

## **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*

***Niskayura High School***  
***Coach:*** *Jesse Rose*

***Proctor High School***  
***Coach:*** *David Schiavi*

***Shaker High School***  
***Coach:*** *Chris VanDerbeck*

***Sheddenhowa 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*