (Hamden), Leah Hetzel (Mercy), Monica Castro (Mercy), Cheetiri Smith (West Haven), Stephanie Baldwin (Sacred Heart Academy)