

Official Newsletter of the Southern Connecticut Conference

From the Commissioner's Desk



Greetings everyone! It's hard to believe it is almost May. Nevertheless, the SCC has had an excellent 2011-12.

The league and its member schools have fared extremely well athletically, especially in the recently-completed winter season. We hosted a bunch of competitive league playoff events, and hearty congratulations to the 12 SCC teams who went on to win state titles and to the seven others who were state runners-up. The 12 state champions is a league record! I am especially looking forward to the spring

The SCC continues to offer some quality events and programs for our students. In late March, we recognized forty-four truly outstanding "scholar leaders" and we will host our annual Arts Exhibition in the first week of May. We are not able to do all of these great things without the support of our league's corporate

sponsors – **thank you!**

Congratulations to everyone and continue the success!

All the best!

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or on **Facebook** - SCC Commissioner.

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Thanks to Our League's Corporate Sponsors...



Recapping the 2011-12 Winter Sports Season

Listed below are the sport-by-sport divisional and playoff champions for the nine winter sports sponsored by the conference.

INDOOR TRACK

Special thanks to the Woodbridge Running Company for sponsoring the 2011 SCC Indoor Track championships!

Championship Meet – Feb. 3 – @Floyd Little Ath. Center BOYS

Final Team Results: 1. Amity, 100; 2. Fairfield Prep, 43; 3. Cheshire, 37; 4. Xavier, 32; 5. Sheehan 31; 5. Notre Dame, 31; 7. Branford, 27; 8. North Haven, 26; 9. Hillhouse, 24; 10. Daniel Hand, 23; 11. Hamden, 21; 12. Shelton, 18; 13. Wilbur Cross, 15; 14. West Haven, 11; 15. Jonathan Law, 6; 15. Foran, 6; 17. Lyman Hall, 5; 17. Guilford, 5; 19. Career, 4; 20. East Haven, 0

GIRLS

Final Team Results: 1. Hillhouse, 124; 2. Career, 55; 3. Amity, 47.5; 4. Cheshire, 44.5; 5. Wilbur Cross, 25; 6. Shelton, 24; 7. Mercy, 23.5; 8. Daniel Hand, 23; 9. Hamden, 18; 10. Sheehan, 16; 11. Lyman Hall, 14; 12. East Haven, 13.5; 13. Guilford, 10.5; 14. Branford, 10; 14. Sacred Heart Academy, 10; 16. North Haven, 6.

BOYS SWIMMING

Regular-season champions:

Division I: Fairfield Prep (6-0) **Division II:** Lyman Hall (7-0)

Championship Meet – March 1 @Cheshire Community Pool

Final Team Results: 1. Fairfield Prep, 1347; 2. Amity, 1131; 3. Notre Dame, 689; 4. Branford, 631; 5. Cheshire, 501.5; 6. Hamden, 469; 7. Sheehan, 435; 8. Xavier, 375; 9. Shelton, 367.5; 10. Lyman Hall, 335; 11. Hand, 330; 12. Foran, 235; 13. North Haven, 199; 14. Jonathan Law, 130; 15. West Haven, 113; 16. Guilford, 43

BOYS ICE HOCKEY

Regular-season champions:

Division I: Fairfield Prep (7-1) **Division II:** Daniel Hand (5-0)

Div. II Playoffs - Third-seeded Branford defeated #1 Daniel Hand, 5-4, in overtime in the championship game on March 3 at The Bennett Rink.

GIRLS ICE HOCKEY

Regular-season co-champions: Simsbury, West Hartford (8-1)

Playoffs – Top-seeded Simsbury defeated #2 West Hartford, 4-1, in the championship game on Feb. 22 at the High Point Solutions Arena at Quinnipiac University.

GYMNASTICS

Championship Meet– Feb. 10 – @Jonathan Law HS

Final Team Results: 1. Daniel Hand, 139.55; 2. Jonathan Law, 123.40; 3. Foran, 120.6; 4. North Haven, 115.35; 5. Hamden 103.4; 6. Branford, 97.75; 7. Shelton, 70.5

CHEERLEADING

Competition – Feb. 4 @East Haven HS

Coed Division: 1st Place: Shelton (79)

All-Girl Division: 1st Place: Cheshire (75); 1st Runner up: Daniel Hand (71); 2nd Runner up: Sacred Heart Academy (68), East Haven (67.5), Mercy (62.5), Branford (62), Foran (61.5), West



Branford captured the 2012 SCC Div. II ice hockey playoff title – its first league championship – with a 5-4 overtime victory over Daniel Hand on March 3 (photo by John Vanacore, Shore Publishing).

Haven (59), North Haven (58), Hamden (55.5), Hillhouse (55), Sheehan (46.5)

Special recognition to teams from Career Magnet, Wilbur Cross, Branford, Branford Unified, North Haven and West Haven who participated in the Exhibition Division.

Spirit Award: Branford Unified

GIRLS BASKETBALL

Division Champions:

Hammonasset: Hillhouse (8-0)

Oronoque: Career (8-0)

Housatonic: Cheshire, Sheehan (6-2)

Quinnipiac: Mercy (6-0)

Playoffs: Top-seeded Career defeated #2 seed Hillhouse, 63-61, in the championship game on Feb. 21 at Quinnipiac University's TD Bank Sports Center.

BOYS BASKETBALL

Division Champions:

Hammonasset: Hillhouse (8-0)

Oronoque: Career (8-0)

Housatonic: Cheshire (7-1)

Quinnipiac: Fairfield Prep (7-1)

Playoffs: Third-seeded Career defeated top-seeded Hillhouse, 60-55, in the championship game on Feb. 28 at Quinnipiac University's TD Bank Sports Center.

WRESTLING

Regular-season Champions:

Division A: Daniel Hand (5-0)

Division B: Foran (5-0)

SCC Championships – Feb. 12 – @Daniel Hand HS

Final Team Results: 1. Xavier, 203.5; 2. Daniel Hand, 192; 3. Shelton, 94.5; 4. Foran, 73; 5. Fairfield Prep, 63.5; 6. Guilford, 61; 7. Amity, 47; 8. Branford, 38; 9. Jonathan Law, 33.5; 10. Cheshire, 26; 11. Notre Dame, 16; 11. New Haven, 16; 13. East Haven, 15; 14. Career, 14; 15. Sheehan, 13

SCC Winter Teams Win a Record 12 State Titles

342

Since the league's inception in 1994, SCC schools have now won 342 state championships.

Once again, SCC member-schools fared extremely well on the playing fields. During the 2011-12 winter season, SCC teams won a league-record 12 state championships. Seven additional teams earned runner-up status in CIAC state competition. Sixty percent of SCC teams qualified for CIAC fall team sport playoff competition in boys ice hockey (14-of-15); boys basketball (13-of-20) and girls basketball (13-of-19).

STATE CHAMPIONS (18)

WINTER

Boys Ice Hockey – Division I – Notre Dame – *defeated Glastonbury, 5-0*
Boys Basketball – Class L – Career – *defeated Northwest Catholic, 51-49*
Girls Ice Hockey – West Hartford – *defeated New Canaan, 3-2, in OT*
Boys Indoor Track – Class M – Hillhouse
Girls Indoor Track – Class M – Hillhouse
Girls Indoor Track – State Open – Hillhouse
Wrestling – Class L – Daniel Hand
Wrestling – Class LL – Xavier
Wrestling – State Open – Xavier
Coed Cheerleading – Shelton
Boys Swimming – Class LL – Fairfield Prep
Boys Swimming – State Open – Fairfield Prep

FALL

Football – Class LL – Xavier *defeated Staples, 42-7*
Football – Class L – Hand *defeated New Canaan, 34-10*
Field Hockey – Class L – Cheshire *defeated Norwalk, 1-0*
Boys Cross Country – State Open – Fairfield Prep
Boys Cross Country – Class LL – Fairfield Prep
Girls Cross Country – Class MM – Guilford

RUNNER-UPS (13)

WINTER

Boys Basketball – Class LL – Hillhouse – *lost to St. Joseph, 62-54*
Girls Basketball – Class LL – Mercy – *lost to Newtown, 44-42*
Boys Ice Hockey – Division II – Branford – *lost to Trumbull, 5-3*
Boys indoor track – State Open – Hillhouse
Gymnastics – Class M – Daniel Hand
Girls indoor track – Class M – Career
Wrestling – State Open – Daniel Hand

FALL

Field Hockey – Class M – Branford *lost to Wilton, 2-1*
Boys Cross Country – State Open – Xavier
Girls Cross Country – State Open – Guilford
Girls Cross Country – Class M – Hillhouse
Girls Swimming – Class LL – Amity
Girls Swimming – Class M – Branford

Corporate Sponsor Feature: CONNECTICUT ORTHOPAEDIC SPECIALISTS

In an effort to help your athletes stay injury-free, Connecticut Orthopaedic Specialists will be writing a column on important health topics for you and your athletes to discuss/share with their team and parents. Our first column is submitted by Richard Diana, MD, one of our eight Sports Medicine Specialists.

We **encourage** you to “ask our experts” by emailing questions to: SCC@ct-ortho.com

We will respond directly to the person asking the question, as well as put it in the following newsletter so the rest of the SCC can benefit by the dialogue. *Please know the questions must be general in nature, and never specific to a particular athlete.*



DREAMING BIG

Richard Diana, MD

High schools are full of athletes dreaming of college scholarships and professional contracts.

These dreams have given birth to businesses, which promise “athletic performance maximization.” Parents with the best intentions and athletes with lofty dreams unknowingly enter the **twilight zone** of “performance maximization.”

There is no doubt that athletic performance can be enhanced through appropriate training and sports nutrition. The success of such programs, however, comes in the details. The long lines of young athletes in my orthopaedic sports medicine office are evidence of the high risk of some of these programs.

Overtraining young athletes is a real and far too prevalent occurrence. Furthermore, many programs lack the appropriate sports nutrition, including the use of reasonable supplements to support and facilitate training success.

There are many questions, which need to be addressed.

For athletes of different ages how much training is enough and how much is too much?

Are the same exercises appropriate for a 17 year old, 15 year old and 13 year old?

How much protein should an athlete consume if muscle growth is a priority and what are the ways to help ensure that the protein is getting to muscle at the appropriate time? Which types of protein should the young athlete take, for example casein, whey, concentrate, isolate, hydrolysate, soy or milk.

Are there supplements that will facilitate muscle growth and are they safe for a young athlete?

For the young athlete there are many ways to succeed and even more ways to fail. Trying to achieve potential is an

admirable and healthy goal, but the road to success may be full of hazards.

On my road to the NFL, I was given some good advice as well as far too much bad advice.

As we learn more about exercise physiology, we are getting away from brute strength exercises that damage joints and cause time on the DL (disabled list).

Still, many of these “old school” exercises are romanticized on TV commercials that I see on a daily basis and are a big part of programs based on “old” knowledge. There are smart ways to exercise, eat and supplement for the athlete who wants to succeed.

As an orthopedic sports specialist who has tasted the sweet success of collegiate and professional sports, I can fully support the lofty goals of young athletes. Moreover, it’s my goal to help them attain their dreams safely and efficiently.



Dr. Diana was a football and baseball standout at Hamden High School and Yale University and played in the NFL for the Miami Dolphins.

SCC Ice Hockey Update

Playoffs...

On April 5, the SCC Athletic Directors voted to change the league's postseason format for the sport of boys ice hockey. Next season, the league will host a Division I and II boys ice hockey championship game doubleheader for the top two teams in the respective regular-season standings.

The doubleheader will be held on Wednesday, February 27, 2013 at the High Point Solutions Arena on the campus of Quinnipiac University. High Point Solutions Arena was also the site of the inaugural SCC Girls Ice Hockey championship game in 2012.

The athletic directors, in consultation with the league's boy ice hockey coaches, agreed to review the status of the new postseason format following the conclusion of next season.

For the last six years, the league has hosted a four-team playoff for Division II. Branford captured the 2012 SCC Division II playoff title after defeating Daniel Hand, 5-4, in overtime. Postseason play in Division I returns after a 13-year hiatus. The last time the SCC held a Division I postseason contest was 1999 when Notre Dame won the title.

Did You Know?

SCC boys ice hockey teams have won 23 state championships since the league's inception in 1994-95, including a state-best 10 in the last five seasons.

League Adds North Branford...

Three weeks later on April 26, the SCC Board of Governors unanimously voted to accept North Branford High School as an associate member in the sport of boys ice hockey starting in the 2012-13 season.

The Thunderbirds will compete in SCC's Division II/III and be immediately eligible for the league playoffs.

In other news, Amity Regional was moved to Division II (from Division I) and Lyman Hall to Division III (from Division II) by the CIAC Ice Hockey Committee.

SCC Boys Ice Hockey 2012-13 Divisional Alignment

DIVISION I

Cheshire, East Haven, Fairfield Prep, Hamden, North Haven, Notre Dame, West Haven, Xavier

DIVISION II/III

Amity Regional, Branford, Daniel Hand, Guilford, Lyman Hall, Milford, North Branford, Sheehan

Spring Playoff Schedule

BOYS and GIRLS OUTDOOR TRACK & FIELD

May 14 – East Sectional (Hammonasset & Housatonic) @ Amity Reg HS – 2:30 p.m.

May 15 – West Section (Oronoque & Quinnipiac) @ Amity Reg HS – 2:30 p.m.

May 17 – Girls Novice Meet @ Hamden HS – 3:30 p.m.

May 17 – Boys Novice Meet @ Jonathan Law HS – 3:30 p.m.

May 21 – SCC Championships @ Sheehan HS – 1 p.m. – *All-Conference Photos post-event*

BOYS and GIRLS TENNIS

Monday, May 21 – Quarterfinals @ Higher Seeds

Tuesday, May 22 – Semifinals @ Yale Tennis Courts – 3:30 p.m. – *All-Conference photos 2:45 p.m.*

Wednesday, May 23 – Championship – 3 p.m.

BOYS VOLLEYBALL

Tuesday, May 22 – Semifinals @ Higher Seeds

Thursday, May 24 – Championship Game @ Higher Seed – 6 p.m. – *All-Conference photos 5 p.m.*

SOFTBALL

Tuesday, May 22 – Quarterfinals @ Higher Seeds

Wednesday, May 23 – Semifinals @ West Haven HS – 5 and 7 p.m.

Thursday, May 24 – Championship Game @ West Haven HS – 7 p.m. *All-Division photos 6 p.m.*

BASEBALL

Tuesday, May 22 – Quarterfinals @ Quigley Stadium and West Haven HS – 4 and 7 p.m.

Thursday, May 24 – Semifinals @ Yale Field – 4 and 7 p.m.

Saturday, May 26 – Championship Game @ Yale Field – 12 p.m. – *All-Division photos 11 a.m.*

GIRLS LACROSSE

Monday, May 21 – Quarterfinals @ Higher Seeds

Wednesday, May 23 – Semifinals @ Hamden HS – 4 and 6 p.m. – *All-Conference photos between games*

Friday, May 25 – Championship Game @ Branford HS – 4 p.m.

BOYS LACROSSE

Monday, May 21 – Quarterfinals @ Higher Seeds

Wednesday, May 23 – Semifinals @ Branford HS – 4 and 6 p.m.

Friday, May 25 – Championship Game @ Branford HS – 6 p.m. *All-Conference photos at half*

GOLF

Tuesday, May 29 – Racebrook Country Club – 8 a.m.

SportsCenter of CT/SCC Scholar Athlete of the Month Program

For the sixth year, the SCC is partnering with the The SportsCenter of Connecticut (www.sportscenterct.com) on a Scholar Athlete of the Month program.

DECEMBER 2011 recipients

Kori Wilkerson (West Haven, volleyball), Michael Last (West Haven, football), Matthew Brophy (Fairfield Prep, ice hockey), Thomas Voreyer (Fairfield Prep, wrestling), Danielle Novak (Jonathan Law, gymnastics), Ryan Clark (Jonathan Law, basketball), Daniel Ives (Daniel Hand, football), Kara McHugh (Daniel Hand, soccer), Paris Taft (Career Magnet, indoor track), Gregory Johnson (Career Magnet, basketball)



JANUARY 2012 recipients

Cassandra Santoro (Mercy, basketball), Taylor Teulings (Hamden, ice hockey), Abraham Schwimmer (Hamden, swimming & diving), Michael Wenke (Amity Regional, indoor track), Yawei Bi (Amity Regional, indoor track), Peter Bassine (Foran, wrestling), Maggie Folsom (Foran, basketball), Melissa Guillemette (Branford, basketball), Sam Poryanda (Branford, basketball)

FEBRUARY 2012 recipients

Matt Winfield (East Haven, basketball), Crystal Mansi (East Haven, indoor track), Matt Doyle (Guilford, ice hockey), Courtney Miller (Guilford, basketball), Joshua Bjornberg (Sheehan, swimming & diving), Jennifer Lange (Sheehan, basketball), Esteban Torres (Shelton, basketball), Kathleen O'Brien (Shelton, indoor track), Quanisha Solomon (Hillhouse, basketball), Darryn Horner (Hillhouse, indoor track), Lauren DeBisschop (Cheshire, basketball), Kevin Adams (Cheshire, basketball), Colby Cretella (Notre Dame, ice hockey), Anthony DeFilippo (Notre Dame, swimming & diving), Gregory Brown (Xavier)

The SportsCenter of Connecticut offers an exciting and unique venue of family fun, team building events, and professional lessons for golf and ice skating/hockey! Located at 784 River Road (Route 110) in Shelton, the Sports Center of Connecticut offers a premier weather-protected golf practice facility, 18-hole miniature golf course, baseball & softball batting stadium, lazer tag arena, game zone, fun bowl and the world's only double-decker ice arena. For more information, visit www.sportscenterct.com.

Scholar Leader Banquet Held on March 26 *44 students recognized*

The annual **SCC Scholar Leader Banquet** was held on March 26 at Anthony's Ocean View in New Haven. Forty-four students were recognized for their outstanding scholarship and leadership in their respective school and external communities. Recipients were given a commemorative SCC medal and certificate.

Special congratulations to Yuning Zhang (Guilford) and Jacob Thomas (Daniel Hand) who were selected as the recipients of the Bill O'Brien Community Service Scholarship – each receiving a \$500 scholarship award.

Amity Regional – Anupriya Nagarathnam, Joe Stein
Branford – Kelly Laske, Robert Teulings
Hill Regional Career – William Ayala, Shaheda Clark
Cheshire – Riley Hasson, Michael Carbone
Daniel Hand – Jennifer Yao, Jacob Thomas
East Haven – George Naclerio, Katherine DiVasto
Fairfield Prep – Nicolas F. Girard, Matthew F. Connelly
Joseph A. Foran – Erin O'Shea, Matthew Miller
Guilford – Corinne Sejourne, Yuning Zhang
Hamden – Yiyuan Hu, Joan Rhee
Hillhouse – Aloysia Jean, Dewey Broder
Jonathan Law – Colleen Mair, Nicole Mair
Lyman Hall – Alexandra Papale, Jacob Harrington
Mercy – Kathleen Darling, Sara Rosborough
North Haven – Haya Awwad, Victor Wang
Notre Dame – Michael Cronin, Patrick Hayes
Sacred Heart Academy – Nicole Sroka, Nicole Casasanta
Mark T. Sheehan – Isabelle Jacobson, Turner Stowik
Shelton – Esteban Torres, Shannon Sizensky
West Haven – Gabriel Borelli, Alyssa Perez
Wilbur Cross – Amber Cross, Michael Jefferson II
Xavier – Mason Passavant, Jean-Pierre Zreik



Jacob Thomas (Daniel Hand) and Yuning Zhang (Guilford) were selected as the recipients of the Bill O'Brien Community Service Scholarship – each receiving a \$500 scholarship award. Both are pictured with Bill O'Brien (center).

COS Comeback Player of the Year Scholarship

Lily Laster (Hamden) and Nick Pisanelli (Sheehan) receive \$1,000 scholarship awards

Lily Laster (Hamden HS) and **Nick Pisanelli (Mark T. Sheehan HS)** are the recipients of the 2012 “Comeback Player of the Year” scholarship award.

SCC corporate sponsor, Connecticut Orthopaedic Specialists offered a Comeback Player of the Year Scholarship for one male and one female athlete who participated in an interscholastic sport during the 2011-12 season, and showed great leadership both on and off the field after their severe injury.

Coaches and school’s athletic directors nominated these student-athletes after they each suffered an unfortunate injury that prohibited them from play during their high school careers. Lily and Nick each received a \$1,000 scholarship.

“This is our second year in awarding student-athletes from the SCC with scholarships,” explained Glenn Elia, Chief Executive Officer of COS.

“Our goal has been to acknowledge two athletes that have overcome the challenges of an injury and, through hard work and determination, have become positive role models for their fellow teammates. We know there are scholarships for gifted athletes. This one is for their impeccable character displayed both on and off the field.”



Left to right: Dr. John M. Aversa (Connecticut Orthopaedic Specialists), Nick Pisanelli, Lily Laster, Dr. Richard Diana (Connecticut Orthopaedic Specialists) and Al Carbone (SCC Commissioner) Photo by Bill O'Brien

Lily Laster, Hamden – soccer

A midfielder, Lily Laster suffered a devastating knee injury in the fall of 2010, tearing her ACL, MCL and PCL. After successful surgery, she remained active with the team offering support and advice to her teammates.

Her perseverance and enthusiasm during her nine months of intense rehabilitation allowed her to return to the squad and she was named a captain for the 2011 season. She played in all 16 games to lead the team to a winning season (8-7-1).

Hamden head girls soccer coach Gary Collins said, “*Lily is a true testament of what it takes to overcome adversity by having courage, motivation and determination. She is clearly a role model and that was evidenced by her teammates naming her a captain for her senior season.*”

Lily will attend Eastern Connecticut State University in the fall.

Nick Pisanelli, Sheehan – golf

In the middle of his sophomore year, Nick was diagnosed with Burkitt’s Lymphoma, which is a rare aggressive cancer that was attacking his abdominal area. Nick was unable to play competitive golf for two years and spend that time in recovery, including studying at home. He has since recovered, returned to school, and was elected golf captain for the 2012 season. In addition, Nick is a member of the Italian Club and has served as a student athletic trainer during the football season.

Sheehan golf coach Kevin Ainsworth said, “*Nick deserves this scholarship not only because of what he had to endure and go through just to survive, but also due to the fact that he never lost sight of the team and wanting to make an eventual return. That passion may have actually been part of the healing and recovery process. It may have kept him focused on his ultimate goal.*”

Nick will attend Central Connecticut State University this fall.

Winter Standings and All-Conference Teams on SCC Website

The 2011-12 Winter Sports Final Standings and All-Conference and All-Division selections are available on each sports’ respective page on the SCC website - www.southernconnecticutconference.org

Two SCC Students Named as Governor’s Scholars

Two juniors - **Mario Chris (Xavier)** and **Ashley Hine (Career Magnet)** - from SCC member schools are among 30 finalists for the Governor’s Scholars program.

Now in its sixteenth year, the purpose of the program is to recognize academically talented high school students in schools throughout the state.