



Recapping the Decade: 2010-2019

The Southern Connecticut Conference will embark on its third decade of existence in 2020.

There have been many significant milestones for the league, as well as a multitude of tremendous performances by SCC teams and student-athletes over the last decade. For even more impressive feats, please visit the SCC's Year-in-Review section or read the SCC's Historical Timeline on the SCC's website

Here's a brief recap of the last decade in the SCC.

State Titles: Starting with the winter season of 2010 and concluding with the fall 2019 campaign, SCC teams won 187 state titles (50 fall, 72 winter, 65 spring). Twenty-one of the SCC's 23 teams won at least one state title during the decade.

Schools With the Most State Titles in the 2010-2019 Decade

1. Hillhouse, 33
2. Daniel Hand, 32
3. Guilford, 15
4. Amity Regional, Xavier, 13
6. Cheshire, Fairfield Prep, 12

It's All Academic: Hillhouse has won a league-best 33 state titles in the last decade. The Academics' boys indoor track team has won a league-best eight state titles, including a current streak of five straight (2015, 2016, 2017, 2018 and 2019). The girls indoor track team has also won six state titles, while the girls outdoor track team has also won six, while the boys team has won four. The Hillhouse football and girls and boys basketball teams have each won three state titles.

Tigers Roar: Daniel Hand has the second-most state titles (32) in the last 10 years. The Tigers have won state titles in 12 different sports from 2010-19 --- gymnastics (5), boys soccer (4), football (4), girls tennis (4), boys tennis (3), boys golf (3), field hockey (2), boys outdoor track (2), girls basketball (1), girls swimming (1), boys ice hockey (1), wrestling (1) and girls outdoor track (1).

SCC vs. SCC: During the 2010-2019 decade, SCC teams met in state championship contests 25 times, including five times in the 2019 calendar year.

Field Hockey Playoffs – The SCC instituted a field hockey playoff in the 2010 season. Every sport in the SCC – except football – now has a league postseason tournament. Three different teams - Cheshire (2012), Daniel Hand (2014 and 2017) and Guilford (2018 and 2019) - have won a total of five state titles during the last decade.

Welcome Luralton Hall – Luralton Hall became the league’s 23rd full member school on July 1, 2014.

Girls Ice Hockey and Golf Added – The SCC added the sport of girls ice hockey, starting with the 2011-12 season, and girls golf in 2016-17. The SCC now sponsors 28 sports.

Mission Accomplished: Football – In 2012, three SCC teams -- Xavier (Class LL), Daniel Hand (Class L) and Hillhouse (Class M) – all won state titles. It remains the most state titles by any league in one year in state history.

Brother-Sister Win State Titles the Same Day: The brother-sister combo of Gary Flowers (Notre Dame baseball, Class L) and Molly Flowers (Sacred Heart Academy softball, Class M) both pitched their teams to state titles on June 10, 2011.

Three is a Sweep: Twice during the decade (2010 and 2019), the SCC won all three state ice hockey titles. In 2010, Hamden (1), Amity Regional (2) and Guilford (3) won titles, while Fairfield Prep (1), Branford (2) and Lyman Hall (3) won in 2019. No other league has achieved that feat.

National Recognition: Two SCC basketball players – Bria Holmes (Hillhouse, 2012) and Tremont Waters (Notre Dame, 2017) earned spot in prestigious post-season games. Holmes played in the McDonald’s All-American game, while Waters participated in the Jordan Brand All-Star Classic.

A Basketball Score in Football Game: On Nov. 5, 2011, Jonathan Law defeated Guilford, 67-53, in the highest scoring football game in league history.

Buzzer Beaters at the Sun: SCC girls basketball teams have enjoyed some memorable moments in state title games at Mohegan Sun Arena. On March 16, 2013, Maria Weslyj hit a buzzer-beating three pointer to lift Mercy to the Class LL girls basketball state title over Luralton Hall, 54-53. It was Mercy’s first state title after falling in the finals the previous three years. On March 17, 2018, East Haven’s Bella Ragaini had a last-second put-back to lift East Haven to a 49-47 win over SCC-rival Career in the Class M final.

More Brotherly Love: Sheehan football star Zach Davis appeared in Sports Illustrated’s Faces in the Crowd after rushing for 3,588 yards and 52 touchdowns in 2016. Three years later, Zach’s brother Jordan led the Titans to the Class S state title – the school’s first state championship since 1985.

Filling up the Bank: Before a sell-out crowd of Quinnipiac’s TD Bank Sports Center on March 1, 2017, Hillhouse defeats previously-undefeated Notre Dame, 70-62, in the SCC boys basketball championship game – easily the most anticipated match-up in league history.

X-Men: The Xavier boys cross country team won the SCC, State Open and New England titles, and become the first team from Connecticut (and New England) to win the Nike/Northeast Regional Championship on Nov. 24, 2017.

Decade of Excellence: Just one team - Fairfield Prep boys swimming – has swept a SCC postseason titles during the entire decade. Two other teams, Daniel Hand gymnastic and Cheshire girls swimming – each won nine titles in 10 years.

Five Titles: Guilford High School had a successful 2019 fall season. The Indians won five SCC postseason titles (girls cross country, field hockey, girls soccer, boys soccer and girls volleyball) and had one runner-up (boys cross country). Guilford then won state titles in girls soccer and field hockey and were state runner-ups in girls volleyball.

Four-Peat – The Daniel Hand soccer team has won four consecutive Class L state titles. The 2019 title came in double overtime, a wild 4-3 victory over Wilton.

Perfect.... Twice - The Cheshire boys volleyball won the SCC and Class L state titles in both 2011 and 2012. The Rams extended their winning streak to 47 until losing to Oxford on April 10, 2013.

More Perfect: On June 11, 2016, Cheshire softball finished a perfect 27-0 season with a 5-0 win over SCC-rival Amity Regional in the Class LL championship game. The Rams did not allow any runs in their four state tournament games.

National Record Ends: On Oct. 6, 2011, the Cheshire girls swimming & diving team's national record for consecutive dual-meet victories ended at 281 – the Rams fell to Glastonbury, 100-86. Cheshire had not lost a dual meet since 1986 under legendary head coach Ed Aston. The following month on Nov. 3, Amity Regional captures the SCC girls swimming & diving title with 882.5 points, 47 points ahead of second-place Cheshire. The Amity title snaps Cheshire's 17-year title run –the longest skein of any sport in league history. However, the Rams have won every SCC title since 2011.

1-2: On Feb. 25, 2012, Xavier and Daniel Hand finish 1-2 at the State Open wrestling championship meet, just 13 days after finishing the same at the SCC meet. Both teams also won their respective state titles (Xavier – LL; Daniel Hand – L). Later that year, the two teams would also finish 1-2 in the final state football polls (Daniel Hand #1, Xavier #2).

Gridiron Paydirt: A lot of touchdowns were scored by these four football players who starred for their teams during this last decade. Hillhouse's Harold Cooper (2010-2013, 99 touchdowns); Sheehan's Zach Davis (95 touchdowns, 2013-16), West Haven's Ervin Philips (88 touchdowns, 2010-13) and Sheehan's Terrence Bogan (77 touchdowns, 2016-19) rank as the best touchdown-makers in SCC history.

Meow! - Kitty Palmer coached two state champions during the 2018-19 academic year; an impressive feat given it was for two different schools. During the fall, Palmer led the Guilford field hockey team to the SCC and Class M titles. In the spring, she led the Daniel Hand girls tennis team to the SCC and Class M titles.

Three Times a Charm:

- Amity Regional's David Karabinos was a three-time winner of the state decathlon (2011-12-13).
- Fairfield Prep's Christian Alvarado was the SCC's Most Outstanding Athlete in three running sports championship events (cross country, indoor track and outdoor track) in 2013-14.
- Drew Thompson (Fairfield Prep) won the SCC boys cross country title three times, and earned two berths to the Foot Locker National Championship race. In 2018, he placed eighth at the championship – the highest finish by a Connecticut runner.
- Three SCC baseball teams (Amity Regional-LL, North Haven-L, and Sheehan-M) all won state titles on June 13-14, 2015.
- June 12, 2010 – In their third meeting in a 26-day span, Cheshire holds off Fairfield Prep, 9-8, in an All-SCC boys lacrosse Class L championship game. It was the Rams' first state title since 2002. Fairfield Prep had won the previous four Class L state titles.

Puck Success: Seven different SCC boys ice hockey teams won 14 state titles from 2010-2019. Fairfield Prep won five Division I state titles (2011, 2013, 2014, 2018 and 2019).

Gridiron Facts: Xavier football had an impressive run of four state titles in a five-year span from 2010 to 2014. The Falcons were the state's number-one ranked team in 2010 and 2011. Daniel Hand had four state titles in the decade (2011, 2012, 2017 and 2018). The Tigers were the state's top-ranked team in 2012; just ahead of Xavier.

On the Mat: Shelton Patrick Gillen reached the 215-pound national high school wrestling title match before losing. It was Gillen's first loss of the season in 54 bouts. A four-time All-SCC honoree, Gillen finished his high school career with 204 wins, making him the state's all-time winningest wrestler. A few years later, two wrestlers from Foran made their national impact Michael Ross, who won the SCC, Class M, State Open and New England wrestling titles at 152 pounds, finished third at the NHSCHA National Meet in 2017. A year later, Ryan Luth (152 lbs.) concluded his record-setting high school career with a state record 220 victories, and a fifth-place finish at the National meet. Luth was a four-time SCC champion, a three-time All-American and a two-time New England champion.

Indoor Track Tidbits: Five SCC teams – three boys and two girls – won state indoor track titles in 2010. Amity Regional (Class LL), Daniel Hand (L) and Notre Dame (Open) won boys titles, while Daniel Hand (MM) and Career (M) won girls titles. Four times during the decade did one school win state titles in both genders – Daniel Hand (2010), Hillhouse (2011, 2018 and 2019).

Harriers: Guilford has won six SCC girls cross country titles during the last decade, and two Class MM titles (2011 and 2012).

Streaks - On Jan. 24, 2018, Daniel Hand defeats Hillhouse, 46-45, in a Housatonic Division boys basketball. It was the Academics' first loss to a SCC divisional opponent since February 14, 2005 (a span of 96 games), when Daniel Hand also defeated Hillhouse, 68-65, in a Hammonasset Division contest.

National Champions: On March 10, 2018, Career's Dyshon Vaughn captured the long jump national championship with a jump of 24.5.5 at the New Balance National Indoor Track Championships at The Armory in New York City. Exactly, five years earlier, Hillhouse's Precious Holmes won the 400 meters (53.43 seconds) at the same event.

Tennis Title: On June 6, 2013, Foran junior Brad Orban won his second straight State Open boys tennis title in straight sets (7-5, 6-2) over Ferdinand Gelbrich (Housatonic Regional). It was Orban's 76th win in 77 scholastic matches. Orban also won three Class M singles titles.

Teddy Dives: On March 18, 2017, Daniel Hand diver Teddy Zeng breaks the state record with a 619.25 score. Zeng was a four-time SCC and State Open champion.

Dig, Set, Spike: Cheshire won five SCC girls volleyball titles during the decade, appearing in the league final seven times. The Rams captured the 2014 Class LL state title, finishing a perfect 27-0. Cheshire lost just eight games the entire season.

Run Fast: Danae Rivers (Wilbur Cross) was a two-time Gatorade Connecticut Athlete of the Year indoor track. In addition, Rivers was an All-SCC honoree in three sports (cross country, indoor and outdoor track) and SCC Athlete of the Year in both indoor and outdoor track).

Dread the Red: Branford girls lacrosse defeated Pomperaug, 15-8, to win the Class M state titles on June 10, 2017. It was the first time a SCC girls lacrosse team won a state championship. The Hornets then repeated as state champions in 2018 – defeating league-rival Daniel Hand.

Going Low: Xavier's Chris Fosdick shot a four-under 67 at the inaugural CIAC Boys State Open golf event. Fosdick was a four-time All-SCC honoree and two-time SCC Golfer of the Year.

Cheer for the Gaels: Shelton has won five cheerleading state titles during the last decade.

Diamond Facts: Seven different SCC baseball teams won 14 state titles from 2010-2019. Amity Regional baseball won four straight Class LL state titles from 2013 to 2016. The Spartans reached a fifth straight final in 2017, but fell to Staples, 5-1.

Rock, Paper, Scissors - After their SCC quarterfinal game on May 22, 2018 was postponed due to the rain, players from North Haven and Amity Regional engage in a fun game of “rock, paper, scissors” which garners substantial local, national and international media attention.