



**2025-26**

**WINTER  
SPORTS  
RECAP**

***[www.ECCathletics.org](http://www.ECCathletics.org)***

# 2026 Winter Sports Recap - 2



## 2025-26 ECC WINTER PLAYOFF TEAM CHAMPIONS (Runner-ups)

**Boys Basketball - Div. I:** Fitch (NFA), 67-58  
**Boys Basketball - Div. II:** Griswold (Stonington), 62-59  
**Girls Basketball - Div. I:** New London (Woodstock Academy), 47-41  
**Girls Basketball - Div. II:** Plainfield (Griswold), 50-40  
**Gymnastics:** Ledyard co-op, 144.85 (NFA, 138.35)  
**Boys Indoor Track - Div. I:** East Lyme, 134 (Fitch, 119)  
**Boys Indoor Track - Div. II:** Stonington, 120 (Ledyard, 117)  
**Girls Indoor Track - Div. I:** East Lyme, 164 (Woodstock Academy, 107)  
**Girls Indoor Track - Div. II:** Montville, 127 (Ledyard, 84)  
**Women's Fencing - Foil:** Waterford, 6 (Bacon Academy, 22)  
**Women's Fencing - Epee:** NFA, 28 (East Lyme, 30)  
**Men's Fencing - Foil:** Waterford, 18 (East Lyme, 23)  
**Men's Fencing - Epee:** Bacon Academy, 22 (NFA, 25)  
**Boys Wrestling:** Ledyard, 228 (Killingly, 208.5)  
**Girls Wrestling:** Ledyard, 74 (NFA, 62)  
**Cheerleading - Div. I:** East Lyme, 90.1 (NFA, 80.75)  
**Cheerleading - Div. II:** Killingly, 78.4 (Waterford, 71.9)  
**Cheerleading - Div. III:** Wheeler, 67.15 (Plainfield, 62.5)

## WINTER STATE CHAMPIONS (4)

**East Lyme boys indoor track** (Class M)  
**Ledyard/Waterford/St. Bernard co-op gymnastics** (Class M)  
**Waterford wrestling** (Class S)  
**Stonington girls basketball** (Division IV, defeated Morgan, 56-47)

## WINTER STATE RUNNER-UPS (4)

**Bacon Academy boys indoor track** (Class S)  
**Woodstock Academy girls indoor track** (Class M)  
**Ledyard/Waterford/St. Bernard co-op gymnastics** (State Open)  
**Killingly wrestling** (Class S)

## FALL STATE CHAMPIONS (3)

**East Lyme girls volleyball** (Class L, defeated Bristol Eastern, 3-1 – 25-19, 25-16, 22-25, 25-19)  
**Ledyard boys cross country** (Class M)  
**Lyman Memorial girls cross country** (Class S)

## FALL STATE RUNNER-UPS (4)

**East Lyme boys cross country** (Class MM)  
**East Lyme girls cross country** (Class MM)  
**Stonington boys soccer** (Class M, lost to Tolland, 1-0)  
**Killingly football** (Class SS, lost to Daniel Hand, 37-13)



## 2025-26 TOTALS:

**State Champions (7)**

**State Runner-ups (7)**



# 2026 Winter Sports Recap - 3



## Gymnastics

**Player of Year:** Trinity Ambruso, NFA

**Coach of Year:** Kasey Gagnon, Woodstock Academy

**Regular-season Champions:** Ledyard co-op

### Championship Meet – Feb. 12 at Stonington HS:

**Final Team Results:** 1. Ledyard co-op, 144.85; 2. NFA, 138.35; 3. Woodstock Academy, 132.6; 4. East Lyme, 127.6; 5. Stonington, 118.15; 6. Killingly, 95.05

**Vault:** Alyssa McLeod, Ledyard co-op, 9.4

**Bars:** Trinity Ambruso, NFA, 9.8

**Beam:** Alyssa McLeod, Ledyard co-op, 9.7

**Floor:** Alyssa McLeod, Ledyard co-op, 9.75

**All-Around:** 1. Alyssa McLeod, Ledyard co-op, 38.4; 2. Trinity Ambruso, NFA, 37.5; 3. Capri Sferrazza, Ledyard co-op, 36.75

**All-Stars:** Alyssa McLeod (Ledyard), Trinity Ambruso (NFA), Capri Sferrazza (Ledyard), Allison Wojnar (NFA), Olivia Gionet (Ledyard), Sylvi Otter (East Lyme)

**Sportsmanship:** Karya Yigiterhan (East Lyme), Kiely Volland (Fitch), Jessie Williams (Killingly), Liberty Frechette (Ledyard), Allison Wojner (NFA), Kylie Nachin (Stonington), Rhea DeSota (Woodstock Academy)

**Scholar Athlete:** Jenn Levine (East Lyme), Ella Pereira (Killingly), Skylar Cimino (Ledyard), Trinity Ambruso (NFA), Cameron Getchis (Stonington), Emma Long (Woodstock Academy)

## Boys Indoor Track

**Player of Year:** Max DeLaRosa, Stonington

**Coach of Year:** Cory Candelet, Stonington

### Championship Meet – Feb. 7 at U.S. Coast Guard Academy

#### **Division I**

**Final Team Results:** 1. East Lyme, 134; 2. Fitch, 119; 3. Woodstock Academy, 100; 4. NFA, 47.5; 5. Waterford, 37; 6. Killingly, 23.5

#### **Division I All-Stars (finished first in meet)**

1440 SMR – East Lyme (Karthnik Bolineni, Skyven Garcia, Topher Regan, Nico Cardello), 3:22.03

4 x 180 meter Relay: Fitch (Felipe Dantas, Justin Jimenez, Logan Whaley, Alexander Campos Dias), 1:26.52

4 x 400 meter Relay: Fitch (Logan Whaley, Daimon Flax, Jayden Moscol, Alexander Campos Dias),

4 x 800 meter Relay: East Lyme (Joey Papalia, Adrik Gates, Nico Cardello, Sam Leone), 8:45.57

55 meters – Karthink Bolineni (East Lyme), 6.73

55 meter Hurdles – Jeremiah Smity (Killingly), 7.81

300 meters – Alexander Campos Dias (Fitch), 36.97

600 meters – Topher Regan (East Lyme), 1:26.78

## **2025-26 WINTER PLAYER and COACHES of YEAR, presented by Domino's**

### Player of Year

**Gymnastics:** Trinity Ambruso, NFA

**Boys Indoor Track:** Max DeLaRosa, Stonington

**Girls Indoor Track:** Hazel DeLucia, Lyman Memorial

**Cheerleading:** Avery Twomey, NFA

**Wrestling:** Lukas Boxley, Ledyard

**Boys Basketball:** Kaiden Kazlauskas, Griswold

**Girls Basketball:** Synaa Waters, Fitch

**Men's Fencing:** Isaias Bumpus, St. Bernard

**Women's Fencing:** Nora Christensen, Waterford

**Boys Swimming:** Joel Hespeler, Fitch

### Coach of Year

**Gymnastics:** Kasey Gagnon, Woodstock Academy

**Boys Indoor Track:** Cory Candelet, Stonington

**Girls Indoor Track:** Carl Reichard, East Lyme

**Cheerleading:** Shannon Withey, Griswold

**Wrestling:** Chris Gamble, Waterford

**Boys Basketball:** Kareem Brown, Fitch

**Girls Basketball:** Mike Morgan, Ledyard

**Fencing:** Hugh Teel, Waterford

**Boys Swimming:** Al Opsahl, East Lyme Co-op



# 2026 Winter Sports Recap - 4



1000 meters – Sam Leone (East Lyme), 2:46.75  
1600 meters – Sam Leone (East Lyme), 4:22.79  
3200 meters – Julien Silva (Fitch), 9:42.12  
Shot Put – Mardocher Civil (NFA), 48-04  
High Jump – Jacob Smith (Fitch), 6-02  
Long Jump – Abraham McGregor (Woodstock Academy), 21-04  
Pole Vault – Wisin Hernandez (NFA), 13-06

## Division II

**Final Team Results:** 1. Stonington, 120; 2. Ledyard, 117; 3. Bacon Academy, 60.5; 4. Griswold, 50; 5. Plainfield, 25; 5. Wheeler, 25; 7. Montville, 21.5; 8. Windham, 16; 9. Lyman Memorial, 12; 10. St. Bernard, 11

## Division II All-Stars (finished first in meet)

1440 SMR – Ledyard (Hershel Williams, Davis Hill, Sam Dunsmore, Luca Priebe), 3:33.57  
4 x 180 meter Relay – Stonington (Matteo Panciera, Jack Wade, Austin Center, Jaxon Camara), 1:29.48  
4 x 400 meter Relay – Ledyard (Latham Fothergill, Greyson Stephenson, Jack Bushaw, Jackson Robert), 3:44.20  
4 x 800 meter Relay – Ledyard (Kellan Ysewyn, Hunter Lupo, Connor Robinson, Alex Engel), 8:59.49  
55 meters – Max DeLaRosa (Stonington), 6.59  
55 meter Hurdles – Garrett Coopoe (Stonington), 8.30  
300 meters – Max DeLaRosa (Stonington), 36.46  
600 meters – Boden Paul (Bacon Academy), 1:25.23  
1000 meters – Greyson Stephenson (Ledyard), 2:48.69  
1600 meters – Tycen LaBelle (Griswold), 4:31.79  
3200 meters – Tycen LaBelle (Griswold), 9:52.96  
High Jump – Garrett Cooper (Stonington), 5-06  
Long Jump – Luke Schroeder (Bacon Academy), 18-03  
Pole Vault – Isaiah Blades (Griswold), 12-06  
Shot Put – Liam Sweeney (Bacon Academy), 56-00

**Scholar Athlete:** Liam Sweeney (Bacon Academy), Jack Faitsch (East Lyme), Jacob Smith (Fitch), Sean Silva (Griswold), Wesley Sprouse (Killingly), Lucas Heide (Ledyard), Zachary Thomas (Montville), Lawrence Dulcice (New London), Clark Dziavit (NFA), Trevin Long (Plainfield), Conner McWilliams (St. Bernard), Michel Rodriguez (Stonington), Matthew Rybacki (Tourtellotte), Bronson Leone (Waterford), Jack Gouveia (Wheeler), Jae Sun Cherrington (Windham), Eli Manning (Woodstock Academy)

**Sportsmanship:** Samuel Dickey (Bacon Academy), Everett Trussler (East Lyme), Jayden Moscol (Fitch), Tycen LaBelle (Griswold), Ezekiel Benoit (Killingly), Parker Widlicka (Ledyard), Heyward Williams III (Montville), Ramzey Vidal (New London), Ryan Cleary (Norwich Free Academy), Ethan Yonush (Plainfield), Rad Tanksly (St. Bernard), Jack Scully

(Stonington), Matthew Rybacki (Tourtellotte), Mike Turner (Waterford), Cody Kim (Wheeler), Yarel Lacott Cambrelen (Windham), Harrison Durand (Woodstock Academy)

## Girls Indoor Track

**Player of Year:** Hazel DeLucia, Lyman Memorial  
**Coach of Year:** Carl Reichard, East Lyme

## Championship Meet - Feb. 7 at U.S. Coast Guard Academy Division I

**Final Team Results:** 1. East Lyme, 164; 2. Woodstock Academy, 107; 3. Norwich Free Academy, 91; 4. Waterford, 65; 5. Fitch, 32

## Division I All Stars (finished first in meet):

1440 SMR – NFA (Keyshalee Torres, Kyla Rivera, Areli Brown, Helen Muench), 4:08.14  
4 x 180 meter Relay – NFA (Annabelle Aubin, Keyshalee Torres, Areli Brown, Natalia Robinson), 1:36.83  
4 x 400 meter Relay – Woodstock Academy (Emma Weitknecht, Bella Amlaw, Claire Bruneaux, Teagan Maloney), 4:23.48  
4 x 800 meter Relay – East Lyme (Rachel Quadrato, Mia Cordes, Cate Bustamante, Allison Caskey), 10:15.28  
55 meters – Valerie Codd (Fitch), 7.51  
55 meter Hurdles – Emma Weitknecht (Woodstock Academy), 8.67  
300 meters – Chloe Butler (Waterford), 43.51  
600 meters – Megan MacDougall (Waterford), 1:46.61  
1000 meters – Emelia Langevin (Woodstock Academy), 3:15.33  
1600 meters – Olivia Ibrahim (East Lyme), 5:31.07  
3200 meters – Kathryn Wren (East Lyme), 11:58.94  
High Jump – Amanda Muench (NFA), 5-02  
Long Jump – Jillian Fant (East Lyme), 16-01  
Pole Vault – Teagan Czaja (East Lyme), 10-00  
Shot Put – Avery Plouffe (Woodstock Academy), 38-06

## Division II

**Final Team Results:** 1. Montville, 127; 2. Ledyard, 84; 3. Stonington, 56; 4. Wheeler, 54; 5. Bacon Academy, 43; 6. St. Bernard, 34; 7. Lyman Memorial, 30; 8. Plainfield, 22; 9. Griswold, 9; 10. Windham, 5

## All Stars (finished first in meet):

1440 SMR – Wheeler (Sarah DelGrosso, Ava Vangieri, Khloe Marsh, Kaitlyn Kumpf), 4:04.60  
4 x 180 meter Relay – Montville (Aubrey Axtell, Adeline Smith, Leiana Haugabook, Tiana Bamber), 1:40.83  
4 x 400 meter Relay – Stonington (Molly Musselman, Sophia Brooks, Luciana Eving, Payton Linicus), 4:21.37

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4x 800 meter Relay – Stonington (Ella Rothman, Claire Bran-negan, Sophia Brooks, Molly Musselman), 10:43.56  
55 meters – Tiana Bamber (Montville), 7.40  
55 meter Hurdles – Evelyn Granskog (Montville), 9.74  
300 meters – Abigail Lawton (Plainfield), 44.08  
600 meters – Kaitlyn Kumpf (Wheeler), 1:43.26  
1000 meters – Molly Musselman (Stonington), 3:07.06  
1600 meters – Maggie Littler (Ledyard), 5:50.13  
3200 meters – Hazel DeLucia (Lyman Memorial), 10:50.62  
High Jump – Hannah Suarez (Montville), 4-10  
Long Jump – Vanessa Colla (St. Bernard), 13-10.50  
Pole Vault – Kamryn Plikus (Montville), 11-04  
Shot Put – Ashlynn Audoin (Montville), 31-06.75

**Scholar Athlete:** Taryn Gray (Bacon Academy), Joselyn Salerno (East Lyme), Jada Resto (Griswold), Adalyn Malarkey (Killingly), Terri Foster (Ledyard), Sienna Gressly (Montville), Olivia Benjamin (New London), Aubrey Rickard (NFA), Lily Ouillette (Plainfield), Vanessa Colla (St. Bernard), Maizy Alu (Stonington), Alexis Andrews (Tourtellotte), Lucy Mullen (Waterford), Ingrid Anderson (Wheeler), Kybree Baran (Windham), Olivia Tracy (Woodstock Academy)

**Sportsmanship:** Scarlett Morsch (Bacon Academy), Ruby Thom's (East Lyme), Ryley Hubert (Griswold), Nina Purcell (Killingly), Michaela Allen (Ledyard), Evelyn Granskog (Montville), Ramona Hicks (New London), Annabelle Aubin (NFA), Riley Lewis-Ober (Plainfield), Fiona Addison (St. Bernard), Allie Anderson (Stonington), Lilah Spearin (Tourtellotte), Ava Lee (Waterford), Khloee Marsh (Wheeler)

## Cheerleading

**Player of Year:** Avery Twomey, NFA

**Coach of Year:** Shannon Withey, Griswold

### Championship Meet – Feb. 21 at Waterford HS

**Div. I:** East Lyme, 90.1; 2. NFA, 80.75; 3. Ledyard, 75.6

**Div. II:** Killingly, 78.4; 2. Waterford, 71.9; 3. Griswold, 71.3

**Div. III:** Wheeler, 67.15; 2. Plainfield, 62.5; 3. Putnam, 61.1

**Colby Sousa Spirit Award:** Waterford

### Division I

**First team** — Reese Perkins (East Lyme), Piper Bishop (NFA), Lily Hyatt (East Lyme), Anna Prevost (East Lyme), Loegen Perry (NFA), Taylor Filosi (East Lyme), Avery Twomey (NFA)

**Honorable mention** — Makenna Jaques (East Lyme), Madison Hennessey (Ledyard), Laniyah Alvarez-Flores (NFA)

**Scholar-athletes fall** — Julia Piper (East Lyme), Ja'leahya Dockery (New London), Gerardo Moreno (NFA), Joyce Lin (Ledyard)

**Scholar-athletes winter:** Lily Hyatt (East Lyme), Cali Hines (New London), Piper Bishop (NFA), Joyce Lin (Ledyard)

**Sportsmanship fall** — Makenna Jaques (East Lyme), Michaella Skyers (New London), Abigail Bettini (NFA), Madison Hennessey (Ledyard)

**Sportsmanship winter:** Jordyn Bogue (East Lyme), Estrella Rivera (New London), Avery Twomey (NFA), Danna Vera Cox (Ledyard)

### Division II

**First team** — Danielle Chiwaya (Killingly), Sophia Tomany (Killingly), Zoey Edwards (Killingly), Isabella Jolley (Killingly), Camila Schkeeper (Waterford), Sofia Zira (Killingly)

**Honorable mention** — Lanah Holeman (Griswold), Claire Boben (Waterford), Iyaisha Robinson (Stonington)

**Scholar-athletes fall** — Syrianna Banker (Griswold), Sophia Tomany (Killingly), Chloe Martin (Stonington), Taylor Griswold (Waterford), Kybree Baran (Windham)

**Scholar-athletes winter** — Syrianna Banker (Griswold), Haidynn Miller (Killingly), Jaelyn Deschamps (Stonington), Jenna Dunkerley (Waterford), Coraliz Lebron Gonzalez (Windham)

**Sportsmanship fall** — Lauren Williams (Griswold), Lacey Greene (Killingly), Raquel Nolen (Stonington), Kylie Racicot (Waterford), Kybree Baran (Windham)

**Sportsmanship winter** — Katelyn McDuffie (Griswold), Hadassah Chiwaya (Killingly), Kiley Jameson (Stonington), Alexandra Caba (Waterford), Veronica Mateo Gonzalez (Windham)

### Division III

**First team** — Mackenzie Shonk (Bacon Academy), Zoe Conway (Wheeler), Keeley Brown (Montville), Aerieanna Punzalan (Montville)

**Honorable mention** — Danica Hansen (Plainfield), Charlotte Smith (Bacon Academy)

**Scholar-athletes fall** — Alyssa Nelson (Bacon Academy), Rachael Johnson (Montville), Tatyanna Gerrish (Plainfield), Paige Perry (Putnam)

**Scholar athletes winter** — Connie Lin (Bacon Academy), Makenzie Taylor (Montville), Danica Hansen (Plainfield), Christina Blanchard (Putnam), Victoria Kleemann (Wheeler)

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**Sportsmanship fall** — Mackenzie Shonk (Bacon Academy), Rachael Johnson (Montville), Amelie Tavernier (Plainfield), Alyssa Daniels (Putnam)

**Sportsmanship winter** — Charlotte Smith (Bacon Academy), Anaya Nival-Baker (Montville), Aubrey Lounsbury (Plainfield), Taylor Thomas (Putnam), Ataliah Cannady (Wheeler).

## Boys Wrestling

**Player of Year:** Lukas Boxley, Ledyard

**Coach of Year:** Chris Gamble, Waterford

### Regular-season Champions

*Final divisional standings (1 point for dual meet win, 1 point for each divisional opponent beaten at league meet):*

**Division I:** Killingly 11, Ledyard 11, Waterford 8, Windham 5, East Lyme/NT 4, NFA 2, New London 0

**Division II:** Griswold/Wheeler 11, Lyman Memorial/WT 11, Fitch/GT/Stonington 7, Montville 7, Bacon Academy 4, Woodstock Academy 2, Putnam 0

### Championship Meet – February 14 @Killingly HS

**Final Team results:** 1. Ledyard 228, 2. Killingly 208.5, 3. Waterford 205.5, 4. Lyman Memorial/Windham Tech 185, 5. East Lyme/Norwich Tech 173.5, 6. Windham 153.5, 7. Griswold/Wheeler 129, 8. NFA 110, 9. Montville 77.4, 10. New London 58.5, 11. Fitch/Stonington/Grasso Tech 49, 12. Bacon Academy 39.5, 13. Woodstock Academy 33.5, 14. Putnam 18

### Individual results

#### Finals

99 lbs. - (exhibition, round robin): Liam Pekarovic-West (Lyman) 2-0, Giovannia Tornetto (Killingly) 1-1, Logan Anderson (Lyman) 0-2. Key result: Pekarovic-West pin Tornetto, 1:32

106 lbs. - Gavin Jonasch (Killingly) pin Liam Kelo (Ledyard), 4:48

113 lbs. - George Jolley (Ledyard) dec. Aris Kuljancic (Killingly), 8-0

120 lbs. - Bradey Jonasch (Killingly) pin Angel Stimson (East Lyme/NT), 1:53

126 lbs. - Delmazio Despard (Windham) pin Ronald Wood IV (Killingly), 2:54

132 lbs. - Noah Caisse (Ledyard) pin David Linder (Montville), 3:59

138 lbs. - Lukas Boxley (Ledyard) pin Luke Westcott (Waterford), 0:59

144 lbs. - Calvin Sammarco (Lyman Mem/Windham Tech) dec. Max Richardson (Killingly), 12-7

150 lbs. - Troy Torres-Morey (Windham) dec. Savion Wither-

spoon (NFA), 9-6

157 lbs. - Anthony Caisse (East Lyme/NT) pin Logan Davis (Lyman Mem/Windham Tech), 5:30

165 lbs. - Exael Padilla (Killingly) dec. Naim Wallace (NFA), 9-3

175 lbs. - Riely Georgian (East Lyme/NT) pin Maximus Shafer (Killingly), 1:37

190 lbs. - Lucas Judd (Lyman Mem/Windham Tech) dec. Michael Capalbo (Griswold/Wheeler), 4-0

215 lbs. - Cameron Gronholm (East Lyme/NT) dec. Aidan Martinez Garcia (Ledyard), 7-3

285 lbs. - Cooper Myers (Waterford) dec. Jacob Palermo (East Lyme/NT), 5-2

### 3rd Place

106 lbs. - Jaiheir Ross (Fitch/Ston/Grasso) pin Brody Merritt (East Lyme/Norwich Tech), 3:30

113 lbs. - Michael Saintil (Lyman Mem/Windham Tech) tech fall Jax Nolda (Waterford), 19-2 5:00

120 lbs. - AJ Stefano (Waterford) pin Jameson Grant (Bacon Academy), 1:34

126 lbs. - Abdullah Faraj (Waterford) dec. Russell Reed Jr. (Lyman Mem/Windham Tech), 3-1

132 lbs. - Declan Fagan (Waterford) dec. Alex Murdock (Killingly), 5-3

138 lbs. - Collin Nadeau (NFA) dec. Jeremy Ruiz New (New London), 7-3

144 lbs. - Collin Rhodes (Ledyard) dec. Jorge Sanchez Aleluya (Windham), 3-0

150 lbs. - Reese Georgian (East Lyme/Norwich Tech) tech fall Noah Gomes (Ledyard), 15-0 4:04

157 lbs. - Robert Sommers (Waterford) dec. Jacoby Apes (Ledyard), 5-0

165 lbs. - Lariell Francisco Soto (Lyman Mem/Windham Tech) pin Adam Balfour (Waterford), 4:42

175 lbs. - Lucas Bourez (Waterford) pin Jackson Grimm (Ledyard), 0:55

190 lbs. - Ruben Quiroz Torillo (Windham) dec. Jacob Bookmiller (East Lyme/NT), 4-1

215 lbs. - Tulio Lemus (New London) pin Kingston Sullivan Griswold/Wheeler), 0:44

285 lbs. - Isaiah Torres (Windham) dec. Christopher Robertson (Ledyard), 2-1 TB2

### Division I

**First team** — East Lyme/Norwich Tech, Anthony Caisse, Riely Georgian, Cameron Gronholm, Jacob Palermo, Angel Stimson; Killingly, Gavin Jonasch, Bradey Jonasch, Exael Padilla, A-ris Kuljancic, Ronald Wood IV, Max Richardson, Maximus Shafer; Ledyard, George Jolley, Noah Caisse, Lukas Boxley, Liam Kelo; NFA, Naim Wallace; Waterford, Cooper Myers; Windham, Delmazio Despard, Troy Torres-Morey, Ruben Quiroz Torillo

**Honorable mention** — Ledyard, Collin Rhodes, Aidan Martinez-Garcia, Christopher Robertson; New London, Tulio Lemus; NFA, Savion Witherspoon; Waterford, AJ Stefano, Luke Westkott, Declan Fagan, Adam Balfour; Windham, Isaiah Torres

**Scholar-athlete** — East Lyme/Norwich Tech, Tin Hui Cheng; Killingly, Riley Nolan; Ledyard, Aidan Martinez-Garcia; New London, Lily Gonzalez; NFA, Naim Wallace; Waterford, Adam Balfour; Windham, Troy Torres-Morey

**Sportsmanship** — East Lyme/Norwich Tech, Cam Gronholm; Killingly, Alex Murdock; Ledyard, Jackson Grimm; New London, Kevin Pinelo; NFA, Gavin Jenkins; Waterford, Lucas Bourez; Windham, Delmazio Despard

## Division II

**First team** — Bacon Academy, Jameson Grant, William Morsch; Fitch/Stonington/Grasso Tech, Jaiheir Ross, Jett Alcoba; Griswold/Wheeler, Michael Capalbo, Nollan Thomas, Kingston Sullivan, Brandon Millovitsch, Issac Rios, Max Gray; Lyman Memorial/Windham Tech, Calvin Sammarco, Lucas Judd, Logan Davis, Michael Saintil, Lariell Francisco Soto, Russell Reed Jr., Jaxson Bobbi; Montville, David Linder, Jedadiah Ensling, Maverick Malinowsky; Putnam, Carter Murawski

**Honorable mention** — Griswold/Wheeler, Josiah Wells, Samuel Gray, Andrew Rosekrans; Lyman Memorial/Windham Tech, Ryker Haney, Sean Dejesus, Jonah Dodge; Montville, Nathan Panik, Xavier Lattin; Woodstock, Aidan Soukaloun, Jake Henderson

**Scholar-athlete** — Bacon Academy, Reid Gross; Fitch/Stonington/Grasso Tech, Sohaib Hashimi; Griswold/Wheeler, Nollan Thomas; Montville, David Linder; Lyman Memorial/Windham Tech, Lucas Judd; Putnam, Abby Daniels; Woodstock, Owen Hamilton

**Sportsmanship** — Bacon Academy, Sai Parekh; Fitch/Stonington/Grasso Tech, Eli Simmons; Griswold/Wheeler, Sawyer Collard; Montville, Xavier Lattin; Lyman Memorial/Windham Tech, Liam Pekarovic-West; Putnam, Ceydian Campos; Woodstock, Andrew Landreville

## Girls Wrestling

### Championship Meet – Feb. 12 at New London HS

**Final Team results** – 1. Ledyard 74; 2. NFA 62; 3. Griswold/Wheeler 58; 4. New London 35.5; 5. Bacon Academy 30.5; 6. Killingly 24; 7. Putnam 22; 8. Woodstock Academy 18; 9. Windham 1; 10. East Lyme/Norwich Tech 16; 11. Lyman Memorial/Windham Tech 16; 12. Waterford 10; 12. Fitch/Stonington/Grasso Tech 7

### Individual results

#### 107 lbs.

Final: Felicitas Dietz (Griswold/Wheeler) pin Ryleigh Teague (Norwich Free Academy), 2:46; 3. Kendall Grant (Bacon Academy) dec. Analeigh Fussell (Fitch/Ston/Grasso), 10-7

#### 114 lbs.

Final: Joseline Sanchez-Ruelas (Killingly) pin Makenna Sanchez (Lyman Mem/Windham Tech), 0:27; 3. Ariyana Nelson (Ledyard) pin Demia Crews (Ledyard), 3:47

#### 120 lbs.

Final: Abigail Daniels (Putnam) pin Arielle Lozada-Reyes (New London), 1:48; 3. Charlotte Grant (Bacon Academy) pin Ximena Altunar (Windham), 2:07

#### 132 lbs.

Final: Jillian Comeau (Griswold/Wheeler) pin Olivia Digregorio (Woodstock Academy), 2:50; 3. Anabella Bryant (Waterford) dec. Angelica Marin Reyes (Norwich Free Academy), 6-3

#### 152 lbs.

Final: Tisiane Monteiro (Norwich Free Academy) pin Francia Evaristo (New London), 0:16; 3. Danielle Garrett (Ledyard) pin Genevieve Kukich (Bacon Academy), 3:56

#### 185 lbs.

Final: Kaitlyn Schlimgen (Ledyard) pin Abigail Mikolinski (East Lyme/Norwich Tech), 1:55; 3. Zelig Dietz (Griswold/Wheeler) dec. Anlly Perez (Windham), 5-3

#### 235 (round robin):

Tiyana Taylor (NFA) 2-0, Brooklyn Hepburn (Ledyard) 1-1, Raegan Aberle (Ledyard) 0-2. Key result: Taylor pin Hepburn, 4:15

## Boys Basketball

**Player of Year:** Kaiden Kazlauskas, Griswold

**Coach of Year:** Kareem Brown, Fitch

### Regular-season Division Champions

Div. I: Fitch (5-1)

Div. II: Killingly (8-0)

Div. III: Griswold (8-0)

Div. IV: Plainfield (8-0)

# 2026 Winter Sports Recap - 8



## **ECC Playoffs**

### **Division I**

#### **First Round – Feb. 25**

#8 Waterford 66, #9 Windham 46

#### **Quarterfinals – Feb. 26**

#1 Fitch 94, #8 Waterford 44

#4 Killingly 73, #5 St. Bernard 61

#2 New London 94, #7 East Lyme 58

#3 NFA 78, #6 Woodstock Academy 58

#### **Semifinals – Feb. 28 @New London HS**

#1 Fitch 67, #4 Killingly 56

#3 NFA 54, #2 New London 49

#### **Championship Game – March 2 @Mohegan Sun**

#1 Fitch 67, #3 NFA 58

### **Division II**

#### **Quarterfinals – Feb. 26/27**

#1 Griswold 75, #8 Bacon Academy 52

#4 Ledyard 63, #5 Putnam 47

#3 Stonington 83, #6 Montville 52

#2 Plainfield 85, #7 Wheeler 64

#### **Semifinals – Feb. 28 @New London HS**

#1 Griswold 71, #4 Ledyard 39

#3 Stonington 88, #2 Plainfield 49

#### **Championship Game – March 2 @Mohegan Sun**

#1 Griswold 62, #3 Stonington 59

### **Division I**

**First team** — Xavier Goode (Fitch), Josh Lavoie (NFA), JJ Robinson (New London), Kyaire Young (New London), Si'kis Reels (Fitch)

**Honorable mention** — Brevin Gonzales (St. Bernard), Cayden Simonds Gaskin (Fitch), Rusean Clahar (NFA), Charlie Gianacoplos (Fitch), Jamir Hall (New London)

**Scholar-athlete** — Nick Donaldson (Fitch), Jamir Hall (New London), Josh Lavoie (NFA), Darin Robinson (St. Bernard)

**Sportsmanship** — Gabe De Dios (Fitch), Keyandre Dixon (New London), Jayondre Pontes (NFA), Nathan Little (St. Bernard)

### **Division II**

**First team** — Quin Crowley (Killingly), Parker Spencer (Waterford), Karch Kaczor (East Lyme), Drake Abdullovski (Woodstock Academy), Quinn Sumner (Killingly)

**Honorable mention** — Anden Gonzalez (Windham), Xawier Matwiej (Woodstock), Greyson Marquez (Killingly), Javier Mangual (East Lyme), Carson Gallerani (Waterford)

**Scholar-athlete** — Reggie Schwartz (East Lyme), Aiden LaMotte (Killingly), Patrick Lombardi (Waterford), Alexander Aillon-Pomo (Windham), Nate Couture (Woodstock Academy)

**Sportsmanship** — Liam Collis-Doyon (East Lyme), Ethan Hall (Killingly), Lincoln Wright (Waterford), Nikolai Torres (Windham), Ryan Chabot (Woodstock Academy)

### **Division III**

**First team** — Kaiden Kazlauskas (Griswold), Elijah Cornell (Stonington), Kolby Mills (Griswold), Jace Cheung (Montville), Luke Shevlin (Ledyard)

**Honorable mention** — Troy Johnson (Bacon Academy), Aaden Cutter (Griswold), Jack Leaf (Ledyard), Brady O'Neil (Stonington), Brayden Weidner (Griswold)

**Scholar-athlete** — Troy Johnson (Bacon Academy), Brayden Weidner (Griswold), Calvin Casavant (Ledyard), Brody Sobanko (Montville), Brady O'Neil (Stonington)

**Sportsmanship** — Joey Papale (Bacon Academy), Jayden Joseph (Griswold), Luke Shevlin (Ledyard), Hector Santos (Montville), Sean Durham (Stonington)

### **Division IV**

**First team** — Brayden Marquis (Plainfield), TJ Espinosa (Putnam), Camden Kell (Putnam), Gabe Bourget (Tourtellotte), Brodey Pappas (Wheeler)

**Honorable mention** — Jace Arriaga (Plainfield), Nick Devlin (Putnam), Jayden Watkins (Tourtellotte), Jaxon Davis (Wheeler), Kaegan Hirst (Plainfield)

**Scholar-athlete** — Josh Cady (Lyman Memorial), Solomon Hardy (Plainfield), Nick Devlin (Putnam), Dylan Axtell (Tourtellotte), Jaxon Davis (Wheeler)

**Sportsmanship** — Luke DePiano (Lyman Memorial), Justify Rivera (Plainfield), Caleb LaFrance (Putnam), Jayden Watkins (Tourtellotte), James Noyes (Wheeler)

# 2026 Winter Sports Recap - 9



## Girls Basketball

**Player of Year:** Synaa Waters, Fitch

**Coach of Year:** Mike Morgan, Ledyard

### Regular-season Division Champions

Div. I: Woodstock Academy (8-0)

Div. II: Ledyard (8-0)

Div. III: Plainfield (6-0)

Div. IV: Wheeler (6-0)

### ECC Playoffs

#### **Division I**

##### **First Round – Feb. 25**

#8 Bacon Academy 45, #9 Windham 44

#10 NFA 58, #7 Killingly 44

#11 Fitch 45, #6 Waterford 41

##### **Quarterfinals – Feb. 26**

#1 Ledyard 56, #8 Bacon Academy 33

#4 New London 62, #5 East Lyme 35

#3 Stonington 60, #11 Fitch 47

#2 Woodstock Academy 48, #10 NFA 36

##### **Semifinals – Feb. 28 @Fitch HS**

#4 New London 52, #1 Ledyard 35

#2 Woodstock Academy 45, #3 Stonington 24

##### **Championship Game – March 2 @Mohegan Sun**

#4 New London 47, #2 Woodstock Academy 41

#### **Division II**

##### **Quarterfinals – Feb. 26**

#1 Plainfield 82, #8 Putnam 19

#4 St. Bernard 47, #5 Montville 31

#3 Griswold 52, #6 Tourtellotte 39

#2 Wheeler 61, #7 Lyman Memorial 11

##### **Semifinals – Feb. 28 @Fitch HS**

#1 Plainfield 45, #4 St. Bernard 37

#3 Griswold 37, #2 Wheeler 35

##### **Championship Game – March 2 @Mohegan Sun Arena**

#1 Plainfield 50, #3 Griswold 40

#### **Division I**

**First team** — Bella Dmowski (East Lyme), Synaa Waters (Fitch), Nyarah Dudley (New London), Isabel D'Alleva-Bochain (Woodstock), Kaylee Saucier (Woodstock Academy)

**Honorable mention** — Cailin Delaney (East Lyme), Jaidelis Rivera (New London), Savannah Guernsey (NFA), Vivian Bibeau (Woodstock), Allison Camara (Woodstock Academy)

**Scholar-athlete** — Juju Guarraia (East Lyme), Leilani McCoy (Fitch), Mia Donastorg (New London), Sophie Miner (NFA), Isabel D'Alleva-Bochain (Woodstock)

**Sportsmanship** — Morgan Romanowitz (East Lyme), Giovanna Sardelli (Fitch), Joy Schneider (New London), Alivia Bialowas (NFA), Elise Coyle (Woodstock Academy)

#### **Division II**

**First team** — Maggie Dykes (Ledyard), McKenzie Dykes (Ledyard), Leah DePerry (Stonington), Sophia Hoinsky (Stonington), Lucy Walker (Waterford)

**Honorable mention** — Ella Adams (Killingly), Olivea Shelton (Ledyard), Addy Cadmus (Stonington), Shae Tiven (Waterford), Jaida Green (Windham)

**Scholar-athlete** — Hannah Ferrigno (Bacon Academy), Amaya Spadola (Killingly), Faith Dalton (Ledyard), Addy Cadmus (Stonington), Lucy Walker (Waterford), Jaida Green (Windham)

**Sportsmanship** — Emma Cote (Bacon Academy), Catrina Turgeon (Killingly), Jocelyn Corder (Ledyard), Ava Nardone (Stonington), Marlena Childs (Waterford), Amaiya Gile (Windham)

#### **Division III**

**First team** — Kaidence Michael (Griswold), Cam'rynn Cross (Plainfield), Nevaeh Daily (Plainfield), Morghan Kuhn (St. Bernard), Kai Eslin (St. Bernard)

**Honorable mention** — Natalia Toucet (Griswold), Harper Hedrick (Montville), Isabella Britland (Plainfield), Shanira Valentin (Plainfield), Zanfina Gjonbalaj (St. Bernard)

**Scholar-athlete** — Breanne Harraka (Griswold), Anna Bubicis (Montville), Lola Robertson (Plainfield), Morghan Kuhn (St. Bernard)

**Sportsmanship** — Sadie Gervais (Griswold), Almaz Sklodosky (Montville), Laurissa Gedney (Plainfield), Gemma Tonucci (St. Bernard)

#### **Division IV**

**First team** — Ayanna Dillman (Lyman Memorial), Bridgett Reidy (Putnam), Hazel Clavette (Tourtellotte), Zoe Browne (Wheeler), Londyn Moss (Wheeler)

**Honorable mention** — Cayla Hawkins (Lyman Memorial), Mallory Glaude (Lyman Memorial), Jordyn Poplawski (Tourtellotte), Molly Perkins (Wheeler), Eloise Post (Wheeler)

**Scholar-athlete** — Ayanna Dillman (Lyman Memorial), Aubrey Paquette (Putnam), Madison Perry (Tourtellotte), Eloise Post (Wheeler)

# 2026 Winter Sports Recap - 10



**Sportsmanship** — Arianna Souza-Quinn (Lyman Memorial), Elieana Ionkin (Putnam), Samantha Podgorni (Tourtelotte), Morgyn Perkins (Wheeler)

## Fencing

**Men's Player of the Year:** Isaias Bumpus, St. Bernard

**Women's Player of the Year:** Nora Christensen, Waterford

**Coach of the Year:** Hugh Teel, Waterford

### Regular-season Division Champions

Div. I Men's Foil: Waterford

Div. II Men's Foil: St. Bernard

Div. I Men's Epee: Fitch

Div. II Men's Epee: Bacon Academy

Div. I Women's Foil: Waterford

Div. II Women's Foil: Bacon Academy

Div. I Women's Epee: East Lyme

Div. II Women's Epee: St. Bernard

### Championship Meet - Feb. 28 @Griswold HS

**Men's Epee Team Results:** 1. Bacon Academy, 22; 2. NFA, 25; 3. Ledyard, 29, 4. Fitch, 32

**Top Individuals:** 1. Colton Waterman, Bacon Academy; 2. Nathan Johnson, Fitch; 3. Henry Brown, NFA; 4. Cameron Suprenant, Waterford

**Men's Foil Team Results:** 1. Waterford, 18; 2. East Lyme, 23; 3. Fitch, 34

**Top Individuals:** 1. Mohsin Arshad, Waterford; 2. Nicholas Carseli, Fitch; 3. Jaden Hester, Waterford; 4. AJ Undag, Griswold

**Women's Epee Team Results:** 1. NFA, 28; 2. East Lyme, 30; 3. St. Bernard, 38; 4. Bacon Academy, 47

**Top Individuals:** 1. Tehal Chaudhari, East Lyme; 2. Nancy Zhou, St. Bernard; 3. Danlu Li - East Lyme; 4. Lily Shuman, Bacon Academy

**Women's Foil Team Results:** 1. Waterford, 6; 2. Bacon Academy, 22; 3. East Lyme, 23; 4. Fitch 48

**Top Individuals:** 1. Nora Christensen, Waterford; 2. Mohisha Prasad, Waterford; 3. Priya Pantha, Waterford; 4. Brianna Muller, East Lyme

### **Men's**

**Foil all-stars**— Mohsin Arshad (Waterford), Nicholas Carseli (Fitch), Jaden Hester (Waterford), AJ Undag (Griswold).

**Epee all-stars** — Colton Waterman (Bacon Academy), Nathan Johnson (Fitch), Henry Brown (NFA), Cameron Suprenant (Waterford)

**Scholar-athlete** — Luke Bergman (East Lyme), Nathan Johnson (Fitch), Levi Alexander-Mackin (Griswold), Benjamin Wolford (Ledyard), Jason Li (NFA), Mohsin Arshad (Waterford)

**Sportsmanship** — Martin Cooper (East Lyme), Dane Robinson (Fitch), Levi Alexander-Mackin (Griswold), Jason Poliano (Ledyard), Henry Brown (NFA), Cash Darris (Waterford)

### **Women's**

**Foil all-stars** — Nora Christensen (Waterford), Mohisha Prasad (Waterford), Priya Pantha (Waterford), Brianna Muller (East Lyme).

**Epee all-stars** — Theal Chaudhari (East Lyme), Nancy Zhou (St. Bernard), Danlu Li (East Lyme), Lily Shuman (Bacon Academy)

**Scholar-athlete** — Avneeta Basu (East Lyme), Aleah Alla (Fitch), Arya Benham-Bunnell (Griswold), Rebecca Addams (Ledyard), Addison Cuff (NFA), Tori Campisi (Waterford)

**Sportsmanship** — Riley McDonald (East Lyme), Aarhyana Nhem (Fitch), Arya Benham-Bunnell (Griswold), Ava Allen (Ledyard), Cieka Wu (NFA), Essie Mendes (Waterford)

## Boys Swimming

**Player of the Year:** Joel Hespeler, Fitch

**Coach of the Year:** Al Opsahl, East Lyme Co-Op

**Most Valuable Performer of the Invitational Meet:** Sterling Welsh, Fitch Co-Op

**Scholar Athlete:** Justin Northcutt (East Lyme), Andrew Hickey (NFA), Brady Torres (Stonington), Arthur Dhervilly (Waterford)

**Sportsmanship:** Johnny Karun (East Lyme), Caleb Blanchard (NFA), William Delgado-Moran (St Bernard), Sean Robinson (Waterford)

# 2026 Winter Sports Recap - 11



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

### **Week 11**

Jaidelis Rivera (New London), girls basketball  
Lukas Boxley (Ledyard), wrestling

### **Week 10**

Teagan Czaja (East Lyme), girls indoor track  
Greyson Marquez (Killingly), boys basketball

### **Week 9**

Kaylee Saucier (Woodstock Academy), girls basketball  
Lucas Judd (Lyman Memoria), wrestling

### **Week 8**

Molly Musselman (Stonington), girls indoor track  
Brevin Gonzales (St. Bernard), boys basketball

### **Week 7**

Jaida Green (Windham), girls basketball  
Noah Caisse (Ledyard), wrestling

### **Week 6**

Ella Adams (Killingly), girls basketball  
TJ Espinosa (Putnam), boys basketball

### **Week 5**

Trinity Ambruso (NFA), gymnastics  
Jacob Smith (Fitch), boys indoor track

### **Week 4**

Cailin Delaney (East Lyme), girls basketball  
Nicholas Rembish (St. Bernard), boys ice hockey

### **Week 3**

Alyssa McLeod (Ledyard), gymnastics  
Cam Payne (Montville), boys basketball

### **Week 2**

Emma Weitknecht (Woodstock Academy), girls indoor track  
Max DeLaRosa (Stonington), boys indoor track

### **Week 1**

Bella Rush (Waterford), girls indoor track  
Henry Brown (NFA), fencing

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