

HIGH SCHOOL NOTEBOOK

The Hour introduces weekly award

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Another high school sports year has started and with it returns The Hour's High School Sports Extra page every Monday.

It is here you will find an entire page devoted to the high school sports coverage — but not just the game stories you've grown accustomed to reading in these pages.

Instead, you will find our usual popular feature — "On The Record" — in which we do a sit down with area athletes for a straight Question-and-Answer session that is both fun and informative.

Plus, also returning, is our usually mini-features — The Numbers Game and Quotes of the Week — which allow us to summarize a few items of interest in the smallest space possible.

New this year will be our weekly "High School Notebook" which will bring mini-features and high school sports news that you need to know, or might have missed over the course of the previous week.

And, lastly, a new feature to our Sports pages this fall is The Hour's "Athlete of the Week" series, which begins this week with Brien McMahon's Tre Forney and Greens Farms Academy's Kate Paliotta taking the honors.

Every week, The Hour's Sports Staff will be selecting one male and one female athlete from our area schools to honor, depending on their efforts the week before.

We hope you enjoy the old and new features of the High School Sports Extra page, and if you have any tips or story ideas, please contact us at sports@the-hour.com.

RIVALRY RENEWED, Part I: For the first time during this 2013-14 school year, archrivals Norwalk High and Brien McMahon go head-to-head for the first time on Monday — in girls soccer action.

Both teams have struggled in recent seasons, but this game is proof positive that great rivalries do not come from just the most

The Hour
ATHLETE OF THE WEEK
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Tre Forney, Brien McMahon

RUSHED FOR 117 YARDS ON 7 CARRIES WITH TWO TDs, AND HAD 4 CATCHES FOR 49 YARDS AND A TOUCHDOWN, ALONG WITH AN INTERCEPTION IN BMHS'S 34-12 WIN OVER CROSS.



Kate Paliotta, Greens Farms

THE WESTPORT RESIDENT, A FRESHMAN AT GFA, SCORED FOUR GOALS IN HER VARSITY DEBUT, A 6-1 WIN OVER FAA RIVAL ST. LUKE'S LAST WEEK.

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talent-laden showdowns as the Bears and the Senators will once again be on the pitch, giving it their all for bragging rights for the coming year.

Plus, let's not forget, the winner fires the first salvo in the chase for The Hour Cup, which currently resides at Brien McMahon after the Senators won the nine-month long head-to-head battle over the Bears last year.

THE FINAL COUNT: With four games left in the FCIAC-SCC Challenge, the league to the north held an 8-5 edge. The FCIAC, however, ran the table over the weekend, taking bragging rights with a 9-8 advantage following Week 1 games.

St. Joseph (47-28 over Notre Dame-West Haven), Greenwich (22-21 over West Haven), and Fairfield Ludlowe (24-21 over Lyman Hall) tied the series, leaving the balance in the hands of Ridgefield and Cheshire.

The Tigers pulled out a 17-14 victory, tipping the scales in favor of the FCIAC.

At least for now. A handful of other FCIAC and SCC teams scheduled open dates against each other, though those technically don't count as part of the FCIAC-SCC Challenge, they should provide some interesting match-ups.

RIVALRY RENEWED, Part II: The high school football season took center stage last week with the new FCIAC-SCC Challenge stealing much of the limelight from all the other sports.

Rightfully so, too, as match-ups like New Canaan vs. Daniel Hand and Staples vs. Xavier grabbed the attention of many as some of the most power programs in the state went head-to-head.

In the woods of Tarrywile Park in Danbury last Tuesday, though, two of

the country's best went head-to-head in the sport of cross country as Wreckers sophomore Hannah DeBalsi raced Westhill High senior Claire Howlett for the first time this fall.

Last spring, DeBalsi and Howlett became the talk of the spring track circuit with some epic matchups over the course of the championship, culminating in All-America efforts by both runners at New Balance Nationals.

DeBalsi took the win, which wasn't really a surprise.

The one minute, 10-second distance between the two (DeBalsi was 14:31, Howlett was 15:41) was a little shocking.

No doubt the two will meet again.

ALLERS FINDING THE NET: When the Wilton boys soccer team was faced with a mass exodus of players going off to join the Soccer Academy, the big question was who

would pick up the scoring slack?

The answer seems to be Chancey Allers.

The senior striker has netted three goals in two games as the Warriors are off to a 2-0 start this year.

Allers netted one goal in Wilton's 2-1 win over Brien McMahon in the season opener and then potted two on the road at Danbury, a 4-1 victory for the Warriors.

Up next, though: A test. Wilton travels to Greenwich for a Wednesday meeting with the Cards.

EPSTEIN TO BE FETED: In case you've missed it in our sports briefs, former Brien McMahon boys lacrosse coach Mike Epstein, who announced his retirement at the end of the season last spring, will be honored on Nov. 30 at Chatham Manor, 493 Connecticut Ave. Festivities begin at 6 p.m.

Epstein was the head coach of the McMahon program for 18 years. He is being recognized for his hard work, dedication and motivation.

HE'S A KING AND A BARON: King Low Heywood Thomas in Stamford has announced that Steve Ehrlich has been named the new girls basketball coach at the school.

If that name sounds familiar to Norwalk sports fans, it should.

Ehrlich is the founder and president of the Connecticut Barons, the new Norwalk-based youth hockey program playing out of the So No Ice House.

In addition to starting a youth hockey team, Ehrlich was a pivotal player in the founding of the Westhill-Stamford girls hockey program four years ago, too. Westhill-Stamford has joined Staples as a three-team co-op last year and that relationship continues this winter, as well.

While much of his doings seem to be ice-related, Ehrlich will be the first tell you basketball is his true his love and he's always dreamed of becoming a head coach.

This winter, he'll get his chance.