Region 7
Capital/Mid-State

Regional Director: Suzanne Culver
Mount Markham High School

The following are schools that have paid for the 2020-2021 school year:

Bethlehem Central High School
Coach: Eileen Turo

Delaware Academy
Coach: John Gray

Emma Willard School
Coach: Sabra Sanwal

Mount Markham High School
Coach: Suzanne Culver

Niskayuna High School
Coach: Jesse Rose

Proctor High School
Coach: David Schiavi

Shaker High School
Coach: Chris VanDerbeck

Shedendehowa High School
Coach: Andrea Zahnleuter, Lynette Freeman

Walton Central School
Coach: Ellen Nary

Coach: Matthew Pinchinat

Oneonta High School
Coach: Kathy Hardison and Lynne Shepardson

The Albany Academies
Coach: Robert Bischoff