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| Team | Notes | Coach | School |
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| North | 2023 Head Coach | Mike Corona | St. Joe's Head Coach |
| North | Assistant | Kris Green | St. Joe's Asst. Coach |
| North | Assistant | Dave Rozak | St. Joe's Asst. Coach |
| North | Assistant | Kris McAndrews | St. Joe's Asst. Coach |
| North | Assistant | Aaron Wahler | St. Joe's Asst. Coach |
| North | Assistant | Kevin Gill | St. Joe's Asst. Coach |
| North | Assistant | Tommy Valentino | St. Joe's Asst. Coach |
| North | 2024 Head Coach | Eric Valley | Medina Head Coach |

| South | 2023 Head Coach | Tyree Parker | WNY Health Sciences Charter Head Coach |
|-------|-----------------|------------------|---|
| South | Assistant | Montrice Webster | WNY Health Sciences Charter Asst. Coach |
| South | Assistant | Louie Bell | WNY Health Sciences Charter Asst. Coach |
| South | Assistant | Ron Reddick | WNY Health Sciences Charter Asst. Coach |
| South | Assistant | Maurice Jones | WNY Health Sciences Charter Asst. Coach |
| South | Assistant | Lewis Hawkins | WNY Health Sciences Charter Asst. Coach |
| South | Assistant | Shaquille Dudley | WNY Health Sciences Charter Asst. Coach |
| South | 2024 Head Coach | TBD | |

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| South | 2023 Head Coach | Jeff Weiss | Orchard Park |
| South | Assistant | Matt Ferrara | Orchard Park |
| South | Assistant | Rudy Fish | West Seneca |
| South | Assistant | Chris Edwards | Pioneer |
| South | 2024 Head Coach | TBD | |

| North | 2023 Head Coach | Chris Monaco | Sweethome |
|-------|-------------------|------------------|-----------------|
| North | Assistant | Cheryl Julicher | Sweethome |
| North | Assistant | Chris Tideswell | North Tonawanda |
| North | Helping Practices | Chris Kensey | Amherst |
| North | Assistant | Mark Layer | Clarence |
| North | 2024 Head Coach | Katie Harrington | North Tonawanda |

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| North | Co-Head Coach | Katelyn Hemingway | Kenmore East |
|-------|--------------------|-------------------|--------------|
| North | Co-Head Coach | Lauren Lewis | Sweethome |
| | | | |
| South | Co-Head Coach | Samantha Cappola | Eden |
| South | Co-Head Coach | Lauren Schugardt | Orchard park |
| | • | • | |
| | Coordinator | Jessica Haskel | Starpoint |
| | Asst - Coordinator | Carissa El-Sharif | Starpoint |