Region 7
Capital/Mid-State

**Regional Director:** Suzanne Culver
Mount Markham High School

The following are schools that have paid for the 2019-2020 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

**Worcester Central School**
**Coach:** Jennifer Kersmanc

The following are schools that have not paid for the 2019-2020 school year:

**Bainbridge Guilford Central School District**
**Coach:** Matthew Downey

**Guilderland High School**
Coach: Matthew Pinchinat

Oneonta High School
Coach: Kathy Hardison and Lynne Shepardson

The Albany Academies
Coach: Robert Bischoff