

Guilford High School Athletic Department Newsletter

December 2009

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 Borelli
 B. Basketball - Jeff DeMaio
 Cheerleading - Christine Papp
 Crew - Will Thompson
 G. Cross Country - Jim Ford
 B. Cross Country - Jon Faitsch
 Field Hockey - Kitty Palmer
 Fencing - Amy Triche
 Football - Tom Unger
 Golf - Art Fonicello
 Boys Ice Hockey - Ralph Russo
 Girls Ice Hockey - Tom Sheridan
 Indoor Track-Jon Faitsch
 G. Lacrosse - TBA
 B. Lacrosse - Brian White
 Ski - Rolf Meyer
 G. Soccer - Scott McMahon
 B. Soccer - Joe Maher
 Softball - Steve Zajac
 G. Track - Jon Rivera
 B. Track - Jon Faitsch
 G. Tennis - Frank Kelley
 B. Tennis - Andy Raucci
 Volleyball - Scott Ferguson
 Wrestling - Craig Vedrani

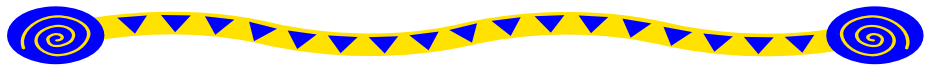
Booster Calendar/Important Dates

Sat.	1/16	Ice Hockey - Pay Out Gold
Fri.	1/22	Ice Hockey - Comedy Night
Mon	1/4	Spring Sports sign ups in nurse's office begins
March	2,4,9	Spring ImpACT Test Dates
Mon	3/15	Baseball Cond. Practice Begins
Mon	3/22	Other Spring Sports Begin
Tue	3/23	SCC Spring Captains Leadership Train @ N Haven FH - Tentative
Sun	6/6	Sports Carnival
Wed	6/9	Senior Athletic Awards (Sideliners Sponsored)

FALL SUMMARY

It was an unusual fall to say the least! The H1N1 flu hit our school hard and as a result close to fifty athletic contests had to be rescheduled or postponed. When we were able to resume competition many of our varsity teams had to play several games in a short amount of time. Our boy's soccer team played three games in four days, field hockey played four games in five days and volleyball played three games in three days. The end of the regular season and the start of tournaments required the games to be completed. Our opponents were very understanding and Cheshire even gave up a home game

to play field hockey at Guilford because there was no other way to get the game completed. It was a difficult task for all but our student-athletes rose to the occasion and played their best under very difficult circumstances. We should all be proud of the resiliency of our teams, how they overcame these obstacles and how they still had an outstanding fall season. We are also grateful for the help and understanding of our parents who worked with us under these very trying times. Thank you everyone and congratulations on a fine fall season.



TEAM ACCOMPLISHMENTS

- **Girl's Cross Country** – had another great season ending with their sixth consecutive Class MM State Title and a State Open Championship to go along with another Hammonasset Championship and an 8th place finish in the New England Championship
- **Volleyball** – had a Cinderella season under new head coach Scott Ferguson. After a 5-13 season last year they finished their regular season with a 14-4 record which qualified them for both the SCC and CIAC Tournaments. They unfortunately lost in the semi-finals of each tournament and ended their season with a 17-6 record
- **Boy's Soccer** – had an undefeated season after fourteen games but lost to Xavier to break the streak. They finished with a 19-2-1 record, an SCC Championship and a CIAC semi-final appearance where they lost to New Milford.
- **Girl' Soccer** - ended their season with a 9-8-1 overall record but lost some hard fought games to some very strong opponents. They were defeated by Hand in the second round of the CIAC tournament.
- **Field Hockey** – was once again very competitive in the best field hockey conference in the state. They finished their regular season with a 9-7 record but lost to Nonnewaug in the first round of the CIAC tournament.
- **Boy's Cross Country** – had a fine season where they finished 2nd in the Class MM State Meet and won the Hammonasset Championship.
- **Football** - completed a hard fought season with a young team and ended the year with a 2-8 record.

INDIVIDUAL ACCOMPLISHMENTS

SCC Teams Announced

All-Conference – Val Williams, Lauren Villano (cross country), Katie Jolin (field hockey)

All Hammonasset –Val Williams, Lauren Villano, Megan Powell, Katie Duman, Emily Taylor, Jeff Moretti, Matt Marchand and Mike McGowan (cross country), Mike Jacobsen, Chris Sondej, Al Llubes, Scott Leone, Nathan Trucks, Lindsay Ruotolo, Alexis Gilhuly, Chelsea Zabel, and Olivia Platia (soccer), Anne Snedegar, Anne Goodrich (volleyball),

SCC Division II Football – Mike Ficorilli, Will Stitilis, Adam Dear

Second Team All-Conference – Dara Davis (field hockey)

All-State Athletes

Anne Snedegar (1st team volleyball), Anne Goodrich (2nd team volleyball), Jeff Moretti, Kevin Maguire, Megan Powell, Val Williams (cross country), Katie Jolin (1st team field hockey), Lindsay Ruotolo, Michael Jacobsen (soccer), Mike Ficorilli (football)

New Haven Register All Area

Anne Snedegar, Annie Goodrich (volleyball), Megan Powell, Val Williams, Lauren Villano, Jeff Moretti, Matt Marchand, Mike McGowan (cross country), Katie Jolin (field hockey), Lindsay Ruotolo, Michael Jacobsen, Chris Sondej (soccer)

All-New England

Michael Jacobsen (soccer)

Academic Honors

Hillary Herr (all state scholar athlete for field hockey & SCC scholar athlete), Adam Dear (SCC scholar athlete)

Soccer Senior All Star Game Participants – Lindsay Ruotolo, Chelsea Zabel, Olivia Platia, Michael Jacobsen, Chris Sondej

Coaches Honored

The following coaches received honors:

Joe Maher – was selected by the New Haven Register as Boys Soccer Coach of the Year.

Scott Ferguson – also earned Coach of the Year honors from the Register as our girl's volleyball coach.

Kitty Palmer was inducted into the New Agenda: Northeast Hall of Fame for her work to help advance the role of girls and women in sports. She was inducted at a ceremony on November 1, 2009 at the Woodland Golf Club in Newton, MA.

Bill Wallach our former long time boy's soccer coach and physical education teacher was inducted into the Connecticut High School Coaches Association Hall of Fame in recognition of his outstanding soccer coaching career. He was honored at a banquet on November 19, 2009 at the Aqua Turf Club in Southington.

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. Athletes will receive only one varsity or JV letter during their high school career even if they play more than one sport. Varsity athletes who earn varsity status three years for the same sport are entitled to receive a large white letter "G" once in their career.

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.



SWIM TEAM



Once again, through the generosity and cooperation of Branford High School, we had three girls swim on our "One Person Swim Team" this year. **Gioia Pappalardo** (10th), **Charlotte Hoon** (11th) and **Christina Martorelli** (11th) all practiced with Branford and competed as Guilford swimmers whenever lanes were available at Branford meets. This allowed the girls to qualify for SCC and State competition. Congratulations to the girls. They represented our school very well.



Five GHS students will be student-athletes on our Unified Sports Team. Unified Sports® is a registered program of Special Olympics that combines approxi-

mately equal numbers of athletes with and without intellectual disability on sports teams for training and competition. All Unified Sports® players, both athletes and special partners, are of similar age and matched sport skill ability. Unified Sports® teams are placed in competitive divisions based on their skill abilities, and range from training divisions (with a skill-learning focus) to high level competition. They practice once each week under the supervision of Bill Wallach and they will be competing in basketball tournaments in March.

ATHLETES OF THE MONTH

Congratulations to the following student-athletes who received Athlete of the Month recognition from the Guilford Sideliners:



September - Annie Snedegar (Volleyball) and Michael Jacobsen (Soccer).

October - Katie Jolin (Field Hockey) and Kevin Maguire (Cross Country)

November - Val Williams (Cross Country) and Will Stitilis (Football)

WEB-SITE

Have you checked out our web-site recently? If not, please do. There is a great deal of information available on the site that we think will be helpful to our student-athletes and their parents. There are links to the various web-sites administered by some of our booster groups and there is a section where you can download most of the forms that are needed for participation as well as our handbook. Please let us know what you think or if there is anything else we could add. Your comments would be very helpful.

SCC ALL ACADEMIC HONORS



The SCC Conference recognizes student-athletes for their performances on the field as well as in the classroom. Student-athletes who have been selected to their respective All Conference Teams as well as high honors distinction in the classroom are named to the SCC Academic All-Star Team. Also, student-athletes who receive varsity letters and high honors distinction are named to the SCC All Academic Team.

The following GHS student-athletes are being recognized for their outstanding academic achievement as an All-Star Athlete in the SCC: Val Williams and Alejandro Lluberes.

The following GHS student-athletes are being recognized for their outstanding academic achievement as a Varsity Athlete in the SCC: Fiona Doolan, Carolyn Duman, Sydney Smith-Romanski, Amanda Levy, Juan Lluberes, Gioia Pappalardo, Corinne Sejourne, Jesse Lassogna, Samantha McKnight and Hannah Moore.

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. Whatever 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 that was attended by several of our athletes along with Mr. Dorwin. There were several small group discussions along with key-note speakers who all emphasized the need for improved sportsmanship. A CIAC 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.

**Guilford High School
Athletic Department Newsletter**

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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

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.



Guilford Public Schools Public Notice

Students, their parents, employees, and the general public are hereby notified that Guilford Public Schools does not discriminate on the basis of race, color, national origin, age, religion, marital status, gender, or disability in employment, career and technical education programs, or activities as set forth in compliance with the Office of Civil Rights, Title VI, Title IX, and Section 504. Any person having inquiries concerning Guilford Public Schools' compliance with Title VI or Title IX should contact Anne Keene, Assistant Superintendent, Guilford Public Schools, 55 Park Street, P.O. Box 367, Guilford, CT 06437, telephone 203-453-8216. Any person having inquiries concerning Guilford Public Schools' compliance with Section 504 should contact Patricia Free Brett, Director of Pupil Services, Calvin Leete Elementary School, 280 South Union Street, Guilford, CT 06437, telephone 203-453-0128.

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.

WEATHER REMINDER

When school is canceled or closed early due to inclement weather all practices and contests are also canceled.



COMMUNITY SERVICE

Many of our teams are actively involved in Community Service projects. Our cheerleaders have been active in a food drive for the St. George food pantry. Field hockey, girl's soccer and volleyball were involved in activities to support the cure for breast cancer. Other teams are pursuing activities to support our community. Thanks to everyone for all your help.

IMPACT PROTOCOL

CONCUSSION MANAGEMENT AND "RETURN TO PLAY" CRITERIA

By Rob Nolfo M.D. and Mike Eldridge A.T.C

At the forefront of proper concussion management is the use of proper baseline and post-concussion neurocognitive testing. Such evaluation can help to objectively evaluate the concussed athlete's post-injury condition and track recovery for safe return to play, thus preventing the cumulative effects of concussion. Neurocognitive testing has recently been referred to as the "cornerstone" of proper concussion management by an international panel of sports medicine experts.

The following are the Vienna Concussion Conference Recommendations:

Athletes should complete the following step-wise process prior to returning to play after concussion.

- Removal from contest following any signs/symptoms of concussion.
- No return to play in current game.
- Medical evaluation following injury to rule out more serious intracranial pathology.
- Step-wise return to play. **Before returning to play the athlete must:**
 1. Return to baseline on neurocognitive testing.
 2. Be symptom free.
 3. Complete the following step-wise rehabilitation program

DAYS 1 and 2: Exercise bicycle for 10-15 minutes and get heart rate up to 150 bpm. If athlete remains symptom-free after DAYS 1 and 2, they may advance to next step.

DAY 3: Sport-specific non-contact drills. If athlete remains symptom-free after this step, they may advance to the next step.

DAY 4: Full contact drills. If completed without symptoms, athlete may return to play on **DAY 5**, as directed by Rob Nolfo M.D., Guilford Public Schools Medical Advisor and executed by Mike Eldridge, Athletic Trainer.