



Southern Connecticut Conference Fall Sports Notebook

*Fall 1, Edition 1
(October 1-October 10, 2020)*

Welcome to the first notebook of the Fall 2020 sports season. Our goal with this new weekly communication is to highlight some of the best individual and team performances from each of the five sports being played this fall - cross country, field hockey, soccer, swimming, and volleyball.

This first edition includes contests from Friday, October 1 through Saturday, October 10. The goal will be to publish this notebook each Tuesday through the league playoffs. The top five performances of the week are highlighted at the end of the column.

SCC Spectator Policy

The SCC and our respective schools and Athletic Directors appreciate your cooperation with the spectator policy each school has established. As a reminder and refresher, please click here to see the policy for each school - [SCC Fall 2020 Sports Spectator Policy](#).

Best Performances

Boys Cross Country

Amity's Mason Beaudette won two races five days apart in a strong start to his season. In its opening meet against Wilbur Cross on October 1, Beaudette crossed the finish line in 17:40 in a home meet at Fitzgerald Field. Five days later, he helped the Spartans earn a split with Notre Dame and Platt Tech. Beaudette cut 25 seconds off his time at the Carrigan MS course, finishing in 17:15.



Girls Cross Country

Hand of Madison's Anna Steffen had herself a stellar start to the Tigers season as she ran first in a time of 17:41 in a pair of wins over Hamden (19-39) and Cheshire (26-31) on October 7 at the Hamden Middle School course.

Field Hockey

Sacred Heart Academy has jumped out to a 4-0 start and Jianna Cohrs had her fingerprints on each of the wins, the most impressive of which was her four goal, one assist outburst in a 8-0 Shark win over North Haven on October 8.



Boys Soccer

There were five SCC boys teams ranked in the inaugural Class L-LL Poll. Hand was the highest ranked appearing in the second spot. Other rankings were Xavier (12), Fairfield Prep (13), Guilford (18) and Shelton (20).

On the field, Foran's Christian Boutote had a key role in a pair of 1-0 wins for the Lions. In its win over cross-town rival Law on October 2, Boutote scored the game's lone goal, then he tallied an assist in their win over Amity on October 6.

TOP FIVE RANKING ALERT: Both the East Haven boys team and Amity's Arian Bobi are highlighted in the Top Five Performances section at the bottom.

Girls Soccer

Sacred Heart Academy had to wait to get its season underway, but it was worthwhile. Paige Johnson recorded a hat trick, while Anne Plunkett added a trio of assists as the Sharks turned back Lyman Hall 7-1 on October 8.

TOP FIVE RANKING ALERT: Shelton's Noelle Garretson is highlighted in the Top Five Performances section at the bottom.

Girls Swimming

Katie O'Connor from Amity has gotten off to a fast start for the Spartans swim squad. In leading Amity to two wins in their first three meets, O'Connor won two events in each of

those three meets. In fact, her versatility was on display as the wins came in six different events (100 butterfly, 200 freestyle relay, 200 medley relay, 200 IM, 100 backstroke and 400 freestyle relay). This was highlighted by swimming the first leg of the 200 freestyle relay, which was won in 1:45.55, the fastest time of any meets reported to GameTimeCT.com in this time frame.



TOP FIVE RANKING ALERT: Cheshire's Nora Bergstrom is highlighted in the Top Five Performances section at the bottom.

Volleyball



After the first week of the season, there are only four teams who have remained undefeated. The usual suspects have started strong as Amity, Cheshire, and Guilford have all started 4-0. Branford, which just received approval to play indoors, won their opener beating Hand 3-1 on Friday, October 9.

TOP FIVE RANKING ALERT: Guilford's Emma Appelman is highlighted in the Top Five Performances section at the bottom.

Top Five Performances from Week 1



Each week we will highlight five performances that stood out above the rest. We will count them down from five to one.

Number 5



Guilford's Emma Appelman has shown why she is one of the state's top players. In leading her team to a 4-0 start without losing a game, she has totaled 53 kills, 23 digs, and 12 aces in wins over Whitney Tech, Hand, Hamden, and West Haven.

Number 4



Shelton's Noelle Garretson has helped the Gaels to a 3-0 start with wins over Amity, Law, and Foran. She tallied the first three goals of the season in a 1-0 win over Amity on October 2 and 2-1 win over Law on October 6.

Number 3



Arian Bobi had himself quite the outing for the Amity boys soccer team in its 5-4 win over Notre Dame on October 8. Bobi had four goals, including the game-winner, as the Spartans evened their record at 2-2.

Number 2



Nora Bergstrom won five events for the Cheshire swim team in a pair of wins over North Haven (95.5-86.5) and Amity (93-88). The wins came in five different events, with three of them being the fastest time of any meets reported to GameTimeCT.com in this time frame. Against North Haven, she won the 200 IM, 100 backstroke and was part of the 200 medley relay win. In the win over Amity, she won both the 200 and 500 freestyle events.

Number 1



Congratulations to the East Haven boys soccer team, who recorded their first SCC win since 2015 when they defeated Career/Hillhouse 3-2 in their season opener on October 8. Luis Agudelo tallied two of the three goals. “The boys reacted with complete class on the field. The response was as if we had been there before,” East Haven coach Michael Papantonio said. “There was no massive on-field celebration or disrespectful display of emotions.”

-SCC Fall 2020 Notebook Fall 1, Edition 1-