Why is now the right time to consider a move to the NVL

Community Q & A

Naugatuck Valley League (NVL) advantages

1. Reliable, level schedules

A larger conference makes it easier to build more comprehensive middle school, freshman, JV and varsity schedules across major sports.

2. Stronger athlete development

Increased middle school through varsity-level readiness, stronger game confidence and tactical awareness, and greater opportunities for athletic recognition and exposure.

3. Postseason readiness

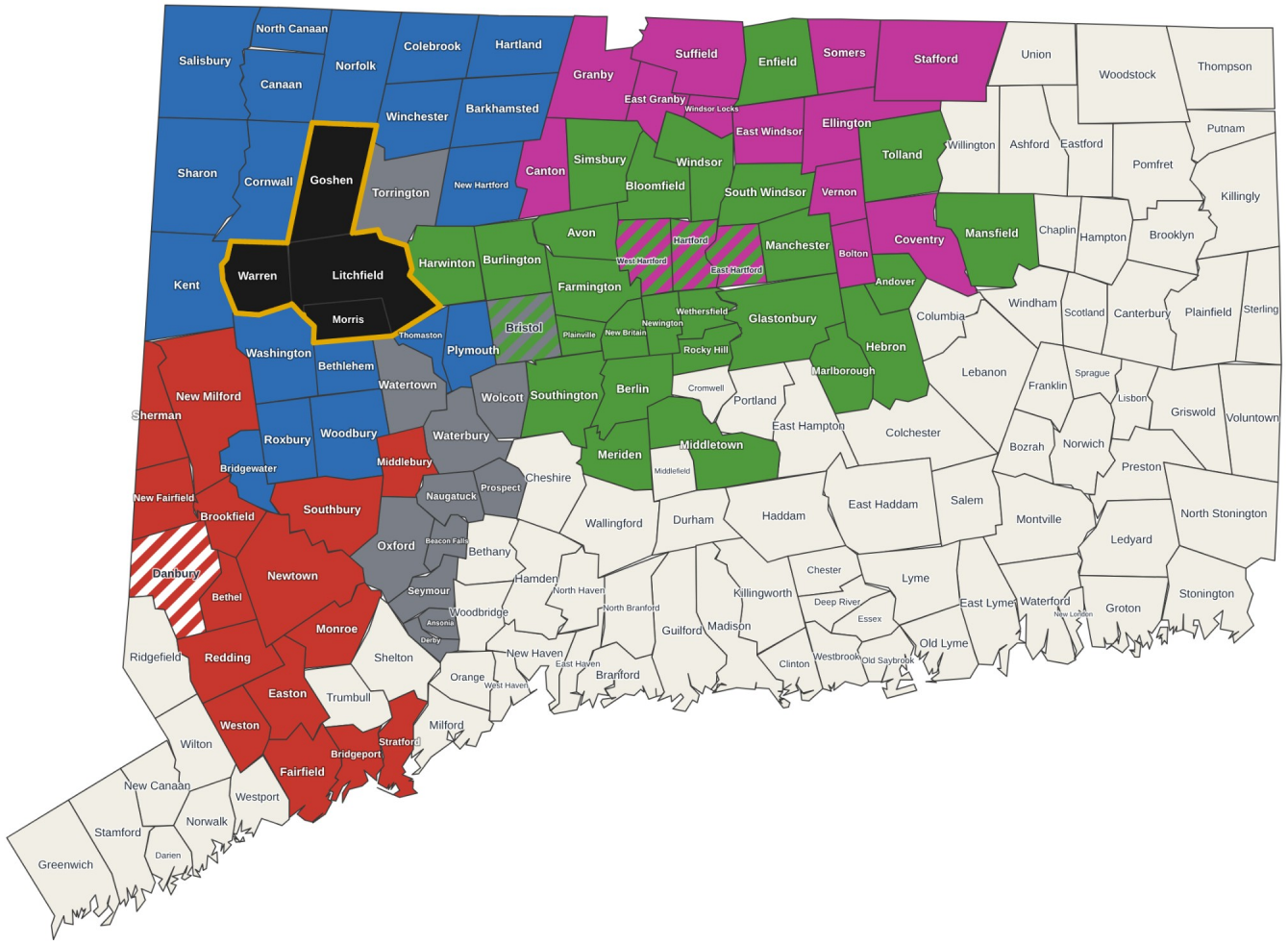
Competing regularly against larger Class M/L schools prepares Lakeview athletes for the pace, physicality and competitive demands of CIAC postseason play.

4. NVL conference structure

A 15+ school league with structured divisions reduces isolation and creates more sustainable scheduling options. The NVL's power-scheduling format adjusts divisional placement by sport to promote competitive balance.

Are there other leagues to the north or south surrounding us so the public can see other options?

Local Connecticut high school league affiliations



- **Berkshire League**
- **Naugatuck Valley League (NVL)**
- **South Western Conference (SWC)**
- **North Central CT Conference (NCCC)**
- **Central Connecticut Conference (CCC)**

- Black with gold outline: Litchfield, Warren, Morris, Goshen
- Magenta / green: Hartford, West Hartford, East Hartford
- Grey / green: Bristol
- Red / white: Danbury

What does the transition look like for a new school joining the NVL?

Divisional alignment is determined per sport, based on a 3-year average of athletic records.

What is going to be the main challenge...

if we stay in the Berkshire League

Declining enrollment throughout the league, continued sub-varsity program deficits, limited player development, and a lack of competitive balance.

if we move to the NVL

Adjusting to a higher level of preparation required for more consistent and heightened competition.

How have Lakeview teams fared against NVL opponents?

Since August 2024, Lakeview has played 34 contests against NVL schools. Lakeview is **16–10–4** (wins–losses–ties): **11–6–3 at varsity** and **5–4–1 at JV**.

By sport (all levels)	W	L	T
Girls soccer	4	3	0
Boys soccer	3	2	4
Girls basketball	3	2	0
Boys basketball	2	0	0
Baseball	2	1	0
Volleyball	1	2	0
Swimming	1	0	0
Total	16	10	4

By season	Record (W–L–T)
2024–25	3–6–2
2025–26	11–3–1
Fall 2026 (to date)	2–1–1

By opponent	Record (W–L–T)
Torrington	7–5–2
Watertown	6–5–0
St. Paul Catholic	1–0–2
Woodland, Wolcott	1–0–0 each

Takeaway: Lakeview has been competitive against NVL schools, winning more than it has lost, with results improving sharply in 2025–26.

Source: Lakeview athletic results vs. NVL opponents, Aug 2024 – Oct 2026.

Are other Berkshire League schools also looking to apply to the NVL?

Other Berkshire League schools are considering their options and gathering information to make informed decisions regarding both the NVL and the NCCC.

How many games have been canceled [In the Berkshire League] due to opposing teams' inability to field teams?

School	Class	Boys Soccer	Girls Soccer	Field Hockey	Volleyball	Boys Basketball	Girls Basketball	Baseball	Softball
ACES	S	**No JV team**	**No JV team**	**No team**	Yes	**Anticipated JV**	**Anticipated JV**	**Unknown**	**Unknown**
Gilbert	S	**(2026 only) usually No JV team**	**No JV team (co-op with Terryville)**	**No team**	JV	JV, **no Fr**	JV	**No JV team**	**No JV team**
Housatonic Regional	S	JV	JV	**No team**	JV	JV, **no Fr**	JV	Yes	**No JV team**
Lakeview	S / M	JV	JV	Yes	JV	JV & Fr	JV & Fr	Yes	JV
Nonnewaug	FB SS / M	JV	JV	Yes	Fresh, JV	JV & Fr	JV & Fr	Yes	JV
Northwestern	S / M	JV	JV	**No JV team**	JV	JV, **no Fr**	JV	Yes	JV
Shepaug Valley	S	JV	**No JV team**	Yes	**No team**	JV; **Fr off day**	JV	**Off day**	**No JV team**
Terryville	S	**No JV team**	**No JV team (co-op with Gilbert)**	**No team**	JV	JV, **no Fr**	JV	**No JV team**	**No team**
Thomaston	S	**No JV team**	**No JV team**	**No JV team**	**No team**	JV, **no Fr**	JV	**No JV team**	**No JV team**

A move to the NVL would not impact field hockey. Watertown is the only NVL school that has field hockey.

NVL roster depth and sub-varsity participation comparison

Season	Sport	NVL JV Data	BL JV Data	NVL Fr. Teams	BL Fr. Teams	Notes
Fall	Boys soccer	12 of 15	4 of 8	No data	None	NVL: Strong JV participation across the league
	Girls soccer	6 of 15	3 of 8	Selective and based on annual participation numbers	None	NVL: Several schools field varsity only
	Volleyball	13 of 15	6 of 6	8 of 15	1 of 8	NVL: Strong and robust sub-varsity opportunities
Winter	Boys basketball	13 of 15	8 of 8	12 of 15	2 of 8	NVL: Complete three-tier system of play
	Girls basketball	12 of 15	8 of 8	Selective and based on annual participation numbers (5 of 15)	1 of 8	NVL: Freshman play supplemented by Saturday games and jamborees
Spring	Baseball	11 of 15	4 of 8	Selective and based on annual participation numbers (4 of 15)	None	NVL: Freshman teams run based on annual roster size
	Softball	6–8 of 15	2 of 8	None	None	NVL: Moderate JV presence, depending on student numbers

NVL Enhancements: Indoor and outdoor track & field competition.
League-based competitive cheer, weightlifting and dance.

Takeaway: More reliable sub-varsity competition

Do stipends for coaches need to increase because of the increased time spent traveling to games?

No. Coaching compensation is governed by the agreed-upon collective bargaining contract.

In fact, from the data, a move to the NVL could reduce overall travel times and potential transportation costs.

Lakeview High School Athletic Travel Comparison (one way)

Berkshire League & Regional Schools

School	Car Time	Bus time	Distance
ACES	29 mins	36 mins	20.9 mi
Gilbert	30 mins	38 mins	21.4 mi
Housatonic	32 mins	40 mins	22.0 mi
Nonnewaug	25 mins	31 mins	15.0 mi
Northwestern	27 mins	34 mins	20.5 mi
Shepaug	23 mins	29 mins	13.9 mi
Terryville	25 mins	31 mins	17.8 mi
Thomaston	18 mins	23 mins	10.6 mi

Out-of-league opponents

School	Car Time	Bus time	Distance
New Fairfield	53 mins	66 mins	36.0 mi
Bethel	55 mins	69 mins	34.1 mi
Brookfield	37 mins	46 mins	23.5 mi
Immaculate	60 mins	75 mins	51.3 mi
Abbott Tech	51 mins	64 mins	34.6 mi
Portland	1h 18m	1h 38m	62.5 mi
Somers	1h 20m	1h 40m	58.0 mi
East Hartford	1h 3m	1h 19m	55.3 mi
Stafford	1h 20m	1h 40m	64.3 mi
Granby	48 mins	60 mins	36.2 mi

Naugatuck Valley League Schools

School	Car Time	Bus time	Distance
Ansonia	40 mins	50 mins	33.5 mi
Derby	42 mins	53 mins	34.5 mi
Kennedy	26 mins	33 mins	18.0 mi
Naugatuck	39 mins	49 mins	31.0 mi
Oxford	37 mins	46 mins	30.0 mi
Saint Paul Catholic	35 mins	44 mins	23.0 mi
Seymour	35 mins	44 mins	29.2 mi
Torrington	19 mins	24 mins	9.7 mi
Waterbury Career	29 mins	36 mins	20.0 mi
Watertown	22 mins	28 mins	13.5 mi
Woodland Regional	36 mins	45 mins	26.5 mi
Wolcott	32 mins	40 mins	21.5 mi
Wilby	30 mins	38 mins	20.5 mi
Holy Cross	25 mins	31 mins	17.5 mi
Crosby	28 mins	35 mins	19.5 mi

Source: Travel time and mileage estimates obtained from Google Maps.

Note: Estimated bus travel times are calculated at a rate of 1.25 times (5/4) the estimated travel time by car to account for additional transit time.

What are the costs associated with joining the NVL? Will there be additional busing, transportation or referee fees?

- NVL membership: $1,600 in fixed annual fees, plus a per-sport assessment of $100–$300 for each sport we field (see fee schedule on the next slide).
- Potential cost increases may arise from offering more consistent sub-varsity (JV and freshman) games.
- Transportation: every NVL school is within 53 minutes by bus, compared with 60–100 minute trips to the out-of-league opponents.

What does Berkshire League play cost each year?

Cost	2025	2026
Flat annual fee	$1,000	$1,000
Tournament expenses — split among participating member schools (cross country, swimming, indoor and outdoor track, wrestling); championship costs are paid per sport		
• BL Swim Championships	$499.06	$393.45
• BL Cross Country Championships	$163.50	$173.32
• BL Golf Championships	$512.00	$512.00
• BL Indoor Track & Field Championships	$159.25	$0.00*

*Costs offset by hosting a $300 per team developmental event.
BL tennis: no fee required.
BL basketball tournament generates profits for the league to offset overall Berkshire League operating expenses.

What would Naugatuck Valley League play cost each year?

Fixed annual fees: $1,600 total

General dues — league administration, meetings, professional development, technology	$600
NVL activities — leadership conference and tournaments	$400
Awards assembly — league trophies, medals and recognition events	$600

NVL per-sport fees (2026–27)

Standard sports — cross country, soccer, football, volleyball, swim, basketball, cheerleading, dance, baseball, softball, unified	$100 / sport
Tennis tier — boys tennis, girls tennis	$150 / sport
Track, golf & specialty tier — boys & girls diving, outdoor track, golf, weightlifting	$200 / sport
Indoor track tier — boys indoor track, girls indoor track	$300 / sport

Has anyone proposed solutions to make the Berkshire League viable for the next 20 years? If we stay, what responsibility would we take to help it flourish?

- No. There have been informal discussions including flexible scheduling and aligned matchups, such as playing league opponents only once to allow for more competitive non-conference games.

- This is beyond our scope.

Can our middle school continue to play locally while our high schoolers join the NVL?

- Yes, although joining the NVL would also provide enhanced, consistent athletic opportunities at the middle school level.
- The NVL has a middle school division referred to as the Junior NVL. Teams generally play a 12-game season, depending on the sport and have playoffs.

Junior NVL middle school sports opportunities

Season	Sports	Playoffs
Fall	Boys and girls cross country, boys and girls soccer	6 teams
Winter	Boys and girls basketball, swimming	6 teams
Spring	Boys and girls track and field, baseball, softball	4 teams

Questions?

Thank you for your interest in the future of our athletic programs.