Regional I

Johnson City High School Johnson City, New York Mark Woitach, Head Coach Wildcats
Maroon/White

Players to Watch: Four returning key players. Troy Robinson 5'11" 13 ppg 2 times STAC All Central Division; Ronald Teekasingh 5'11" 13 ppg STAC All Central Division; Rashawn Powell 6'3" and Daquan Powell 6'4" 10 ppg and 8 rpg.

About the Coach: 32 year member of the coaching fraternity with a career record of 296-244. Coach Woitach has coached at Division III and Junior College level. Mark has also served as coach of the Central Region team for the Empire State Games winning four gold, 2 silver and 2 bronze medals.

Vestal High School Vestal, New York Ryan Hayes, Head Coach Golden Bears
Green/Gold

Players to Watch: New faces will be taking the court this year in the names of Adam Smith, Gabe Pickett, and Josh Bailey. Fellow senior Colin Gerner along with returning junior Chris Bowe and Dan Kerns will be asked to step in right away.

About the Coach: Coach Ryan is starting his sixth season as head coach with a record of 71-39. In his first five seasons Vestal has 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 team and was co-captain of the team in 1998. In his junior year Cortland appeared in their first NCAA Tournament.

Seton Catholic Central

Binghamton, New York Chris Sinicki. Head Coach **Saints**

Kelly/White

Players to Watch: Six returning varsity players' three seniors, two juniors and one sophomore. Seniors Joe Martin, Dan Farrell, Devin Kane, juniors Bob Garbade, Greg Johnson and sophomore Tom Torto.

About the Coach: Coach Sinicki is in his twelfth season as Seton's varsity coach posting an overall record of 176-74. Mr. Sinicki has been named coach of the year four times by the Press & Sun Bulletin as well as Section IV coach of the year by the Basketball Coaches Association of New York in 2005 and 2008. The Saints have seven division titles, two STAC championships, five Section IV titles and two NYSPHSAA Final four appearances during Coach Sinicki's tenure at Seton.

The Saints were the 2004 STOP-DWI Holiday Classic Region I Champs.

Norwich High School

Norwich, New York Mark Abbott, Head Coach **Purple Tornado**

Purple/White

Players to Watch: Returning seven varsity players from last year - Josh Borfitz, Richie Bonney, Seth Thomsen, Casey Edwards, Derek Hughes, Andrew Austin and Chris Hotaling.

About the Coach: Coach Abbott is entering his twenty third year as varsity coach. His overall record is 309-194 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 NYS Public High School Athletic Association Class B back to back championships ('93 & '94) and one New York State Federation Championship ('93).

Regional II

Chenango Forks Central School

Blue Devils

Binghamton, New York

Blue/White/Red

Drew Rullo, Head Coach

Players to Watch: Three senior starters from last year Casey Redfern 15 ppg, Patrick Creagh 9 ppg and Corey Gildea 6 ppg. Two juniors from the JV will be coming up Tom Dybas 10 ppg and Dan Molter 13 ppg.

About the Coach: Drew Rullo, a graduate from Chenango Forks, is in his third year as head coach. He coached at the Junior Varsity level for two years before being promoted to the head coaching position. Last season his team won the Greene Holiday Tournament.

Susquehanna Valley High School

Sabers

Conklin, New York

Navy/Gold

Mark Ward, Head Coach

Players to Watch: Returning seven players that started during the 2008-2009 season. All Division Matt Cornwell 6'6" 16 ppg and 11 rpg, Pat McKeage, James McKeage, Spencer Hogan, Lawrence Spencer, Torin O'Brien and Corey Cline.

About the Coach: The Sabers will be lead by fourth year head coach Mark Ward. With over twenty years of coaching basketball, Mark brings a variety of experience to Susquehanna Valley. Mr. Ward has coached at the Division I and III collegiate levels and at the professional level as a player/coach in Europe. Before getting the head coaching job at SV Coach Ward had been the head varsity coach at Owego and Union Endicott High Schools.

Maine Endwell High School

Endwell, New York Bill Ocker, Head Coach **Spartans**

Royal Blue/Gold

Player to Watch: Returning five players form the 2008-2009 team. Seniors John Connolly, Tom Connolly, Brian Ruby, Pat Barrett and junior Willis Stocks.

About the Coach: Coach Ocker is a former participant of the STOP-DWI Holiday Classic, having played on Binghamton High School's team in the 1995 tourney. He is starting his fourth year as Varsity head coach at ME with a record of 57-6. He was also a Varsity head coach in Alabama for two years before coming to ME.

Chenango Valley High School Binghamton, New York

Bob Zanot, Head Coach

Warriors

Red/Grey

Players to Watch: Four starters return including All Metro Tommy Hull 20 ppg, Andy Fox 11 ppg and 5 apg, Brian Wagstaff 10 ppg and 8 rpg and Matt Ball 8 rpg.

About the Coach: Bob Zanot is entering his 13th year as Chenango Valley head basketball coach. He has complied an overall record of 195-89 including four Section 4 class B titles, 1 STAC Championship and NYSPHSAA Final Four in 2008. Coach Zanot is a graduate of Norte Dame and was a member of the 1973 National Championship Football Team.