

SOUTHERN CONNECTICUT CONFERENCE 2008-09 WINTER SPORTS ALL-CONFERENCE

BOYS BASKETBALL

All-Housatonic

Zach Russo (Lyman Hall), David Dempsey (Lyman Hall), Jefferson Lora (Lyman Hall), Phil Gaetano (Sheehan), Matt Pascuzzo (Sheehan), Billy Ragone (Cheshire)

All-Oronoque

Brandyn Benson (Career), Kevin Hoff (Career), James Goglia (Branford), Edward Murray (Wilbur Cross), Elvin Rodriguez (North Haven), Mauricio Rodriguez (East Haven)

All-Hammonasset

Mike Callaghan (Hand), Dennis McGinley (Guilford), Jeremy Moore (Hillhouse), Terrance McKiver (Hillhouse), Hassan Toler (Hillhouse), Kyle Wiggins (Jonathan Law)

All-Quinnipiac

Mark Palmieri (West Haven), Will Tye (Xavier), Malik Bonner (Xavier), Tobin Carberry (Hamden), Sean Dempsey (Notre Dame), Steve Galgano (Notre Dame)

GIRLS BASKETBALL

All-Housatonic

Shae Harding (Derby), Nkenge Blue (Amity), Lindsay Karle (Lyman Hall), Jen Ruys (Lyman Hall), Bre Butler (Sheehan), Maggie Riddle (Cheshire), Nora Bahgat (Cheshire)

All-Oronoque

Anisha Wilson (Career), Courtney Schissler (Branford), Chantell Alford (Wilbur Cross), Shaniqua Fuller (Wilbur Cross), Bria Moore (Career), J'Voni Hilton (Career)

All-Hammonasset

Annie Goodrich (Guilford), Kerry Wallack (Hand), Casey Dulin (Jonathan Law), Bria Holmes (Hillhouse), Danniesha Pierce (Hillhouse), Andreana Thomas (Hillhouse)

All-Quinnipiac

Bianca Zisek (West Haven), Molly Deroy (Hamden), Cara Deroy (Hamden), Rachel Roberts (Mercy), Bianca Simmons (Mercy), Amber Bepko (Mercy)

GYMNASTICS*

Kimmy Megargee (Hand), Jasmine Walwer (Guilford), Mia Helfrich (Hand), Leanne Petrillo (Branford), Alex White (Jonathan Law), Maria Hacker (Branford), Corinne Miller (Jonathan Law), Julia Rubano (Hand), Andrea Figuly (Foran), Danielle Novak (Jonathan Law), Grace Glennon (Jonathan Law), Lauran Harriman (Foran), Dana Colonese (Guilford), Ashley Baillargeon (Foran)

ICE HOCKEY

DIVISION I – First Team

Zack Back (North Haven), Anthony Avitable (Hamden), Alex Stevens (Notre Dame), Colin Sullivan (Fairfield Prep), Darric White (Fairfield Prep), Michael Pierne (Hamden), Anthony Verderame (East Haven)

DIVISION I – Second Team

Bob Bayliss (West Haven), Jackson Bargiello (Fairfield Prep), Ben Borelli (West Haven), Jon Teulings (Hamden), Alex Zeiss (Fairfield Prep), Joe Barnes (West Haven), Jon Knobloch (Notre Dame)

DIVISION II – First Team

Mike Devine (Cheshire), Chris Messina (Lyman Hall), Andrew Luzzi (Branford), Dan Sylvestre (Lyman Hall), Alan Dagesse (Cheshire), Andrew Furbush (Branford), Marcus Demchak (Milford)

DIVISION II – Second Team

Jesse Hine (Amity), Zach Gilhuly (Guilford), Lloyd Jacques (Lyman Hall), Joe Ciancola (Amity), Ryan Rainville (Lyman Hall), Justin Gilloran (Guilford), Seth Wells (Guilford)

Dick Gagliardi Team Sportsmanship Award – Fairfield Prep

Ray Crew Team Sportsmanship Award – Cheshire

GIRLS INDOOR TRACK

Ada Udaya (West Haven), 55 meters

Marlesha McClendeon (Hillhouse), 300 meters

Annelies Gamble (Amity), 600 meters

Frankie Brillante (Sacred Heart Academy), 1000 meters

Irene Kalbian (Cheshire), 1600 and 3200 meters

Brianna Sims (Hillhouse), 55 meter hurdles

Samantha Tiscia, Alex Casparino, Meghan Derken, Emilee Graminski (Hand), 4 x 200 meter relay

Marlesha McClendon, Brianna Sims, Dannieka Wiggions, Lyasia Loyd (Hillhouse), 4 x 400 meter relay
Allie Kowolenko, Ali Gallipoli, Lauren Andres, Maggie Fitter (Branford), 4 x 800 meter relay
Krista Astarita, Kate Trofatter, Ali Gallipoli, Maggie Fitter (Branford), 1600 meter sprint medley
Allison Barwise (Amity), High Jump, Long Jump
Valerie Milici (Branford), Pole Vault
Rachel Aliotta (Cheshire), Shot Put

BOYS INDOOR TRACK

Marcus Wright (Cheshire), 55 meters
Tevin Moye (Hamden), 300 meters
Chris Fitzsimons (Hamden), 600 meters
Cas Loxsom (Wilbur Cross), 1000 meters
Michael Bhatt (Amity), 1600 meters
Adam Trofa (Amity), 3200 meters
Geoff Brown (North Haven), 55 meter hurdles
Yitao Zhang, Jay Binkowski, Brian Kernan, Cole Crotta (Amity), 4 x 200 meter relay
Chris Fitzsimons, Isiah Whiting, Brent Hoyt, Tevin Moye (Hamden), 4 x 400 meter relay
Nick Saba, Isiah Whiting, Matt Dinnan, Chris Fitzsimons (Hamden), 4 x 800 meter relay
Yitao Zhang, Jay Binkowski, Doron Schwartz, John Cocco (Amity), 1600 sprint medley
Bradley Roth (Xavier), High Jump
Cole Crotta (Amity), Pole Vault
Anthony Suggs (Career), Long Jump
Brad Kontra (Fairfield Prep), Shot Put

BOYS SWIMMING

200 yard Medley Relay

Fairfield Prep (Andrew Golankiewicz, Brian Power, Eric Trotta, Andrew Grinalds)
Xavier (Michael Wilson, Dylan Heer, Kevin Kosciuk, James Remigino)

200 yard freestyle: Andrew Grinalds (Fairfield Prep), Tyler Naumann (Xavier), Eric Trotta (Fairfield Prep)

200 yard IM: James Remigino (Xavier), Bart Platow (Fairfield Prep), Dylan Heer (Xavier)

50 yard freestyle: Alex Lombardi (Branford), Edward Becker (Fairfield Prep), Tyler Dietter (Notre Dame)

Diving: Tyler Pramer (Fairfield Prep), Peter Cyr (Hamden), William Conte (Branford)

100 yard butterfly: Edward Becker (Fairfield Prep), Tyler Naumann (Xavier), Nicholas Celestin (Notre Dame)

100 yard freestyle: Andrew Golankiewicz (Fairfield Prep), Alex Lombardi (Branford), Kristof Toth (Fairfield Prep)

500 yard freestyle: Bart Platow (Fairfield Prep), Eric Trotta (Fairfield Prep), Trevor Madore (Notre Dame)

200 yard freestyle relay:

Fairfield Prep (Edward Becker, Bart Platow, Kristof Toth, Eric Trotta)
Xavier (Tyler Naumann, Kyle Newton, Austin Kelly, Michael Wilson)

100 yard backstroke: Andrew Grinalds (Fairfield Prep), Andrew Golankiewicz (Fairfield Prep), Justin Alexandre (Sheehan)

100 yard breaststroke: James Remigino (Xavier), Christopher Yacobacci (Notre Dame), Dylan Heer (Xavier)

400 yard freestyle relay:

Fairfield Prep (Andrew Grinalds, Andrew Golankiewicz, Bart Platow, Edward Becker)
Xavier (Tyler Naumann, Austin Kelly, Dylan Heer, James Remigino)

WRESTLING

First Team

103 – Rob Lonergan (Jonathan Law); 112 – Tony Delprete (Derby); 119 – Eddie Carroll (Hand); 125 – Rob Ferrante (Shelton); 130 – Tom Ayala (East Haven); 135 – John Jongbloed (Hand); 140 – Mike Vernik (Amity); 145 – Ryan Scott (Xavier); 152 – Brian Onofrio (Hand); 160 – Kyle Lundberg (Guilford); 171 – Dan Thompson (Xavier); 189 – Cody Bias (East Haven); 215 – Pat Gillen (Shelton); 285 – Ricky Rozier (Jonathan Law)

Second Team

103 – Steve Matson (Amity); 112 – Max Flanagan (Hand); 119 – Vinny Delprete (Derby); 125 – Vinny DiNicola (East Haven); 130 – Patrick Michael (Branford); 135 – Joe Castaneda (Jonathan Law); 140 – Tom Abbate (Xavier); 145 – Mike DiNicola (East Haven); 152 – Chris Emmanuelson (Xavier); 160 – Kyle Copes (Cheshire); 171 – Bill Verab (Amity); 189 – Tito Slaughter (New Haven); 215 – Andrew Teofilo (Guilford); 285 – Mohammed Chater (Xavier)