



The BERKSHIRE LEAGUE 2022-2023 ALL-STAR BANQUET



Aqua Turf Club
Plantsville, CT



Thursday, June 1st, 2023
6:00 PM



Good evening and welcome to the 2022 - 2023 Berkshire League Awards Ceremony. This event is the high point of the Berkshire League athletic year. It is a time to celebrate excellence in athletics, leadership, service, and sportsmanship.

The student-athletes honored tonight have been chosen for their athletic skill, for their personal character, and for their perseverance.

On behalf of the Berkshire League, we would like to offer our congratulations to each student-athlete. We would also like to thank the parents, friends, teachers, and coaches who have guided and encouraged them along the way.

The Berkshire League Athletic Directors



**BERKSHIRE LEAGUE
MEMBER SCHOOLS &
ATHLETIC DIRECTORS**

GILBERT - BUCKLEY MORGAN

HOUSATONIC - ANNE MACNEIL

LITCHFIELD - KYLE WEAVER

NONNEWAUG - DECLAN CURTIN

NORTHWESTERN - FRED WILLIAMS

SHEPAUG - MATT PERACHI

TERRYVILLE - MARK FOWLER

THOMASTON - AJ BUNEL / ALEX SCONZIANO

WAMOGO - MARY STOLLE



PROGRAM

Welcome.....Mark Fowler
Athletic Director, Terryville
Master of Ceremonies

Dinner

Presentation of Awards.....League Champions
Coaches & Sportsmanship Award Winners

Ted Alex Award.....Scott Werkhoven
Shepaug Varsity Baseball Coach
Ted Alex Award Presenter

Ray Marinko Award.....Mary Stolle
Athletic Director, Wamogo

Congratulations to all of the Berkshire League
All-Star Student-Athletes!



2022-2023
Berkshire League All-Star Teams

FIELD HOCKEY

Awards presented by League Champion Watertown Coach Audrey Brown
Sportsmanship Award winner Northwestern Coach Anna Norland

Lily Cardinal	Wamogo
Erika Curtis	Litchfield
Ashley D'Elia	Watertown
Sophia Granata	Shepaug
Zoe Inglis	Nonnewaug
Grace Kociszewski	Thomaston
Kami LaBella	Watertown
Alexa Maser	Northwestern
Sage Mauro	Nonnewaug
Miley Slattery	Watertown
Diana Squires	Wamogo
Juli Weik	Wamogo

GIRLS VOLLEYBALL

Awards presented by League Champion Northwestern Coach Adam Vaccari
Sportsmanship Award winner Terryville Coach Belen Michelis

Sarah Cipriani	Nonnewaug
Linnea Dziekan	Northwestern
Emma Mierzwa	Northwestern
Anne Moran	Housatonic
Mackenzie Pfahl	Nonnewaug
Skylar Winchester	Northwestern

GIRLS SOCCER

Awards presented by League Champions Nonnewaug Coach Nick Sheikh
Sportsmanship Award winner Wamogo Coach Rebecca Pope

Natalie Brodnitzki	Northwestern
Samantha Conti	Nonnewaug
Layla Coppola	Nonnewaug
Taylor Freimuth	Terryville
Rowan Garr	Northwestern
Shea Higgins	Wamogo
Gianna Lodice	Nonnewaug
Melody Matsudaira	Housatonic
Amber Quick	Thomaston
Claire Saunders	Thomaston
Ava Segalla	Housatonic
Carley Shook	Nonnewaug
Mallory Tomkalski	Nonnewaug
Meredith Zematis	Northwestern
Melissa Tatspaugh	Northwestern

BOYS SOCCER

Awards presented by League Champion Litchfield Coach Rob Andrulis
Sportsmanship Award winner Gilbert Coach Ingryd Flores

Walker Butts	Shepaug
Dylan Chung	Nonnewaug
Ronan Feenan	Shepaug
Noah Fernet	Terryville
Andrew Greene	Nonnewaug
JT Gostkowski	Litchfield
Cooper Laure	Litchfield
Aiden O'Neil	Northwestern
Nicholas Pannofino	Nonnewaug
Nathan Reiter	Litchfield
Charles Rogers	Terryville
Tucker Rogers	Litchfield
Rocco Smith	Shepaug
Christian Swanson	Nonnewaug

BOYS CROSS COUNTRY

Awards presented by League Champion Thomaston Coach Mark Olsen
Sportsmanship Award winner Housatonic Coach Letitcia Garcia-Tripp

Jake Cenatiempo	Nonnewaug
Joshua Dalesio	Thomaston
Christopher Ferrar	Northwestern
Connor Foss	Thomaston
Daniel Guerrero	Thomaston
Kyle McCarron	Housatonic
Luke O'Mara	Litchfield
Thomas Reeves	Gilbert
William Thomson	Northwestern

GIRLS CROSS COUNTRY

Awards presented by League Champion Northwestern Coach Alison Beauchene
Sportsmanship Award winners Housatonic Coach Letitcia Garcia-Tripp

Katherine Beauchene	Northwestern
Julianna Bellagamba	Nonnewaug
Maria Dyndiuk	Northwestern
Harper Howe	Housatonic
Payton Mozalak	Thomaston
Sara Norton	Nonnewaug
Emma Perun	Shepaug
Gabriela Titone	Housatonic
Madelyn Topa	Northwestern

GOLF

Awards presented by League Co-Champions Litchfield Coach Rob Gollow
Shepaug coach Chris Dennis
Sportsmanship Award winner Litchfield Coach Rob Gollow

Spencer White	Litchfield
Ben Muecke	Litchfield
Gavin Giroux	Shepaug
Thomas Vailionis	Litchfield
Christian Prindle	Litchfield
Aiden Blanchette	Gilbert

SWIMMING & DIVING

Awards presented by League Champion Northwestern Coach Mary & Jason DiMauro
Sportsmanship Award winner Housatonic Jacquie Rice & Lisa McAuliffe

Nonnewaug	Julia Longoria	50 Freestyle
	Grace Walkup	500 Freestyle
NWR7	Asa Bannermann	200 Medley Relay, Diving, 400 Free Relay
	Katherine Beauchene	200 Medley Relay, 100 Free, 100 Back, 400 Free Relay
	Amelia Ficalora	200 Medley Relay, 400 Free Relay
	Anthony Ficalora	200 Medley Relay, 100 Breast 400 Free Relay
	Noah Green	200 Medley Relay, 200 IM, 100 Fly 400 Free relay
	Reid Hester	100 Medley Relay, 500 Free 400 Free Relay
	Gabriel Johnson	100 Backstroke
	Olivia Olsen	200 Medley Relay, 100 Breast 400 Freestyle Relay
	Forest Russo	200 Medley Relay, 200 Free, 400 Free Relay
Shepaug	Faith Bargellini	200 IM, 100 Butterfly, 200 Free Relay
	Everett Gronbach	200 Freestyle Relay
	Myles Gronbach	200 Freestyle Relay
	Collin Harty	200 Freestyle Relay
	Nathan McVay	200 Freestyle Relay
	Nicholas Neunzig	Diving
	Abigail Perun	200 Free Relay
	Emma Perun	200 Free, 200 Free Relay
	Sarah Waters	200 Free Relay
Wamogo	Ryan Krhla	50 Free, 100 Free

WRESTLING

Awards presented by League Champion Nonnewaug Coach Dave Green
Sportsmanship Award winner Northwestern Coach Dan Langer

106	Grant Wilmot	Nonnewaug
113	Ryan Lewandoski	Terryville/Thomaston
120	Aiden Cooper	Nonnewaug
126	Sam Goncalves	Gilbert
132	Evan Schibi	Gilbert
138	Kayden Guillet	Nonnewaug
145	Durkin Stankevich	Nonnewaug
152	Jeffrey Bernardi	Nonnewaug
160	Jackson Krajeski	Nonnewaug
170	Andy Rodriguez	Gilbert
182	Jack Wendel	Nonnewaug
195	Joshua Flores	Gilbert
220	Ben Sharon	Northwestern
285	Noah Botto	Terryville/Thomaston

GIRLS BASKETBALL

Awards presented by League Co-Champions Thomaston Coach Brian Mozelak
& Northwestern Coach Fred Williams
Sportsmanship Award winner Litchfield Coach Jim Migliorisi

Maddie Topa	Northwestern
Emily Arel	Gilbert
Nicole Decker	Thomaston
Mallory Tomkalski	Nonnewaug
Ava Harkness	Thomaston
Morgan Plitt	Northwestern
Fiona Gengenbach	Nonnewaug
Samantha Conti	Nonnewaug

BOYS BASKETBALL

Awards presented by League Champion Wamogo, Coach Gregg Hunt
Sportsmanship Award winner Housatonic Coach Kurt Johnson

Carter Nordland	Wamogo
Freddie Camp	Northwestern
Devin Divita	Northwestern
Benjamin Stewart	Nonnewaug
Adam Biraga	Gilbert
Phil Ostrosky	Shepaug
AJ Quesnel	Litchfield
Vince Russman	Thomaston

GIRLS TENNIS

Awards presented by League Champion Nonnewaug, Coach Chris York
Sportsmanship Award winner Shepaug, Coach Joanne Kelly

Doubles All-Stars:

Maggie Keane/Sam Duncan	Nonnewaug
Saoirse Crossley/ Annabelle Churyk	Shepaug
Claire Olmstead/Emily Migliorisi	Litchfield

Singles All-Stars:

Mary Katherine Eddy	Shepaug
Emma Primini	Nonnewaug
Mallory Tomkalski	Nonnewaug
Leah Sepples	Litchfield
Skylar Chung	Nonnewaug
Juliet Eddy	Shepaug

BOYS TENNIS

Awards presented by League Co-Champions Shepaug & Nonnewaug
Coach Nick Sheikh & Coach Robert Ray
Sportsmanship Award winner Northwestern Coach Mitch Case

Doubles All-Stars:

Andrew Greene & Kyle Viveros	Nonnewaug
Charles VandenBosch & Kip Faison	Litchfield

Singles All-Stars:

Ben Mwanza	Litchfield
Everett Gronbach	Shepaug
Luke Primini	Nonnewaug
Manasseh Matsudaira	Housatonic
Jackson Brent	Nonnewaug
Phillip Ostrosky	Shepaug
Luke Cenatiempo	Nonnewaug
John Wild	Shepaug

BASEBALL

Awards presented by League Champion Nonnewaug Coach Frank Melillo
Sportsmanship Award winner Shepaug Coach Scott Werkhoven

Devin DiVita	Northwestern
Freddie Camp	Northwestern
Brett Davino	Nonnewaug
Tanyon Weber	Northwestern
Dylan Chung	Nonnewaug
Jacob Conway	Shepaug
Owen Palmer	Nonnewaug
Travis Lipinsky	Litchfield
Nolan Risedorf	Northwestern
Colin Harty	Shepaug
Ryan Ponte	Nonnewaug
Griffin Blum	Shepaug

BOYS TRACK & FIELD

Awards presented by League Champion Nonnewaug Coach Andy Campbell
Sportsmanship Award winner Litchfield Coach Brent Hawkins

Nonnewaug	Nikita Nicholas	Pole Vault
	Alexander Gibbons	4X800 Meter Relay
	Gavin Sandor	4X800 Meter Relay
	Ethan Perez	4X800 Meter Relay
	Jake Cenatiempo	4X800 Meter Relay
Litchfield	Evan Bryant	200 M dash & Decathlon
	Nathan Reiter	Javelin
	Evan Bryant	4X400 Meter relay
		400 meter dash
	Max Guma	4X400 Meter relay
	Isaac Sobek	4X400 Meter relay
	Nathan Reiter	4X400 Meter relay
	Ben Schildgen	Steeplechase
Northwestern	Aiden Avinia	4X100 Meter relay
		100 Meter dash
	Benjamin Silano	4X100 Meter relay
	Jake Tatsapaugh	4X100 Meter relay
	Dylan Widmer	4X100 Meter relay
	Caven Kreske	Discus & Hammer
Shepaug	Kaelan McDonald	Shotput
Housatonic	Kyle McCarron	3200 Meter run
Terryville	Christian DiSapio	High Jump
Wamogo	Preston Cordeaux	Triple Jump & Long Jump
	Evan Barrante	800 Meter run
Gilbert	Jebediah Leach	110 Meter Hurdles

SOFTBALL

Awards presented by League Champion Shepaug Coach Heidi Johnson
Sportsmanship Award winner Terryville Coach Shannon Distasio

Allysa Calabrese	Nonnewaug
Amelia Jacob	Shepaug
Sarah Cipriani	Nonnewaug
Rachel Hofmann	Shepaug
Lexi Lefkowski	Northwestern
Sloan Walmsley	Thomaston
Clare Moore	Shepaug
Ava Harkness	Thomaston
Kyla Stevenson	Northwestern
Grace Riva	Housatonic
Sophia Granata	Shepaug

GIRLS TRACK & FIELD

Awards presented by League Champion Nonnewaug Coach Arleigh Duff
Sportsmanship Award winner Litchfield Coach Peter Perkins

Nonnewaug	Emma Jackson	Discus
	Ella Quinn	4X100 Meter relay
	Sophia Garguilo	4X100 Meter relay & 400 Meter dash
	Juliette Nichols	4X100 & 4X400 Meter relay
	Ellison McDonald	4X100 Meter relay
	Maia Colavito	4X400 Meter relay
	Ellison McDonald	4X400 Meter relay
	Sophia Garguilo	4X400 Meter relay
	Ellison McDonald	100 Meter dash
	Gianna Lodice	100 & 300 Meter Hurdles
	Leah Murphy	Triple Jump
	Ellison McDonald	200 Meter dash
	Veronika Nicholas	Pole Vault
	Julianna Bellagamba	Steeplechase
Northwestern	Carley Bannerman	Javelin
	Natalie Brodnitzki	Long Jump
	Alivia Geraghty	Hammer Throw
Thomaston	Haley Bethin	Shot Put
	Payton Mozelak	3200 Meter
	Gracie Marble	4X800 Meter relay
	Cierra O'Sullivan	4X800 Meter relay
	Payton Mozelak	4X800 Meter relay
	Olivia Blasko	4X800 Meter relay, 800 & 1600 M
	Gwyneth Romanzi	Girls High Jump
Housatonic	Amelia dodge	Heptathlon



