Community Questions
Lakeview High School Athletics - NVL League Affiliation Questions

I heard the AD say that if we move to the NVL, our field hockey team could/would continue to compete in the BL.

Field hockey is in a unique situation due to the limited number of local schools sponsoring the sport. Currently, five BL (Berkshire League) schools offer field hockey: Lakeview, Nonnewaug, Northwestern, Shepaug, and Thomaston. Watertown, an NVL (Naugatuck Valley League) member, also competes in the BL for field hockey, bringing the league to six teams.

If Lakeview moves to the NVL—along with Nonnewaug's potential move—both leagues would collaborate to establish a shared schedule for a combined league season.

This collaborative format is similar to the approach used in wrestling, where BL and NVL schools partner to maintain a complete competitive league.

Is the reverse true for cheerleading and/or girls tennis (for example) - could we stay in the BL and let them compete in the NVL? Or did I misunderstand what was said about field hockey?

No, there is no partial membership. Unlike field hockey and wrestling, which are born out of necessity, cheerleading and girls tennis (for example) are sports that are supported by the BL and NVL respectively.

Can you help me understand whether the application process is a formality or actually competitive? If we do apply, is there a substantial likelihood that we could be turned down? Has this happened to any schools in recent years?

Feedback from several athletic directors indicate that the NVL holds a positive view of Lakeview High School and there is a strong case for admission because Lakeview High School has a geographically desirable location, is recognized as having high caliber academic and athletic programming, is competitively strong, but not too strong in that Lakeview would dominate other members of the league, and offers a diverse sports program that would enhance the league relative to other conferences in Connecticut. Though, admission in the NVL is not guaranteed.

The NVL has not added new members since St. Paul Catholic and Derby High School joined in 2010. Most recently, the league denied admission to ACES—now a probationary member of the Berkshire League.

Do we know what percentage of our out of district ASTE students are athletes? Or what percentage of our athletes are out of district ASTE students, if that is an easier way to think about it?

Based on data for the 262 registered student-athletes as of November 13, 2026:

In-District Student-Athletes: 78.2% (205 students)
Out-of-District ASTE Student-Athletes: 21.8% (57 students)
*Data will increase as we near the start of the winter and spring seasons.

What is the student population of the schools in the leagues?

Please see the **2025-2026 CIAC male and female enrollment data** that has been disaggregated into BL/NVL as well as male and female student totals.

Direct Enrollment Peers:
Based on the 2025–2026 CAS-CIAC enrollment data, Lakeview High School (585 total students: 264 boys and 321 girls) has outgrown the demographic profile of the Berkshire League (BL) and aligns much more naturally with the Naugatuck Valley League (NVL). Within the 9-team BL, Lakeview is the second-largest school—sitting 55% above the league average (376.2), 80% above the league median (325.0), and nearly two to three times the size of six of its eight league opponents, including Terryville (308), Gilbert (252), Thomaston (203), and ACES (185). This substantial size disparity creates structural mismatches in varsity depth, sub-varsity program sustainability, and postseason CIAC class preparation.

Transitioning into the NVL places Lakeview 10th out of 16 schools, a balanced lower-middle tier position directly alongside peer-sized programs such as Wolcott (603), Seymour (549), Woodland Regional (532), and Oxford (440), and within 150 students of seven NVL schools (compared to only two in the BL). Supported by balanced boys' (264) and girls' (321) enrollment numbers and natural regional proximity to northern and central NVL programs like Torrington, Watertown, and Wolcott, joining the NVL offers Lakeview sustainable multi-level rosters, stronger regular-season competition, and long-term scheduling stability.

Postseason Alignment: *Because CIAC tournaments group schools by enrollment rather than conference, playing mid-sized NVL schools (680–850 students like Watertown, Woodland, Wolcott, Seymour, and Ansonia) pairs Lakeview against the same Class M tier it faces in state tournaments.*

What would be Lakeview High School's home pool if Region 20 moves to the Naugatuck Valley League (NVL)?

The plan would be the continuation of the current format with swim practice at CJR and home swim meets at Shepaug.

"While I haven't given any thought to this, and while I also am not the final decision maker on the approval of any facility use, my initial thought is that I don't know that league affiliation would have any real impact." (Shepaug AD on 11/16/2026)

What additional transportation costs would be incurred if Region 20 moves to the NVL?

Transportation costs are based on the number of hours the bus is chartered to attend events. It is not anticipated that there will be a significant increase in transportation costs as Lakeview High School teams will not need to travel for out of league and subvarsity (JV) contests.

How many instructional hours will student-athletes lose by leaving early for competitions at NVL schools compared to the Berkshire League schools?

This impact may be reduced in comparison to current league and out of league contests for Fall and Spring season sports. Many NVL teams have access to fields with lights. Therefore, the impact on academics would be significantly reduced.

In addition, the opportunity to stay under an hour of travel to NVL schools would also decrease the need to travel to schools such as Immaculate, New Fairfield, Abbott Tech, Somers, and Stafford.

If Region 20 athletics move to the NVL, will golf become a spring sport instead of a fall sport?

Yes. The NVL competes in CIAC golf during the spring season, alongside conferences such as the NCCC, Shoreline, and ECC.

In contrast, the BL, FCIAC, and SWC host golf exclusively in the fall.
Other leagues, such as the SCC and CCC split their season based on their own determining factors.