

# THE INDIANS

## GHS Athletic Directory

The following is a list of the all the head coaches at Guilford High School. They can be reached by contacting the Athletic Office at 453-2741 ext 212.

- Athletic Director- Chip Dorwin
- Athletic Secretary- Lecia Scranton
- Athletic Trainer - Mike Eldridge
- Baseball - Pete Civitello
- G. Basketball - Megan Rooney
- B. Basketball - Jay Karlins
- Cheerleading - Mary Beth Morrissey
- Crew - TBA
- Cross Country - Jim Ford
- Field Hockey - Kitty Palmer
- Fencing - Tara Bowers
- Football - Scott Benoit
- Golf - Art Fonicello
- Boys Ice Hockey - Ralph Russo
- Girls Ice Hockey - Tom Sheridan
- Indoor Track-Jon Faitsch
- G. Lacrosse - Cliff Yerkes
- B. Lacrosse - Brian White
- Ski - Rolf Meyer
- G. Soccer - Scott McMahan
- B. Soccer - Joe Maher
- Softball - Steve Zajac
- G. Track - Jim Ford
- B. Track - Jon Faitsch
- G. Tennis - Frank Kelley
- B. Tennis - Andy Raucci
- Volleyball - Tammy Lizotte
- Wrestling - Craig Vedrani

## Important Dates

Mon	1/14 7:00pm	Concussion Parent Program
Mon	2/4	Spring Sports sign ups in nurse's office begins
March	5,6,13	Spring ImPACT Test Dates
Mon	3/10	Baseball Conditioning Practice Begins
Mon	3/17	Other Spring Sports Begin
Mon	4/7	SCC Spring Captains Leadership Training @ N Haven FH

## SEASON WRAP UP

Every year there seems to be something special happening in the GHS Athletic Department. This year is no exception! The construction of a state of the art "Field Turf" synthetic athletic field at Kavanaugh Field leads the list. A fourth consecutive Girl's Cross Country Class MM State Champion and a first ever Thanksgiving Eve football game were other highlights. Add State Tournament appearances by our field hockey and boys soccer teams and hosting a State Tournament Girls Soccer Semi-Final between Avon and St Joseph's of Trumbull and you can see this was a very special

fall for GHS Athletics and our community.

All our teams played hard and tried to reach the goals they had set for the season. Although not all achieved the results they wanted, the effort was exceptional and we are proud of the way our athletes have grown during the season and the "class" they demonstrated while representing our school. Congratulations to all and Good Luck to our winter sports teams.



## GHS ATHLETES OF THE MONTH

For many years the Guilford Sideliners have helped us recognize two Athletes of the Month by providing a plaque for each recipient. At the end of each month coaches are asked to nominate an athlete who deserves to be recognized for their outstanding accomplishments during the month. Mr. Misenti, GHS Principal, and Mr. Dorwin, Athletic Director, review the nominations

and make the selection. The following were selected during the fall season: September: **Shelby Mancini** (volleyball), **Fred Turcio** (football), October: **Amelia Farnham** (cross country), **Ryan Brockett** (boys soccer). November: **Emily Barber** (girls swimming), **Molly Saunders** (field hockey).



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## TEAM RECORDS AND ACCOMPLISHMENTS

- Girl's Cross Country won their fourth consecutive State Class MM State Championship, they won the SCC Championship, they finished first in the SCC Hammonasset Division, they placed 2<sup>nd</sup> in the State Open and 9<sup>th</sup> in the New England Championships. They finished with a 9-0 regular season record.
- Boy's Soccer qualified for both the SCC Championship Tournament and the State Class LL Tournament. They won the SCC Hammonasset Division Title and ended with a 14-5 overall record.
- Boy's Cross Country placed 2<sup>nd</sup> in the SCC Hammonasset Division, 5<sup>th</sup> in the SCC Championship Meet and 6<sup>th</sup> in the Class MM State Tournament. They finished with a 6-3 regular season record.
- Field Hockey qualified for the Class M State Tournament with a 10-5-0-1 record and defeated EO Smith in the first round before losing to the eventual State Champion Pomperaug in the Quarter Finals. They finished their season with a fine 11-6-0-1 record.
- Foot ball had another exciting season with several games going down to the wire. They ended their season with a 5-4-1 record.
- Girl's Volleyball fell just short of qualifying for the State Tournament with a 8-10 record.
- Girls Soccer finished at 5-9-2 but they were complimented by several opponents on the way they played. They were a young team so the future looks bright.
- Our cheerleaders under a new coach worked hard all season cheering at home and away football games. They are looking forward to the winter season of where they will cheer for both boys and girls basketball home games and will enter cheerleading competitions.

## INDIVIDUAL ACCOMPLISHMENTS

- The following were named to the SCC Hammonasset Division All Star Team: **Pat Martucci, Brian Varis, Kathleen Elliott, Amelia Farnham, Kelsey Proctor, Lauren Villano, Holly Davis, and Gracie Brown-Geist** (cross county), **Julia Snedegar** (volleyball), **Ryan Brockett, Curtis Gullette, Chris O'Brien, Ari Sinanis, Aaron Steinberg, Kristen Dostie** and **Gillian Carroll** (soccer).
- Athletes who qualified/selected for All Conference Teams were as follows: **Pat Martucci, Kathleen Elliott, Amelia Farnham, Kelsey Proctor, Lauren Villano** (cross country), **Molly Saunders, Sarah Salatto** (1<sup>st</sup> team field hockey) **Kim Kern** (2<sup>nd</sup> team field hockey), **Emily Barber** (swimming breaststroke).
- **Emily Barber** won the Class M State Championship for Swimming in the 100 yard breaststroke with a time of 1:07.12 a school record, and as a result was named All State in that event. She also set school records in the 200 yard freestyle 2:04.16 and 500 yard freestyle 5:41.7.
- **Alex Jazinski, Fred Turcio** and **Mark Devlin** were selected to the SCC Division II Football Team.
- **Kristen Dostie** was selected to play in the Girl's Soccer Senior Bowl Game.
- **Matt Lundberg** broke two school records in football, one for the most consecutive games with a touch down pass with 8 games, and most touchdown passes in a single season with 16.
- **Molly Saunders** and **Sarah Salatto** were selected First Team All State Field Hockey and were named to the New Haven Register All Area Team.
- **Madeline Small** earned All State Scholar Athlete recognition for Field Hockey.
- **Pat Martucci** earned All State honors for cross country and was placed on the New Haven Register All Area Team.
- **Curtis Gullette** was named to the All State Soccer Team, was selected to play in the Senior Bowl game and was named to the New Haven Register All Area Team.
- **Ryan Brocket** earned Register All Area honors for soccer and played in the Senior Bowl.
- **Kelsey Proctor, Amelia Farnham** and **Kathleen Elliott** earned All State and New Haven Register All Area honors for cross country.
- **Coach Jim Ford** was once again selected as the New Haven Register Coach of the Year for Girls Cross Country **Coach Jim Ford** was recently selected as the New Haven Register Coach of the Year for Girls Cross Country.

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## SWIM TEAM

Erika Powers, Emily Barber and Charlotte Hoon represented Guilford High School this fall as our swim team. They practiced and competed with Branford High School.



## CONCUSSION MANAGEMENT PROGRAM FOR PARENTS

A concussion management program is being offered to parents and coaches on Monday, January 14, 2008 at 7:00pm in the Guilford High School Auditorium. The program will be given by Mark McCarthy, the Director of the Elite Sports Medicine Concussion Program in Farmington, CT., Robert Nolfo, M.D. of Guilford Pediatrics, Medical Advisor to Guilford Public Schools and Michael Eldridge, L/ATC Physical Therapy & Sports Medicine Centers, Guilford High School Athletic Trainer

Topics will include:

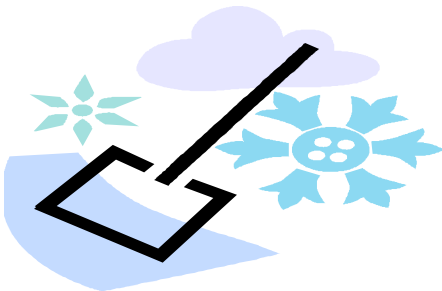
- what a concussion is
- what the effects of a concussion are
- how a concussion is managed
- the use of ImPACT during the management of a concussion
- return-to-play criteria for concussions

Anyone interested in attending this opportunity is asked to contact the Athletic Department by January 7 at 453-2741 ext 212. Those interested in taking the ImPACT test are asked to express that interest when calling as space is limited for the test.

## ATHLETIC AWARDS

We want all athletes who earned awards to receive them. All freshmen athletes receive their class numbers. Junior Varsity players receive a small "G" the first time they play on a JV team. Varsity Athletes earn a large "G" the first time they earn varsity status. Varsity athletes who earn varsity status three years for the same sport are entitled to receive a large white letter "G".

At team banquets or other opportunities the coach will give each participant a certificate and a pin for their sport. If coaches provide the necessary information to the Athletic Director prior to the team function then arrangements can be made to have letters and class numbers available at the affair. Otherwise athletes are encouraged to see Mr. Dorwin or Mrs. Scranton to receive these awards.



## WEATHER REMINDER

When school is canceled due to inclement weather, all practices are also canceled. Varsity contests may be held pending administrative approval. When school closes early, all practices and contests are canceled.

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## SPORTSMANSHIP

The Winter Sports season seems to bring out more emotions than any other sports season. It may be the close environment or the intensity of the contests being played. What ever the reason we ask all spectators to use good judgment when they attend contests. Cheer for our team, do not jeer the other team or individual players. Respect officials and coaches. Recognize that your actions send messages to those around you.

We want our opponents to recognize that Guilford High School is a positive educational environment for high school sports competition and that we promote good sportsmanship. We all need to do our part to make sure this goal is achieved.

The CIAC sponsored a Sportsmanship Conference this fall. Coach Tammy Lizotte, Molly Saunders, Kacey Shepherd, Jason Bellonio, Sam Greenberg and Mr. Dorwin attended. There were several small group discussions along with key-note speakers who all emphasized the need for improved sportsmanship. A new program has been implemented where during one week in each sport season every team at each high school in Connecticut will evaluate one opponent's sportsmanship. The team will discuss the players, coaches, officials and spectators and file a report with the CIAC. Please help us make sure that Guilford receives good reviews from our opponents. Thank you for your good sportsmanship.

## SCC SPORTSMANSHIP CODE

The Southern Connecticut Conference has adopted the following Sportsmanship Code: 1) Respect decisions made by contest officials, 2) Refrain from taunting, booing heckling and the use of profanity in any manner, 3) Sit in designated area assigned to each school, 4) Leaving a contest prior to its conclusion, with the expectation of returning, may not be permitted, 5) Admission to a contest is not a license to verbally assault others or be generally obnoxious, 6) Respect athletes, coaches and fans. **Be a fan ... not a fanatic!**

Please help Guilford High School maintain these expectations as you attend our contests.

## SHIRTS PLEASE

Although you may see fans on television demonstrating team spirit by painting team names etc on bare chests or midriffs, it is a Southern Connecticut Conference rule that "All Spectators are expected to be properly clothed at all times. Bare chested spectators are prohibited". Please help us comply to this rule by demonstrating spirit in a more appropriate manner.

## INSURANCE PROCEDURES

If an athlete is injured at anytime during the season it is important that the coach and athletic trainer be informed as soon as possible so that the appropriate paperwork can be completed. It is their responsibility to complete an injury report that documents the nature and extent of the injury. If the injury requires medical treatment then an insurance form also needs to be completed by the trainer. Once these reports are complete they are submitted to Mr. Misenti for his signature. The insurance report along with processing information will then be sent to the parents. The school insurance may provide coverage after the family insurance coverage has been exhausted. If a family wishes to make a claim they must contact the school insurance company directly.

Guilford High School  
Athletic Department Newsletter

Phone: (203) 453-2741  
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Athletic Department Mission Statement

*Striving to enhance learning, foster positive character development and encourage good sportsmanship through success in highly competitive interscholastic athletic competition while maintaining a safe, healthy environment for all.*

**We're on the Web**  
**[www.guilford.k12.ct.us](http://www.guilford.k12.ct.us)**

Guilford High School Mission Statement

*Our mission is to foster excellence in a respectful and challenging academic environment that leads to a life long passion for learning and the realization of each individual's highest potential for success in life.*



## VACATION PROCEDURES

In recent years we have had an increasing number of athletes leave during vacation periods for a variety of reasons. Although we understand there may be good reasons in the minds of our athletes there is still a commitment to their team that we expect to be kept. We do not believe in removing these athletes from our teams but we believe there should be some consequences for them and rewards for those who remain with the team and make the necessary sacrifices. The following will be followed by all teams: *Student-athletes are expected to attend all games and practices, even those scheduled during vacation periods. Athletes who miss one or more contests for an unapproved reason will not be allowed to play in as many contests as they missed when they return. If the absence is during a school vacation then a maximum of two contests will be missed upon their return. Approved absences may include: family emergencies, family weddings, illnesses, injuries, religious holidays or with the coach's permission.*

## SPRING SPORT SIGNUPS

Beginning Monday, February 4th , any athlete interested in playing a spring sport must signup with the school nurse. The nurse will then check all medical records including physical exams, IMPACT testing and emergency cards. All this information must be completed before the nurse will approve the student athlete to begin spring practice. Only the nurse can approve initial participation not the coach.