Regional I

Norwich High School

Purple Tornado

Norwich, New York Mark Abbott, Head Coach

Players to Watch: Returning three starters and two key reserves from last year. Returning seniors Timmy Clark 6 ppg, Vaughn Labor 10 ppg, and David Carson 3 ppg. Key reserves Corey Dietrich and Josh Borfitz both averaging 5 ppg.

About the Coach: Coach Abbott is entering his twenty third year as varsity coach. His overall record is 289-191 and was 1994 New York State Coach of the Year. Coach Abbott is a graduate of Norwich High School and is currently an elementary teacher in the Norwich School District. The Purple Tornado's have two NYSPHSAA Class B ('93 & '94) back to back champions and one New York State Federation Championship ('93).

Vestal High School

Golden Bears

Vestal, New York Ryan Hayes, Head Coach

Players to Watch: Three returning starters, Jeremy Baltz 16 ppg (All League Honors), Mike Patterson 8 ppg (All Division Honors) and Cameron Boyden 9 ppg (All Division Honors).

About the Coach: Coach Ryan is starting his fifth year as head coach. In his first four seasons they have captured two sectional titles, one league championship and two back to back STOP-DWI Holiday Classics Regional Titles. Coach Hayes was a four year member of SUNY Cortland basketball and was co-captain in 1998.

Union Endicott High School

Tigers

Endicott, New York Kevin McManus, Head Coach

Players to Watch: Returning top seven players including starters Brett Hall, Matt Stanley, and Casey Jordan.

About the Coach: Coach McManus is in his 4th season as head coach. He is a 1981 graduate of Union Endicott and presently teaches Social Studies at the high school. Kevin's overall coaching record at UE is 108-70. The Tigers were runner up 2007 STOP-DWI Holiday Classic in the Regional Division.

Seton Catholic Central

Saints

Binghamton, New York Chris Sinicki. Head Coach

Players to Watch: Return four starters from 200-2008 season, including All Conference and All Metro selection Chris Furner 14 ppg & 10 rpg, All Division Matt Meier 12 ppg & 5 apg as well as Pat Matthews 7 ppg and Dan Gosney 8 ppg.

About the Coach: Coach Sinicki is in his eleventh season as Seton's varsity coach posting an overall record of 155-70. Mr. Sinicki has been named coach of the year four times since the 2000-2001 seasons. The Saints have six division titles, two STAC championships, four Section IV titles and a NYSPHSAA Final four appearance during Coach Sinicki's tenure at Seton. The Saints were the 2004 STOP-DWI Holiday Classic Region I Champs.

Regional II

Unatego High School

Spartans

Otego, New York Jim Knight, Head Coach

Players to Watch: Returning six Varsity players from 2007-2008 season. Kyle Ray 11 ppg (second team MAC League) and Will May 7 ppg starters. The team will feature some solid junior varsity sophomores that are moving up to varsity this year from a team that had a 13-4 season.

About the Coach: Jim Knight is in his third season as varsity head coach after being the junior varsity head coach for seven years. His over all record is 133-63

Candor Academy

Indians

Candor, New York Nate Thomas, Head Coach

Players to Watch: Returning six players from last seasons 13-7 team. Starters Will Gates 26 ppg & 8 rpg, Jake Tubbs 15 ppg & 6 rpg, and Cody Rose 9 ppg & 6 rpg.

About the Coach: Nate Thomas returns to the Indians for his third year as head coach. In two years at the helm he has a record of 39-7. Thomas is a 2001 graduate of Candor Academy and teaches physical education at the high school. Nate played four years of collegiate basketball at Ithaca College.

Maine Endwell High School

Spartans

Endwell, New York Bill Ocker, Head Coach

Player to Watch: Returning six players form the 2007-2007 team. Joe Powell 19 ppg (STAC Central/East all Conference), Cory Adrian 4 ppg & 5 rpg, Brian Ruby 5 ppg.

About the Coach: Coach Ocker is a former participant both of the STOP-DWI Holiday Classic, having played on Binghamton High School's team in the 1995 tourney. He is staring his third year as Varsity head coach at ME. He was also a Varsity head coach in Alabama for two years before coming to ME.

Windsor High School

Black Knights

Windsor, New York Joe Costello, Head Coach

Players to Watch: Windsor will return eight players from last year. Tim Costello 8 ppg (All STAC East), Brenton Jones 5 ppg, and Matt Murphy 7 ppg.

About the Coach: Joe Costello will start his fifth season as varsity coach after coaching the JV teams to a 290-126 record. Coach Costello grew up in Queens where he attend St. Francis Prep and received his college education at Cortland State. In addition to coaching basketball, Coach Costello also coaches varsity baseball (one State Championship) and teaches middle school physical education.