



2024
WINTER
SPORTS
RECAP

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2024 Winter Sports Recap - 2



2024 ECC WINTER PLAYOFF CHAMPIONS (Runner-ups)

Cheerleading – Div. I: East Lyme, 167.8 (Fitch, 149.4)
Cheerleading – Div. II: Waterford, 155.4 (Bacon Academy, 128.3)
Cheerleading – Div. III: Plainfield, 137.3 (Wheeler, 133.9)
Gymnastics: East Lyme co-op, 140.25 (Killingly, 139.1)
Boys Indoor Track – Div. I: East Lyme, 154 (Fitch, 113)
Boys Indoor Track – Div. II: Ledyard, 143 (Bacon Academy, 64)
Girls indoor Track – Div. I: NFA, 147 (East Lyme, 101)
Girls Indoor Track – Div. II: Montville, 99 (Ledyard, 97.5)
Boys Basketball – Div. I: St. Bernard (Fitch), 72-39
Boys Basketball – Div. II: Wheeler (Stonington), 65-51
Girls Basketball – Div. I: New London (Ledyard), 56-47
Girls Basketball – Div. II: Windham (Stonington), 52-38
Wrestling: Killingly, 223 (NFA, 197.5)
Fencing – Men's Epee: Waterford
Fencing – Women's Epee: Waterford
Fencing – Men's Foil: NFA
Fencing – Women's Foil: Waterford



WINTER STATE CHAMPIONS (3)

- * Killingly, Class S wrestling
- * Fitch, Co-ed cheerleading
- * East Lyme, Class L cheerleading

WINTER STATE RUNNER-UPS (6)

St. Bernard, Division I boys basketball – *lost to Notre Dame-WH, 52-46*
Windham, Class M girls basketball – *lost to St. Paul, 49-42*
Lyman Memorial/Windham Tech, Class S wrestling
Killingly, Class S gymnastics
East Lyme/Waterford/St. Bernard, Class M gymnastics
East Lyme, Class M boys indoor track

2023-24 TOTALS: **State Champions (7)** **State Runner-ups (8)**

FALL STATE CHAMPIONS (4)

- * **East Lyme, Class L boys soccer** – defeated Notre Dame-WH, 3-2
- * **Bacon Academy, Class M girls soccer** – defeated Suffield, 2-1 – via penalty kicks, 11-10).
- * **East Lyme, Class MM boys cross country**
- * **Ledyard, Class M boys cross country**

FALL STATE RUNNER-UPS (2)

Lyman Memorial, Class S girls cross country
Stonington, Class M boys soccer – *lost to Lewis Mills, 5-2*



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BOYS SWIMMING

Player of Year, presented by Domino's: Alexander Startz, Waterford

Coach of Year, presented by Domino's: Amy Poulton, Waterford co-op

Scholar-Athlete: Mingwen Duan (East Lyme), John Chirico (Fitch), Alistair Haglund (Waterford)

Sportsmanship: Caleb Blanchard (East Lyme), Robert Vegara (Fitch), Andrew Bertrand (Waterford)

ECC Invitational @East Lyme HS

200-yard medley relay - Fitch (Evan Hespeler, Gabriel Pacheco, Joel Hespeler, Valentino Tippets), 1:50.22

200 freestyle - William O'Donnell (Fitch), 1:55.33

200 individual medley - Gabriel Pacheco (Fitch), 2:08.70

50 freestyle - Sterling Welsh (Fitch), 23.19

Diving - Ethan Jones (Waterford), 129.50

100 butterfly - Evan Hespeler (Fitch), 55.63

100 freestyle - Eduardo Morcos (East Lyme), 51.84

500 freestyle - Connor Foerster (East Lyme), 5:18.23

200 freestyle relay - Fitch (Gabriel Pacheco, William O'Donnell, Valentino Tippets, Sterling Welsh), 1:38.52

100 backstroke - Evan Hespeler (Fitch), 56.55

100 breaststroke - Gabriel Pacheco (Fitch)

400 freestyle relay - Fitch (Sterling Welsh, John Chirico, William O'Donnell, Evan Hespeler), 3:35.68.

Swimmer of the Meet - Evan Hespeler, Fitch Co-op

GYMNASTICS

State Runner-ups:

Killingly, Class S

East Lyme/Waterford/St. Bernard co-op, Class M

Player of Year, presented by Domino's: Brenna Johnson, Plainfield

Coach of Year, presented by Domino's: Kasey Tocchio, Woodstock Academy/Killingly

All-Stars: Brenna Johnson (Plainfield), Capri Sferrazza (East Lyme co-op), Ella Pereira (Killingly), Trinity Ambruso (NFA), Kiely Volland (Fitch), Jessie Williams (Killingly), Natalie Guzman (Killingly).

Scholar-Athletes: Harley Pendleton (East Lyme co-op), Presley Waterman (Killingly), Trinity Ambruso (NFA), Mary

2023-24 WINTER PLAYER and COACHES of YEAR, presented by Domino's

Player of Year

Boys Swimming: Alexander Startz, Waterford

Gymnastics: Brenna Johnson, Plainfield

Cheerleading: Rose Tardiff, Wheeler

Boys Basketball: Amyre Grey, St. Bernard

Girls Basketball: Serenity Lancaster, New London

Wrestling: Lincoln Carlson, East Lyme/Norwich Tech

Boys Indoor Track: Thomas Matlock, East Lyme

Girls Indoor Track: Kate Littler, Ledyard

Boys Fencing: Andrew Mendez, New London

Girls Fencing: Zhuning Gao, St. Bernard

Coach of Year

Boys Swimming: Amy Poulton, Waterford co-op

Gymnastics: Kasey Tocchio, Woodstock Academy/Killingly co-op

Cheerleading: Hannah Taylor, East Lyme

Boys Basketball: Stephen Bailey, Wheeler

Girls Basketball: Will Fleeton, Woodstock Academy

Wrestling: Rich Bowen, Killingly

Boys Indoor Track: David Tetlow, Ledyard

Girls Indoor Track: Kiah Strickland, Montville

Fencing: Hugh Teel, Waterford



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Lord (Stonington), Emma Long (Woodstock).

Sportsmanship: Sylvi Otter (East Lyme), Morgan Deojay (Killingly), Gracyn Goodale (NFA), Cameron Getchis (Stonington), Livia Gerum (Woodstock).

Championship Meet – Feb. 8 @Thames River Gymnastics

Final Team Results: 1. East Lyme co-op, 140.25; 2. Killingly, 139.1; 3. NFA, 131.15; 4. Woodstock Academy, 130.95; 5. Stonington, 130.6; 5. Fitch, 126.25

All-Around: 1. Brenna Johnson (Plainfield), 37.55; 2. Capri Sferrazza (East Lyme co-op), 36.85; 2. Ella Pereira (Killingly), 36.85; 4. Trinity Ambruso (NFA), 36.1; 5. Kiley Voland (Fitch), 34.9; 6. Jessie Williams (Killingly), 34.8; 7. Natalie Guzman (Killingly), 34.6; 8. Sylvi Otter (East Lyme co-op), 34.45; 9. Taylor Filosi (East Lyme co-op), 34.4; 10. Olivia Gionet (East Lyme co-op), 33.95

Beam: Brenna Johnson (Plainfield), 9.55

Bars: Capri Sferrazza (East Lyme co-op), 9.35

Floor: Brenna Johnson (Plainfield), 9.6

Vault: Trinity Ambruso (NFA), 9.45

CHEERLEADING

State Champions:

Fitch, co-ed

East Lyme, Class L

Player of Year, presented by Domino's: Rose Tardiff, Wheeler

Coach of Year, presented by Domino's: Hannah Taylor, East Lyme

Division I All-Stars: Savana Feuti (Killingly), Tahjanae Knight (Fitch), Sage Bukowski (Killingly), Linnaya Rheaume (East Lyme), Lily Daley (East Lyme), Alani Farris (Fitch), Lilah Moran (Killingly).

Honorable mention: Annabelle Duecker (East Lyme), Kathrin Fischer (Killingly), Hila Ferriera (East Lyme).

Division II All-Stars: Natalia Vernali (Bacon Academy), Aiyanna Mitchell (New London), Jessica Fielder (Waterford), Jamarys Olivero (Waterford), Madison Peck

(Bacon), Adrianna Caba (Waterford).

Honorable mention: Baileigh Johnson (Ledyard), Taylor Griswold (Waterford).

Division III All-Stars: Jaylie Gray (Griswold), Jasmine Cephas (Griswold), Savanna Dubenetsky (Plainfield), Kyla Vezina (Plainfield), Aerienna Punzalan (Montville), Rose Tardiff (Wheeler).

Honorable mention: Keeley Brown (Montville), Alanah Chappell (Plainfield), Isabella Ponce (Plainfield).

Winter Scholar-Athletes: Kathrin Fischer (Killingly), Gianna DiLoreto (East Lyme), Isabella Braucci (Fitch), Rebekah Jacobs (NFA), Savanna Dubenetsky (Plainfield), Sabria Wynn (Montville), Payton Lee (Griswold), Draven Levesque (Putnam), Ellen Anderson (Wheeler), Aiyanna Mitchell (New London), Emily Stamm (Stonington), Bianca Spera (Waterford), Ava Oliver (Ledyard), Fiona Lin (Bacon).

Fall Scholar-Athletes: Lilah Moran (Killingly), Annabelle Dueker (East Lyme), Destinee Pena (Fitch), Grace Tisoskey (NFA), Savanna Dubenetsky (Plainfield), Ava Gero (Montville), Olivia Freyer (Griswold), Tatiana Pemberton (New London), Iyaisha Robinson (Stonington), Rebecca Roarke (Waterford), Reygina Pierre (Ledyard), Fiona Lin (Bacon).

Winter Sportsmanship: Sage Bukowski (Killingly), Allison Baker (East Lyme), Kaylonna General (Fitch), Maya Vera Cruz (NFA), Tatiana Pemberton (New London), Brooke Morin (Stonington), Jessica Fielder (Waterford), Baileigh Johnson (Ledyard), Eve Svata (Bacon), Kyla Vezina (Plainfield), Jezelle Crisman (Montville), Payton Lee (Griswold), Kai Rose Raymond (Putnam), Adele Cherenzia (Wheeler).

Fall Sportsmanship: Hadassah Chiwaya (Killingly), Anna Prevost (East Lyme), Morgan Schuyler (Fitch), Rebekah Jacobs (NFA), Lizmarie Kooyip (New London), Abigail Newman (Stonington), Isabella Baskett (Waterford), Jaelyn Warner (Ledyard), Taylor Georgens (Bacon), Aryana Avery (Plainfield), Ava Gero (Montville), Aaliyah Dosithe-Lassiter (Griswold).

ECC Championship – Feb. 17 @Waterford HS

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Final Team Results:

Division I: 1. East Lyme, 167.8; 2. Fitch, 149.4; 3. Killingly, 136.4

Division II: 1. Waterford, 155.4; 2. Bacon Academy, 128.3; 3. Montville, 124.2

Division III: 1. Plainfield, 137.3; 2. Wheeler, 133.9; 3. Montville, 122.0

BOYS BASKETBALL

State Runner-up: St. Bernard, Division I - *lost to Notre Dame, 52-46.*

Player of Year, presented by Domino's: Amyre Gray (St. Bernard)

Coach of Year, presented by Domino's: Stephen Bailey (Wheeler)

Regular-season Champions

Division I: St. Bernard (8-0)

Division II: Waterford

Division III: Stonington

Division IV: Wheeler

ECC Playoffs

Play-in Round – Feb. 21

Division II

#9 Montville 69, #8 Lyman Memorial 66

#7 Plainfield 56, #10 Putnam 53

Division I

#8 Woodstock Academy 47, #9 Ledyard 38

Quarterfinals – Feb. 22

Division II

#1 Stonington 85, #9 Montville 46

#2 Wheeler 43, #7 Plainfield 33

#3 Griswold 69, #6 Bacon Academy 53

#4 Tourtellotte 59, #5 Killingly 55

Division I

#1 St. Bernard 74, #8 Woodstock Academy 39

#2 New London 64, #7 Windham 51

#3 Fitch 55, #6 East Lyme 48

#4 Waterford 71, #5 NFA 68

Semifinals @Waterford HS - Feb. 24

Division II

#2 Wheeler 58, #3 Griswold 53

#1 Stonington 76, #4 Tourtellotte 64

Division I

#3 Fitch 57, #2 New London 55

#1 St. Bernard 80, #4 Waterford 47

Championship Game – Feb. 27 @Mohegan Sun Arena

Division II: #2 Wheeler 65, #1 Stonington 51

Division I: #1 St. Bernard 72, #3 Fitch 39

All-Tournament Teams

Division I: Jacob Francis (Fitch), Xavier Goode (Fitch), Amyre Gray (St. Bernard), Tyler Mangual (St. Bernard), Curtis Marshall (St. Bernard), *Most Outstanding Player*

Division II: Kyle Kessler (Wheeler), Deondre Bransford (Wheeler), Aaron LoPresto (Stonington), Robert Scavello (Stonington), Zane Brewer (Wheeler), *Most Outstanding Player*

Division I All-Stars: Amyre Gray (St. Bernard), JJ Robinson (Fitch), Devan Williams (New London), Da'Shaun Phillips (New London), Curtis Marshall (St. Bernard)

Honorable mention: Xavier Goode (Fitch), Troy McKelvin Jr. (St. Bernard), Savahn Warren (New London), Mike Timpano (East Lyme), Jacob Francis (Fitch)

Scholar-Athletes: Nathan Virtue (Fitch), Gage Hinkley (NFA), Sid Bulusu (East Lyme), Jonah Eddy (St. Bernard), Devan Williams (New London)

Sportsmanship: Zander Timmermann (Fitch), Malachy Murray (NFA), Brendan Osso (East Lyme), Colin O'Leary (St. Bernard), Jamir Hall (New London)

Division II All-Stars: Brady Ericson (Woodstock), Juan Morel Jr. (Waterford), Jordi Cassar (Waterford), Malcolm Hunter (Windham), Tahj Jones (Windham)

Honorable mention: Parker Spencer (Waterford), Hunter Larson (Woodstock), Peyton Luther (Ledyard), Anthony Green (Windham), Quinn Speller (Waterford)

Scholar-Athletes: Sean Kramer (Waterford), Ben Rusczyk (Ledyard), Hunter Larson (Woodstock), Darien Jenkins (Windham)

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Sportsmanship: Porter Swenson-Cardwell (Waterford), Jo-Seth Gilbert (Ledyard), Eric Mathewson (Woodstock), Justus Black (Windham)

Division III All-Stars: Johnny Kazantzis (Killingly), Kaiden Kazlauskas (Griswold), Robbie Scavello (Stonington), Alex DePerry (Stonington), Troy Johnson (Bacon Academy)

Honorable mention: Kolby Mills (Griswold), Jace Kobyluck (Montville), Jace King (Bacon Academy), Quin Crowley (Killingly), Aaron LoPresto (Stonington)

Scholar-Athletes: Sean Garvin (Griswold), Kevin Claffey (Bacon Academy), Lincoln Waterman (Killingly), Logan Lemay (Montville), Dylan Cimini (Stonington)

Sportsmanship: Aiden Plante (Griswold), Grant Johnson (Bacon Academy), Demetrious Thornton (Killingly), Ben Godburn (Montville), Patrick McGugan (Stonington)

Division IV All-Stars: Deondre Bransford (Wheeler), Josh Carlson (Tourtellotte), Noah Rudman (Putnam), Jake Patterson (Tourtellotte), Kyle Kessler (Wheeler)
Honorable mention: Zane Brewer (Wheeler), Kevin Botticello (Lyman Memorial), Brayden Marquis (Plainfield), Keith Zardies (Wheeler), Brayden Rizer (Plainfield)

Scholar-Athletes: Josh Carlson (Tourtellotte), Brady Devlin (Putnam), Brayden Staskivitch (Plainfield), Jordan Chandler (Lyman Memorial), Jon Anderson (Wheeler)

Sportsmanship: Nick Kostacopoulos (Tourtellotte), Aysaiah Chavez (Putnam), William Kotcher (Plainfield), Jared Russo (Lyman Memorial), Jason Krysiwicz (Wheeler)

GIRLS BASKETBALL

State Runner-up: Windham, Class M - *lost to St. Paul, 49-42.*

Player of Year, presented by Domino's: Serenity Lancaster, New London

Coach of Year, presented by Domino's: Will Fleeton,

Woodstock Academy

Regular-season Champions

Division I: New London (7-1)

Division II: Bacon Academy (6-0)

Division III: Stonington/Windham (7-1)

Division IV: Lyman Memorial/Saint Bernard (7-1)

ECC Playoffs

Quarterfinals – Feb. 15

Division I

#1 New London 64, #8 Waterford 39

#2 Bacon Academy 53, #7 Killingly 37

#6 Ledyard 69, #3 NFA 56

#4 Fitch 46, #5 Woodstock Academy 36

Division II

#1 Stonington 50, #8 Griswold 28

#2 Windham 59, #7 Tourtellotte 9

#3 Lyman Memorial 59, #6 Montville 25

#4 St. Bernard 52, #5 Plainfield 43

Semifinals - Feb. 17 @Fitch HS

Division II

#1 Stonington 47, #4 St. Bernard 26

#2 Windham 68, #3 Lyman Memorial 35

Division I

#6 Ledyard 69, #2 Bacon Academy 58

#1 New London 50, #4 Fitch 41

Championship Games – Feb. 20 @Mohegan Sun Arena

Division II: #2 Windham 52, #1 Stonington 38

Division I: #1 New London 56, #6 Ledyard 47

All-Tournament Team

Division II: Zoe Robins (Windham), *Most Outstanding Player*, Hailey Flores (Windham), Aniya Jenkins (Windham), Katelyn Cadmus (Stonington), Presley Smith (Stonington)

Division I: Serenity Lancaster (New London), *Most Outstanding Player*, Jaidelis Rivera (New London), Ky-Ani Allgood (New London), Adrianna Hardison (Ledyard), Maggie Dykes (Ledyard)

Division I All-Stars: Serenity Lancaster (New London), Gabby Dimock (Fitch), Emily Orcutt (NFA), Isabel D'Alleva-Bochain (Woodstock Academy), Ky-Ani Allgood (New London).

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Honorable mention: Nyarah Dudley (New London), Eva Monahan (Woodstock), Dre'Ana Singleton (Fitch), Nevaeh Yorke (NFA), Meleeya Robbins (Fitch).

Scholar-Athletes: Neva Flickinger (East Lyme), Gabby Dimock (Fitch), Italia Salls (New London), Petra Berry (NFA), Isabel D'Alleva-Bochain (Woodstock).

Sportsmanship: Lindsay Todd (East Lyme), Ella Ballou (Fitch), Ky-Ani Allgood (New London), Willow Ludlow (NFA), Reegan Reynolds (Woodstock).

Division II All-Stars: Katelyn Novak (Bacon), Maggie Dykes (Ledyard), Skyelyn Schoen-Rene (Bacon), Laura Farquhar (Killingly), Lucy Walker (Waterford).

Honorable mention: Adrianna Hardison (Ledyard), Molly Crabtree (Killingly), Helena Robinson (Ledyard), Lily Davis (Waterford), Cara Shea (Bacon).

Scholar-Athletes: Emily Ferrigno (Bacon), Grace Sumner (Killingly), Cassie Rice (Ledyard), Emma Smathers (Waterford).

Sportsmanship: Cara Shea (Bacon), Sydney Crabtree (Killingly), Cierra Bravar (Ledyard), Cate Smathers (Waterford).

Division III All-Stars: Aniya Jenkins (Windham), Rory Risley (Stonington), Jada Cheung (Montville), Morgan Yonush (Plainfield), Jaelize Rivera (Windham).

Honorable mention: Hailey Flores (Windham), Katelyn Cadmus (Stonington), Abby Matheson (Griswold), Natalie Becotte (Griswold), Maddie Nordstrom (Plainfield).

Scholar-athlete: Breanne Harraka (Griswold), Anna Bucic (Montville), Morgan Yonush (Plainfield), Katelyn Cadmus (Stonington), Alyssa Lebiszczak (Windham).

Sportsmanship: Natalie Becotte (Griswold), Nicole Hudson (Montville), Ashley Conger (Plainfield), Bethany Shoenecker (Stonington), Alanna Robins (Windham).

Division IV All-Stars: Angelica Tompkins (St. Bernard), Jenny Lopez (Lyman), Lilly Goyette (Putnam), Phoebe Carpenter (Lyman Memorial), Audrey DeFillippo (Tour-

tellotte).

Honorable mention: Hayden Bresnan (Wheeler), Morghan Kuhn (St. Bernard), Kelsey Dunnack (Lyman), Mady Koziak (Tourtellotte), Abby Butremovic (Wheeler).

Scholar-athlete: Kelsey Dunnack (Lyman), Lily Goyette (Putnam), Abigail McCarron (St. Bernard), Avery Butler (Tourtellotte), Hayden Bresnan (Wheeler).

Sportsmanship: Makayla Piaseczny (Lyman), Melodie Anderson (Putnam), Kaitlyn Scribner (St. Bernard), Jordyn Butler (Tourtellotte), Lauren Glaza (Wheeler).

WRESTLING

State Champions: Killingly, Class S

State Runner-ups: Lyman Memorial/Windham Tech, Class S

Player of Year, presented by Domino's: Lincoln Carlson (East Lyme/Norwich Tech)

Coach of Year, presented by Domino's: Rich Bowen (Killingly)

Division I All-Stars: Jackson Sorel (NFA), Dugan Marsh (NFA), Dylan Vanegas (NFA), Lincoln Carlson (East Lyme/Norwich Tech), Brayden Soleau (East Lyme/Norwich Tech), Lance Stewart (Fitch), Landon Herdic (NFA), Edward Lavoie (NFA), Zaire Wallace (NFA), Naim Wallace (NFA), Logan Jenkins (NFA), Angel Stimson (East Lyme/Norwich Tech), Shad Stewart (Fitch), Anthony Caisse (East Lyme/Norwich Tech).

Honorable mention: Lucas Theriaque (Woodstock), Reuben Minter (East Lyme/Norwich Tech), Gianni Pearson (East Lyme/Norwich Tech), Brock Nowakowski (NFA), Jesse Tingley (NFA), Dylan Beebe (Fitch), Jonathan Harms (East Lyme/Norwich Tech).

Scholar-Athletes: Edward Lavoie (NFA), Jonathan Harms (East Lyme/Norwich Tech), Marco Ursini (Fitch), Owen Hamilton (Woodstock).

Sportsmanship: Jesse Tingley (NFA), Reuben Minter

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(East Lyme/Norwich Tech), Dylan Beebe (Fitch), Lucas Theriaque (Woodstock).

Division II All-Stars

Bradey Jonasch (Killingly), Brady Zadora (Killingly), Malachi Fowler (Windham), Anthony Oates (Killingly), Tatianna Irizarry (Ledyard), Lucas Gannotti (Waterford), Devon Powers (Waterford), Jaycee Diaz (Windham), Soren Rief (Killingly), Aiden Schlimgen (Ledyard), Christian Ortiz (New London), Gabriel Garcia (Windham), Giovanni Sanchez-Ruelas (Killingly), Ian Cathell (Killingly).

Honorable mention: Zachary Ruest (Waterford), Jose Negron-Ortiz (New London), Henry Santana-Liriano (New London), Aiden Mantia (Killingly), Braeden Solli-ma (Waterford), Delmazio Despard (Windham), Kaiden Smith (New London).

Scholar-Athletes: Trevin Robledo-Thompson (New London), Nicholas Blanco (Windham), Jessica Dudley (Ledyard), Devin Exarhoulias (Killingly), Lucas Gannotti (Waterford).

Sportsmanship: Treyvon Lewellen (New London), Louis Paulino (Windham), Talon Vanese (Ledyard), Darin Exarhoulias (Killingly), Zachary Ruest (Waterford).

Division III All-Stars

Seth Christie (Griswold/Wheeler), Hunter Sanchez (Lyman/Windham Tech), James Linder Jr. (Montville), Luke Chapman (Montville), Carson Brown (Bacon), Lucas Judd (Lyman/Windham Tech), Cooper Light (Stonington), Timothy Breault (Lyman/Windham Tech), Calvin Sammarco (Lyman/Windham Tech), Rylee Kenny (Griswold/Wheeler), Jordan DelMonico (Montville), Dante Colella (Bacon), Cameron Sammarco (Lyman/Windham Tech), James Hiltz (Lyman/Windham Tech).

Honorable mention: Vincent Andreozi (Griswold/Wheeler), Adrian Adames (Montville), Michael Capalbo (Griswold/Wheeler), Jacob Olson (Putnam), David Bean (Lyman/Windham Tech), Jonathan MacFeat (Griswold/Wheeler), Devon Lamothe (Putnam).

Scholar-Athletes: Xavier Gudelski (Bacon), Russell Stewart (Griswold/Wheeler), James Linder Jr. (Mont-

ville), James Hiltz (Lyman/Windham Tech), Anthony Consentino (Putnam).

Sportsmanship: Gabriel Mahon (Bacon), Rylee Kenny (Griswold/Wheeler), Chloe Leonardi (Montville), David Beam (Lyman/Windham Tech), Edy Morente Mendez (Putnam).

ECC Championship - Feb. 10 @Killingly HS

Final Team Results: 1. Killingly, 223; 2. NFA, 197.5; 3. Windham, 161.5; 4. Lyman Memorial/Windham Tech, 155; 5. East Lyme/St. Bernard, 138; 6. Griswold/Wheeler, 125.5; 7. Ledyard, 121; 8. Waterford 118; 9. New London 112.5; 10. Montville, 97; 11. Fitch, 59; 12. Bacon Academy, 46; 13. Stonington, 20; 14. Putnam, 16; 15. Woodstock Academy, 15

106 pounds:

Championship: Bradey Jonasch (Killingly) dec. Tatianna Irizarry (Ledyard), 7-0

Third-place, Landon Herdic (NFA) pinned Jose Negron-Ortiz (New London), 3:13

113 pounds:

Championship: Seth Christie (Griswold) dec. Max Richardson (Killingly), 10-8

Third-place: Calvin Sammarco (Lyman/Windham Tech) dec. Adrian Adames (Montville), 9-6

120 pounds:

Championship: Hunter Sanchez (Lyman/Windham Tech) pinned Ian Cathell (Killingly), 1:24

Third-place: Masyn Smith (New London) dec. Gianni Pearson (East Lyme/Norwich Tech), 11-6

126 pounds:

Championship: Jackson Sorel (NFA) dec. Mason Connetti (Killingly), 8-2

Third-place: Joseph Crader (Ledyard) won by forfeit

132 pounds:

Championship: Brady Zadora (Killingly) dec. Lucas Judd (Lyman/Windham Tech), 8-2

Third-place: Edward Lavoie (NFA) dec. Delmazio Despard (Windham)

138 pounds:

Championship: Dugan Marsh (NFA) technical fall over

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Oscar Mendoza-Soto (Windham), 15-0 (2:57)

Third-place: Reuben Minter (East Lyme/Norwich Tech) pinned Shea Quashie (New London), 2:21

144 pounds:

Championship: James Linder (Montville) pinned Lance Stewart (Fitch), 1:20

Third-place: Rylee Kenny (Griswold/Wheeler) dec. Aiden Mantia (Killingly), 13-8

150 pounds:

Championship: Dylan Vanegas (NFA) dec. Lucas Ganotti (Waterford), 4-3

Third-place: Anthony Caisse (East Lyme/Norwich Tech) dec. Ryan Taggart (Ledyard), 5-0

157 pounds

Championship: Luke Chapman (Montville) pinned Christian Ortiz (New London), 0:32

Third-place: Giovanni Sanchez-Ruelas (Killingly) pinned Naim Wallace (NFA), 1:55

165 pounds

Championship: Carson Brown (Bacon) pinned Devon Powers (Waterford), 0:15

Third-place: Exael Padilla (Killingly) dec. Michael Capalbo (Griswold/Wheeler), 7-4

175 pounds

Championship: Lincoln Carlson (East Lyme/Norwich Tech) major dec. Cooper Light (Stonington), 12-3

Third-place: Jordan Delmonico (Montville) pinned Logan Jenkins (NFA), 3:53

190 pounds:

Championship: Brayden Soleau (East Lyme/Norwich Tech) pinned Jaycee Diaz (Windham), 3:46

Third-place: Zaire Wallace (NFA) dec. Zachary Ruest (Waterford), 3-0

215 pounds

Championship: Malachi Fowler (Windham) dec. Soren Rief (Killingly), 3-1

Third-place: Jonathon Macfeat (Griswold/Wheeler) dec. Braeden Sollima (Waterford), 5-4

285 pounds

Championship: Anthony Oates (Killingly) pinned Timothy Breault (Lyman/Windham Tech), 1:57

Third-place: Henry Santana-Liriano (New London) pinned Aidan Schlimgen (Ledyard), :54

Championship Meet Most Outstanding Wrestler:

James Linder (Montville), 144 pounds

GIRLS INDOOR TRACK

Athlete of Year, presented by Domino's: Kate Littler, Ledyard

Coach of Year, presented by Domino's: Kiah Strickland, Montville

ECC Championship Results – Feb. 3 @US Coast Guard Academy

Division I: 1. NFA, 147; 2. East Lymem 101; 3. Woodstock Academy, 85; 4. Waterford, 60; 5. Fitch, 41; 6. New London, 21

Division I All-Stars

55 meters: Darielys Arnold, New London, 7.44

300 meters: Juliet Allard, Woodstock Academy, 41.94

600 meters: Elle Dibugno, Waterford, 1:41.73

1000 meters: Avery Maiese, Waterford, 3:07.42

1600 meters: Avery Maiese, Waterford, 5:36.19

3200 meters: Aranza Torres, East Lyme, 12:28.69

55 meter Hurdles: Hannah Thomas, Fitch, 9.04

4 x 180 meter Relay: Fitch (Alaina Campbell, Hannah Thomas, Grace Cosmopoulos, Hannah Warner), 1:39.37

4 x 400 meter Relay: Woodstock Academy (Julia Coyle, Emma Weiknecht, Talia Tremblay, Juliet Allard), 4:16.43

4 x 720 meter Relay: NFA (Sofia Ayer, Paige Breyman, Keegan Levine, Daisy Jeffs), 9:21.91

1440 Sprint Medley Relay: NFA (Carolina Holmberg, Naema Charles, Hayleigh Young, Leah Burchman), 4:14.92

High Jump: Jillian Edwards, Woodstock Academy, 4-10

Pole Vault: Lily Gilbert, NFA, 10-06

Long Jump: Jayla Washington, East Lyme, 16-09

Shot Put: Hannah Graham, NFA, 34-10

Honorable Mention

55 meters: Hayleigh Young (NFA)

2024 Winter Sports Recap - 10



300 meters: Riley Davis (NFA)
600 meters: Karina Chan (NFA)
1000 meters: Emma Forde (Fitch)
1600 meters: Julia Coyle (Woodstock Academy)
3200 meters: Maya D'Aquila (East Lyme)
55 meter Hurdles: Juliet Allard (Woodstock Academy)
4 x 180 meter Relay: Waterford (Ava Tucker, Chloe Landry, Chloe Butler, Alexa Collins)
4 x 400 meter Relay: NFA (Karina Chan, Sofia Ayer, Lily Gilbert, Riley Davis)
4 x 720 meter Relay: Woodstock Academy (Olivia Tracy, Avery Schaefer, Kira Greene, Julia Coyle)
1440 Sprint Medley Relay: East Lyme (Kaylee Knapp, Kate Hausner, Emily Salek, Rachel Quadrato)
Pole Vault: Lacey-Lee Keramidas (East Lyme)
High Jump: Fabiola Nelson (NFA), Lacey-Lee Keramidas (East Lyme)
Long Jump: Darielys Arnold (New London)
Shot Put: Avery Plouffe (Woodstock Academy)

Division II: 1. Montville, 99; 2. Ledyard, 97.5; 3. Bacon Academy, 68.5; 4. St. Bernard, 43; 5. Windham, 42; 6. Lyman Memorial, 40; 7. Wheeler, 28; 8. Stonington, 23; 9. Griswold, 11; 10. Plainfield, 8; 11. Killingly, 4

Division II All-Stars

55 meters: Angelea Christie, Windham, 7.68
300 meters: Reina Hill, Bacon Academy, 44.71
600 meters: Kyleigh Miller, Windham, 1:43.25
1000 meters: Kate Littler, Ledyard, 3:19.48
1600 meters: Kate Littler, Ledyard, 5:46.76
3200 meters: Peyton Vanderstreet, Stonington, 12:35.98
55 meter Hurdles: Isabel Northrop, Montville, 9.31
4 x 180 meter Relay: St. Bernard (Uliana Pokutnia, Abbey Egan, Maeve Surprenant, Sienna Sferrazza), 1:41.87
4 x 400 meter Relay: Ledyard (Samantha Doran, Avery Widlicka, Ella Stephenson, Kate Littler), 4:27.58
4 x 720 meter Relay: Ledyard (Samantha Doran, Fionna Woody, Avery Widlicka, Josephine Withbroe), 9:32.67
1440 Sprint Medley Relay: Windham (Angelea Christie, Cassidy O'Conner, Brooklyn Morales, Kyleigh Miller), 4:11.21
High Jump: Isabel Northrop, Montville, 5-0
Pole Vault: Kamryn Plikus, Montville, 11-0

Long Jump: Alyssa Blanchette, Bacon Academy, 15-06.5
Shot Put: Alyssa Blanchette, Bacon Academy, 34-10

Honorable Mention

55 meters: Ella Caplet (Lyman Memorial)
300 meters: Uliana Pokutnia (St. Bernard)
600 meters: Katelyn Pierce (Wheeler)
1000 meters: Sylvie Hiltz (Lyman Memorial)
1600 meters: Carissa Browne (Wheeler)
3200 meters: Sylvie Hiltz (Lyman Memorial)
55 meter Hurdles: Katherin Myjak (Montville)
4 x 180 meter Relay: Ledyard (Trinity Cason, Kaitlyn Sweeney, Nicole Opalenik, Savannah King)
4 x 400 meter Relay: Windham (Angelea Christie, Darelys Garcia, Cassidy O'Connor, Kyleigh Miller)
4 x 720 meter Relay: Bacon Academy (Lorelei Romasanta, Madison Levasseur, Emma Cote, Avery Anderson)
1440 Sprint Medley Relay: Lyman Memorial (Addison Cone, Marissa Litwin, Ella Caplet, Sylvie Hiltz)
Pole Vault: Brenna LaBranche (Montville)
High Jump: Keara Opalenik (Ledyard)
Long Jump: Emily McDonough (Griswold)
Shot Put: Ashlynn Audoin (Montville)

Sportsmanship: Jessica Willow-Harris (Bacon Academy), Lacy Lee Keramidas (East Lyme), Hannah Warner (Fitch), Olivia Riley (Griswold), Rebecca Garner (Killingly), Emily Peckham (Ledyard), Taylor Lawrence (Lyman Memorial), Katie Myjak (Montville), Kai Dee (New London), Elya Anor (NFA), McCayla McCoil (Plainfield), Sienna Sferrazza (St. Bernard), Brianna Plew (Stonington), Grace Akana (Tourtelotte), Leah Sanders (Waterford), Carissa Brown (Wheeler), Kyleigh Miller (Windham), Kira Green (Woodstock Academy)

Scholar-Athletes: Avery Anderson (Bacon Academy), Aranza Torres (East Lyme), Hannah Thomas (Fitch), Emily McDonough (Griswold), Melody Hutchinson (Killingly), Madisen McLeod (Ledyard), Laurelin Boyer (Lyman Memorial), Sage Gressly (Montville), Alina Skrabacz (New London), Hannah Graham (NFA), Aaliyah Thayer (Plainfield), Olivia Mayorga (St. Bernard), Courtney Labbe (Stonington), Melanie Noonan (Tourtelotte), Alexa

2024 Winter Sports Recap - 11



Collins (Waterford), Katelyn Pierce (Wheeler), Darelys Garcia (Windham), Olivia Tracy (Woodstock Academy)

BOYS INDOOR TRACK

State Runner-up: East Lyme, Class M

Athlete of Year, presented by Domino's: Thomas Matlock, East Lyme

Coach of Year, presented by Domino's: David Tetlow, Ledyard

ECC Championship Meet - Feb. 3 @US Coast Guard Academy

Division I: 1. East Lyme, 154; 2. Fitch, 113; 3. NFA, 95; 4. Waterford, 65; 5. Woodstock Academy, 23; 6. New London, 9

Division I All-Stars

55 meters: Aidan Patterson, East Lyme, 6.76
300 meters: Raheem Porter Carter, Fitch, 37.56
600 meters: Kyle Kornacki, NFA, 1:25.81
1000 meters: Ryan Dunning, Fitch, 2:38.57
1600 meters: Sean McCauley, East Lyme, 4:25.68
3200 meters: Sean McCauley, East Lyme, 9:38.89
55 meter Hurdles: Elliot Childs, Waterford, 7.94
4 x 180 meter Relay: Fitch (Raheem Porter Carter, Felipe Dantas, Bernard Drayton, Calvin McCoy), 1:24.13
4 x 400 meter Relay: East Lyme (Beck Schultz, Maddox Grillo-Smity, Finian Gates, Kai Ritz), 3:37.68
4 x 720 meter Relay: East Lyme (Finian Gates, Maddox Grillo-Smity, Jack Jensen, Mason Hintze), 7:31.38
1440 Sprint Medley Relay: East Lyme (Aidan Patterson, Jacob Scott, Finian Gates, Kai Ritz), 3:20.67
High Jump: Gianni Colebut, Fitch, 6-02
Pole Vault: Justin Blezard, East Lyme, 12-00
Long Jump: Zayshaen Griffin, Fitch, 21-02
Shot Put: Thomas Matlock, East Lyme, 60-09.75

Honorable Mention

55 meters: Calvin McCoy (Fitch)
300 meters: Kyle Kornacki (NFA)
600 meters: Evan Vitagliano (Fitch)
1000 meters: Sam Leone (East Lyme)
1600 meters: Patrick Croughwell (NFA)
3200 meters: Julien Silva (Fitch)

55 meter Hurdles: Moshea Gittens Brown (NFA)
4 x 180 meter Relay: East Lyme (Aidan Patterson, Hayden Torrisi, William Grant, Jacob Scott)
4 x 400 meter Relay: Fitch (Evan Vitagliano, Amill Houston, Ryan Dunning, Porter Carter)
4 x 720 meter Relay: NFA (Sawyer Barile, Joshua Wucik, Robinson Meuse, Nicholas DeBartolo)
1440 Sprint Medley Relay: Fitch (Calvin McCoy, Bernard Drayton, Amill Houston, Evan Vitagliano)
Pole Vault: Jacky Lin (East Lyme)
High Jump: Brodie Scott (Waterford)
Long Jump: Elliot Childs (Waterford)
Shot Put: Chris Amy (NFA)

Division II: 1. Ledyard, 143; 2. Bacon Academy, 64; 3. St. Bernard, 53; 4. Stonington, 45; 4. Lyman Memorial, 45; 6. Killingly, 30; 7. Montville, 22; 8. Windham, 20; 9. Plainfield, 15; 10. Wheeler, 14; 11. Griswold, 13

Division II All Stars

55 meters: Everton Brown, Killingly, 6.69
300 meters: Kenyon Morrisette, Lyman Memorial, 36.92
600 meters: Landon Pelletier, Stonington, 1:27.55
1000 meters: Colin Britner, St. Bernard, 2:45.29
1600 meters: Tycen LaBelle, Griswold, 4:40.08
3200 meters: Colin Britner, St. Bernard, 10:30.23
55 Meter Hurdles: Jeremiah Smith, Killingly, 8.42
4 x 180 Meter Relay: Ledyard (Jamel Kearse, Jr., Roan Fothergill, Luca Viviano, Mateo Viviano), 1:24.85
4 x 400 Meter Relay: Bacon Academy (Boden Paul, Douglas Howard, Talan Ladyga, Aaron Fidrych), 3:39.30
4 x 720 Meter Relay: Ledyard (Antonio Soldato, Steven Ives, Gabriel Huff, Hayden Baber), 8:07.03
1440 Sprint Medley Relay: St. Bernard (Savas Videll, Matthew Pero, Benjamin Howes, Colin Britner), 3:24.63
High Jump: Christian Wiltshire, Ledyard, 6-05
Pole Vault: Hai Ace Ramirez, Plainfield, 14-0
Long Jump: Jamel Kearse, Jr., Ledyard, 20-10
Shot Put: Enzo Valenti, Montville, 45-08

Honorable Mention

55 meters: Jeremiah Bobbi (Ledyard)
300 meters: Roan Fothergill (Ledyard)
600 meters: Aaron Fidrych (Bacon Academy)
1000 meters: Hayden Baber (Ledyard)
1600 meters: Gabriel Huff (Ledyard)
3200 meters: Jackson Hill (Ledyard)

2024 Winter Sports Recap - 12



55 meter Hurdles: Eric Williams (Ledyard)
4 x 180 meter Relay: Lyman Memorial (Kenyon Morrisette, Kyle Franchi, Nicolas Zaprianov, Jeremiah Bobbi)
4 x 400 meter Relay: Stonington (Landon Pelletier, Brady Decastro, Hagen Drake, Matteo Panciera)
4 x 720 meter Relay: Montville (Christopher Baukus, Alexander Joseph, Yomilex Ramirez, Jack Brehler)
1440 Sprint Medley Relay: Ledyard (Jamel Kears, Jr., Paulo Templeton, Jack Keskeny, Sean Harren)
Pole Vault: Mateo Viviano (Ledyard), Luca Viviano (Ledyard)
High Jump: Douglas Howard (Bacon Academy), Weston Dzwonchuk (Bacon Academy)
Long Jump: Jeremiah Smith (Killingly)
Shot Put: Aaron Kost (Bacon Academy)

Sportsmanship: Hunter Walsh (Bacon Academy), Hayden Torrisi (East Lyme), Amill Houston (Fitch), Dylan Bailey (Griswold), Calvin Vandale (Killingly), Clark Ysewyn (Ledyard), Brandon Simeone (Lyman Memorial), Adam Sheridan (Montville), Cordell Shannon (New London), Sawyer Barile (NFA), Hai Ace Ramirez (Plainfield), Lucas Dellacono (St. Bernard), Jackson McCarney (Stonington), Joel Majorowski (Tourtellotte), Jake Benvenuti (Waterford), Robert Lorimer (Wheeler), Asa Korczynski (Windham), Chandler Folkerts (Woodstock Academy)

Scholar-Athletes: Aaron Fidrych (Bacon Academy), Nathan Bergman (East Lyme), Kaiden Chandler (Fitch), Maxwell Brown (Griswold), Ezekiel Benoit (Killingly), Sean Harren (Ledyard), Holden LeMay (Lyman Memorial), Gavin DeLucia (Montville), Niko Churis (New London), Nicholas DeBartolo (NFA), Owen Pothier (Plainfield), Geoffrey Siebert (St. Bernard), Brady DeCastro (Stonington), James Julian (Tourtellotte), Jay Zimmermann (Waterford), Drew Deary (Wheeler), Anthony Martinez (Windham), Charlie Caggiano (Woodstock Academy)

FENCING

Men's Fencer of Year, presented by Domino's: Andrew Mendez, New London

Men's Fencer of Year, presented by Domino's: Zhuning Gao, St. Bernard

Coach of Year, presented by Domino's: Hugh Teel, Waterford

Regular-season Champions

Men's Epee: Waterford (Div. I), 8-0; St. Bernard (Div. II), 5-1

Women's Epee: Waterford (Div. I), 8-0; Ledyard (Div. II), 5-1

Men's Foil: NFA (Div. I), 8-0; Ledyard (Div. II), 3-1

Women's Foil: Waterford (Div. I), 7-1; Bacon Academy (Div. II), 4-0

ECC Tournament – Feb. 24 @Griswold HS

Men's Epee: Waterford

Women's Epee: Waterford

Men's Foil: NFA

Women's Foil: Waterford

All-Stars

Men's Epee: Nathan Johnson (Fitch) Aidan DuPont (Waterford), Gianni Torres (St. Bernard) Tyler Adams, Waterford

Women's Epee: Maple Siu (Waterford), Elaine Brookhart (Fitch), Hazel Siu (Waterford), Klaire Gielegthem (Ledyard)

Men's Foil: Andrew Mendez, Jr. (New London), Caleb Haylon (East Lyme), Nathan Reith (East Lyme), Gabriel Bartlett (NFA)

Women's Foil: Zhuning Gao (St. Bernard), Kyijong Tenzin (Waterford), Jairou Liao (Waterford), Abigail Rodes (East Lyme)

Sportsmanship – Men: Cyrus Bakhshalizadeh (Griswold), Reece Johnson (Fitch), Zeke Wessell (Ledyard), Gianni Torres (St. Bernard), Charles Morgan (Waterford), Joshua Miller (East Lyme), Colton Waterman (Bacon Academy), Alexander Churls (New London), Gabriel Bartlett (NFA)

Sportsmanship – Women: Amelia Stearnes (Griswold), Pai-Loreaze Nicolas (Fitch), Eleese Dutra (Ledyard), Diana Coronado (St. Bernard), Isabela Haque (Waterford), Isabela Lou (East Lyme), Charlotte Galar-

2024 Winter Sports Recap - 13



neau (Bacon Academy), Stephanie Forles-Aguilar (New London), Dersiree Chow (NFA)

Scholar-Athletes – Men: Cyrus Bakhshalizadeh (Griswold), Nathan Johnson (Fitch), Andrew Bailey (Ledyard), Zachary Kobyluck (St. Bernard), Aidan DuPont (Waterford), Owen Danis (Bacon Academy), Colton Waterman (Bacon Academy), Ernsly Joseph (New London), Gabriel Bartlett (NFA)

Scholar-Athletes - Women: Amelia Stearnes (Griswold), Elaina Brookhart (Fitch), Alisa Starkova (Ledyard), Zhuning Gao (St. Bernard), Maple Siu (Waterford), Alicia Haynes (East Lyme), Melinda McKenzie (Bacon Academy), Stephanie Flores-Aguilar (New London), Desiree Chow (NFA)

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ECC ATHLETES OF THE WEEK, *presented by BUFFALO WILD WINGS*

Week 1

Jaeliz Rivera, Windham basketball
JJ Robinson, Fitch basketball

Week 2

Riley Davis, NFA indoor track
Jaylen Hannans, East Lyme basketball

Week 3

Angelica Tompkins, St. Bernard basketball
Tom Matlock, East Lyme indoor track

Week 4

Josephine Withbroe, Ledyard indoor track
Johnny Kazantzis, Killingly basketball

Week 5

Helena Coury, St. Bernard indoor track
Bennett Holloway, Bacon Academy fencing

Week 6

Jada Cheung, Montville basketball
Parker Spencer, Waterford basketball

Week 7

Amelia Carney, NFA fencing
Xavier Goode, Fitch basketball

Week 8

Elle Dibuono, Waterford indoor track
Christian Menounos, Woodstock Academy indoor track

Week 9

Zaire Wallace, NFA wrestling
Lily Daley, East Lyme cheerleading

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