

SCC News

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Official Newsletter of the Southern Connecticut Conference

From the Commissioner's Desk

2009-2010 proved to be a phenomenal year for the "best" high school conference in the state.

Whether it was hosting a variety of successful events for our students, or our league teams winning twenty-three state championships on the playing fields, the SCC fared extremely well.

Most importantly, all of these successes fit nicely with the three core ideals – *academics*, *sportsmanship* and *leadership* – this conference has continually embraced. I congratulate all of our member schools for their commitment towards these ideals.

Many thanks to our administrators and coaches from our member schools whose enthusiasm and vision sustain this league. Your support, ideas, and interest are always appreciated!

Special thanks to Dr. Russ Dallai (North Haven) who served as the league's President this year. Russ is extremely energetic and passionate about this league and a pleasure to work with. Many thanks to John Niski (Shelton HS) who served ably as the league's Athletic Director Chairperson this year and has agreed to do the same in 2010-2011.

Best wishes for a safe and restful summer!



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Thanks to Our Corporate Sponsors...

To continue to offer top-notch programs and events, the Southern Connecticut Conference relies on financial support from the local business community.

The SCC had several sponsors for the 2009-10 academic year, including the *NewAlliance Foundation*, *The United Illuminating Company*, *Billings Sports* and *Connecticut Orthopaedic Specialists*.

For the fourth straight year, *Dick's Sporting Goods* has partnered with the SCC to provide coupons and promotional material at league events, and the *SportsCenter of Connecticut* supported the Scholar-Athlete of the Month program for the fourth straight year.

All of the support is well-appreciated!



Recapping the Spring Sports Season

SOFTBALL

Hammonasset: Hand (8-0)

Housatonic: Cheshire/Lyman Hall/Shelton (5-3)

Oronoque: East Haven/North Haven (6-2)

Quinnipiac: West Haven/Mercy (5-1)

SCC Playoffs: Top-seeded Hand defeated #7 Cheshire, 4-0 in the championship game on May 27 at West Haven High School.

BASEBALL

Hammonasset: Jonathan Law (8-0)

Housatonic: Amity (8-0)

Oronoque: East Haven/North Haven (6-2)

Quinnipiac: Xavier (7-1)

SCC Playoffs: Third-seeded Shelton defeated #1 Amity, 4-3, in nine innings in the championship game on May 29 at Yale Field.

GIRLS TENNIS

Division I: Hand (11-0)

Division II: Guilford (7-4)

SCC Playoffs: #1 Hand defeated #2 Amity, 4-3, in the championship match on May 26 at the Yale University Tennis Courts.

BOYS TENNIS

Hammonasset: Hand, Guilford (7-1)

Housatonic: Cheshire (8-0)

Oronoque: Branford (8-0)

Quinnipiac: Fairfield Prep (8-0)

SCC Playoffs: #1 Fairfield Prep defeated #2 Cheshire, 5-2, in the championship match on May 26 at the Yale University Tennis Courts.

GOLF

Hammonasset: Guilford (8-0)

Housatonic: Cheshire (8-0)

Oronoque: East Haven (7-1)

Quinnipiac: Fairfield Prep (6-0)

SCC Championships – May 25 @Brooklawn Country Club

Final Team Results: 1. Fairfield Prep, Cheshire (313); 3. Xavier, 329; 4. Amity, 338; 5. Hand, 342; 6. Guilford, 346; 7. Hamden, 351; 8. Shelton, 372; 9. East Haven, 394

Medalists: Conor McGovern (Fairfield Prep) and Greg Palmer (Cheshire), +4(75)

BOYS LACROSSE

Regular-season: Cheshire (7-0)

SCC Playoffs: Top-seeded Cheshire defeated #2 Fairfield Prep, 13-5, in the championship game on May 28 at Branford High School.

GIRLS LACROSSE

Regular-season: Hand (6-0)

SCC Playoffs: Top-seeded Hand defeated #2 Cheshire, 14-8, in the championship game on May 28 at Branford High School.

BOYS VOLLEYBALL

Regular-season: Xavier, Cheshire (7-1)

SCC Playoffs: Top-seeded Xavier defeated #2 Cheshire, 3-2 (25-20, 25-17, 17-25, 17-25, 15-8) in the championship match on May 27 at Amity Regional High School.



Hand won its first SCC softball title since 1999

GIRLS OUTDOOR TRACK

East Sectionals – May 17 @Amity Regional HS

Final Team Results: 1. Hand, 137; 2. Cheshire, 98; 3. Shelton, 95.5; 4. Hillhouse, 75; 5. Amity, 71; 6. Sheehan, 58; 7. Guilford, 56; 8.

Jonathan Law, 46; 9. Lyman Hall, 42.5; 10. Foran, 22

West Sectionals – May 19 @Amity Regional HS

Final Team Results: 1. Career, 132; 2. Hamden, 118; 3. Branford, 93; 4. West Haven, 76; 5. Mercy, 71; 6. North Haven, 67; 7. Wilbur Cross, 56; 8. East Haven, 44; 9. Sacred Heart Academy, 36

SCC Championships – May 25 @Sheehan HS

Final Team Results: 1. Career, 100; 2. Hand, 71; 3. Cheshire, 61.33; 4. West Haven, 55; 5. Hamden, 53.33; 6. Hillhouse, 53; 7. Branford, 46; 8. Amity, 39; 9. Sheehan, 38; 10. Wilbur Cross, 34; 11. Shelton, 31; 12. Guilford, 25; 13. Lyman Hall, 20; 14. Mercy, 18.75; 15. East Haven, 17.75; 16. North Haven, 15.33; 17. Jonathan Law, 12; 18. Sacred Heart Academy, 10.75; 19. Foran, 0.75

BOYS OUTDOOR TRACK

East Sectionals – May 17 @Amity Regional HS

Final Team Results: 1. Amity, 197; 2. Hand, 121; 3. Cheshire, 88; 4. Sheehan, 85.5; 5. Hillhouse, 66; 6. Shelton, 58; 7. Jonathan Law, 33; 8. Foran, 22; 9. Lyman Hall, 17.5; 10. Guilford, 12

West Sectionals – May 19 @Amity Regional HS

Final Team Results: 1. Hamden, 148; 2. Notre Dame, 111; 3. North Haven, 105; 4. Branford, 88; 5. Xavier, 55; 6. East Haven, 51; 7. West Haven, 44; 8. Fairfield Prep, 38; 9. Career, 24; 9. Wilbur Cross, 24

SCC Championships – May 25 @Sheehan HS

Final Team Results: 1. Amity, 118.5; 2. Hand, 80; 3. Notre Dame, 73; 4. Hamden, 68; 5. North Haven, 54; 6. Shelton, 46.5; 7. Sheehan, 42; 8. Branford, 36; 9. Hillhouse, 34; 10. Cheshire, 33; 11. East Haven, 24; 12. Fairfield Prep, 17; 13. West Haven, 16; 14. Lyman Hall, 14; 15. Xavier, 12; 16. Wilbur Cross, 10; 17. Jonathan Law, 9; 18. Foran, 8; 19. Guilford, 7

2009-10 SCC Postseason Champions

*The SCC hosted postseason championships in 23 sports during the academic year.
Listed below are the champions and runner-ups in each of the sports.*

FALL

<u>Sport</u>	<u>Champion</u>	<u>Runner-up</u>
Girls Cross Country:	Cheshire	Guilford
Boys Cross Country:	Xavier	Hamden
Boys Soccer:	Guilford	Fairfield Prep
Girls Soccer:	Hand/Cheshire declared co-champions	
Girls Volleyball:	Jonathan Law	Cheshire
Girls Swimming:	Cheshire	Amity

SCC Championship Facts

In 2009-10, thirteen different SCC member schools won or shared a SCC playoff titles... Cheshire and Hand had the most league titles with six, followed by Fairfield Prep and Career (3)... In addition to its league titles, Cheshire also had the most runners-up with seven.

WINTER

<u>Sport</u>	<u>Champion</u>	<u>Runner-up</u>
Boys Indoor Track:	Hamden	Amity
Girls Indoor Track:	Career	Cheshire
Boys Basketball:	North Haven	Hillhouse
Girls Basketball:	Branford	Hillhouse
Wrestling:	Hand	Xavier
Gymnastics:	Hand	Foran
Ice Hockey – Division II:	Cheshire	Amity
Boys Swimming:	Fairfield Prep	Xavier
Cheerleading	Shelton (15-over champion), Cheshire (15-over runner-up), West Haven (14-under champion), Career (novice champion), Branford (co-ed champion)	

SPRING

<u>Sport</u>	<u>Champion</u>	<u>Runner-up</u>
Golf:	Cheshire/Fairfield Prep tied for championship	
Boys Volleyball:	Xavier	Cheshire
Baseball:	Shelton	Amity
Softball:	Hand	Cheshire
Boys Tennis:	Fairfield Prep	Cheshire
Girls Tennis:	Hand	Amity
Boys Outdoor Track & Field:	Amity	Hand
Girls Outdoor Track & Field:	Career	Hand
Boys Lacrosse:	Cheshire	Fairfield Prep
Girls Lacrosse:	Hand	Cheshire



Jonathan Law - 2009 SCC girls volleyball champions



Cheshire - 2010 SCC Division II ice hockey champions

SCC: Twenty-Three State Titles in 2009-2010

During the recently-completed spring season, SCC teams won seven state championships to bring the final total for the 2009-2010 academic year to 23. The 23 state titles is tied for the second-most in league history. Since the league's inception in 1994, SCC schools have now won 301 state championships.

State Champions (23)

<u>Sport</u>	<u>Class</u>	<u>School</u>
<u>FALL (7)</u>		
Girls Cross Country	MM	Guilford
Girls Cross Country	Open	Guilford
Boys Cross Country	IL	Xavier
Boys Cross Country	Open	Xavier
Girls Swimming	IL	Cheshire
Football	IL	Cheshire
Football	L	Notre Dame
<u>WINTER (8)</u>		
Girls Basketball	L	Hillhouse
Boys Basketball	M	Sheehan
Ice Hockey	I	Hamden
Ice Hockey	II	Amity
Ice Hockey	III	Guilford
Boys Indoor Track	IL	Hamden
Boys Indoor Track	L	Notre Dame
Boys Indoor Track	M	Hillhouse
<u>SPRING (8)</u>		
Baseball	L	Sheehan
Boys Lacrosse	L	Cheshire
Boys Outdoor Track	Open	Notre Dame
Boys Outdoor Track	IL	Amity
Boys Outdoor Track	L	Hand
Boys Tennis	M	Guilford
Girls Outdoor Track	MM	Hand
Girls Outdoor Track	M	Career

Runners-Up (18)

<u>Sport</u>	<u>Class</u>	<u>School</u>
<u>FALL (1)</u>		
Boys Cross Country	IL	Hamden
<u>WINTER (10)</u>		
Girls Basketball	IL	Mercy
Boys Basketball	IL	Hillhouse
Ice Hockey	I	Fairfield Prep
Cheerleading	Coed	Branford
Cheerleading	L	Foran
Boys Indoor Track	Open	Hamden
Boys Indoor Track	IL	Amity
Boys Indoor Track	L	Daniel Hand
Boys Swimming	IL	Fairfield Prep
Boys Swimming	L	Cheshire
<u>SPRING (7)</u>		
Baseball	IL	Xavier
Baseball	L	Notre Dame
Boys Lacrosse	L	Fairfield Prep
Boys Outdoor Track	Open	Amity
Boys Outdoor Track	L	Notre Dame
Boys Tennis	IL	Fairfield Prep
Boys Tennis	M	Branford

State Championship Facts

In 2009-10, SCC member schools won 23 state championships bringing the total to 301 since the league's inception in 1994... The 23 state titles tied for the second most in league history (1997-98)... The record for the most state titles in a single year is 26, set in 1996-97... Ten different SCC schools won state titles in 2009-10 with Guilford capturing the most (4: girls cross country-2, ice hockey and boys tennis)... Cheshire and Notre Dame each won three state titles.

SCC vs. SCC

In 2009-10, there were seven instances of SCC teams winning a state title and being the runner-up... In head-to-head competition, there were three All-SCC state championship games this year – Division I ice hockey (Hamden 6, Fairfield Prep 5); Class L baseball (Sheehan 9, Notre Dame 5); and Class L boys lacrosse (Cheshire 9, Fairfield Prep 8).

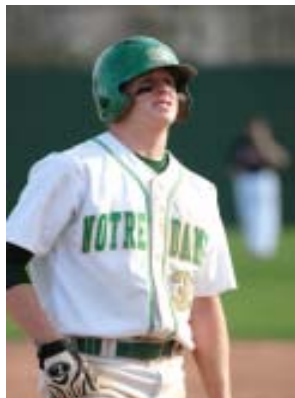
<u>Year</u>	<u>Fall</u>	<u>Winter</u>	<u>Spring</u>	<u>Total</u>
1994-95	5	6	3	14
1995-96	7	5	8	20
1996-97	9	8	9	26
1997-98	9	8	6	23
1998-99	5	7	6	18
1999-00	4	9	5	18
2000-01	6	6	6	18
2001-02	5	8	9	22
2002-03	6	6	9	21
2003-04	9	8	4	21
2004-05	9	7	5	21
2005-06	8	8	4	20
2006-07	4	6	3	13
2007-08	3	5	3	11
2008-09	3	5	4	12
2009-10	7	8	8	23
TOTALS	99	110	92	301

SCC Athletes Earn Athlete of the Year Honors

Congratulations to Notre Dame senior football/baseball star **Conor Keniry** and Branford three-sport (volleyball, basketball and tennis) standout **Courtney Schissler** for being named the *New Haven Register's* 2009-2010 Athletes of the Year.

Conor will play baseball at Wake Forest University, while Courtney will continue her basketball career at Bryant University. Conor and Courtney represent the 17th and 18th student athletes – since 1996-97 – from the SCC to earn this prestigious honor. It is also the seventh time both recipients came from the SCC.

In addition, Jonathan Law senior volleyball/basketball star **Casey Dulin** was named the Female Athlete of the Year by the *Connecticut Post*. Dulin will play collegiate basketball at Marist College.



Hamden Track Stars Earn National Accolades

Hamden's 4 x 800 meter relay team of **Nick Saba**, **Isiah Whiting**, **Pat Cyr** and **Chris FitzSimons** won All-America recognition by placing first at the New Balance Outdoor National High School Championship Meet in Greensboro, N.C.

The team finished in 7:35.68, less than two-hundredths of a second ahead of Warwick Valley, N.Y. It was the fastest time recorded by a U.S. high school 4 x 800 relay this year and the fourth-fastest time ever.

In addition, Hamden's distance medley team of Whiting, FitzSimons, Saba, and Kevinn Tram also won its race and earned All-America honors.

FitzSimons, who was recently named the 2009-2010 Gatorade Boys Track & Field Athlete of the Year, also competed at the U.S. Track & Field Championship Meet in Des Moines, Iowa in the 800 meters and earned a bronze medal with his third-place finish. Coincidentally, the race was won by former Wilbur Cross standout Cas Loxsom (1:47.45), who is a rising sophomore at Penn State.

SportsCenter of CT/SCC Scholar Athlete of the Month Program

For the fourth year, the SCC is partnering with the The SportsCenter of Connecticut (www.sportscenterct.com) on a Scholar Athlete of the Month program which honors the best scholar-athletes each month.

The SportsCenter of Connecticut/SCC Scholar Athlete of the Month program recognized outstanding young men and women from each of the conference's 22 member schools during the 2009-10 academic year.

MARCH 2010 recipients

Jocey Morrell (West Haven, softball), Louis Bisighini (West Haven, baseball), Sheldon Poole (Career, baseball), Najeia Mention (Career, outdoor track), Betsy DelCiampo (Mercy, lacrosse), Colleen Hanly (Mercy, outdoor track), Brian Sibley (Notre Dame, baseball), Mark Lightowler (Notre Dame, outdoor track & field), Rebekah Stein (Amity, outdoor track), Sam Schnittman (Amity, outdoor track)

APRIL 2010 recipients

Patrick Luchini (Branford, lacrosse), Madeline Coulter (Branford, lacrosse), Kelsey McDonnell (Shelton, softball), Dan St. George (Shelton, baseball), Julian Pearsall (Hillhouse, tennis), Khamille Turnage (Hillhouse, tennis), Connor Marr (Fairfield Prep, baseball), Jason Ottomano (Fairfield Prep, tennis), Kristen Harrington (Foran, tennis), Robbie Simpson (Foran, golf), Chelsea Bast (East Haven, tennis), Michael Bohne (Lyman Hall, golf), Aubrey Batzinger (Lyman Hall, outdoor track)

MAY 2010 recipients

Gabrielle Lupoli (Sheehan, outdoor track), Chris Earley (Sheehan, tennis), Todd Heritage (Cheshire, lacrosse), Katharine Eddy (Cheshire, lacrosse), Deidre Mitchell (North Haven, tennis), Robert Anderson (North Haven, golf), Casey Taillie (Xavier, volleyball), Evan Woodford (Xavier, sailing), Cassie Slowik (Sacred Heart Academy, lacrosse), Cara Deroy (Hamden, softball), Luke Maloney (Hamden, tennis), Chelsey Nault (Guilford, softball), Evan Brown (Guilford, golf)

