

Tim McConnell



Coach McConnell is a highly acclaimed Western Pennsylvania basketball coach who started his career at Chartiers Valley High School. He and his family have made McConnell the trademark name in basketball throughout Pittsburgh, as well as nationally. In addition to being one of the most winningest coaches in Western Pa, Coach McConnell has helped develop his own children into highly successful players. His sons, TJ and Matt both have successfully scored over "2000 points" in their high school careers, which has led to successful Division-1 careers in college. Currently, TJ is a starting point guard in the NBA with the Philadelphia 76ers. Coach McConnell is known for his passion and determination to motivate players to "make themselves better".

Unrico Abbondanza



Coach Rico was a 4 year starter for Lock Haven University. During his time there, he amassed 1400 points and was able to establish school records in points, rebounds, assists, and steals. Rico was a 3 time All-PSAC player and was most commonly known for his ability to get to the hoop with high flying finishes. After college, he participated in the ABA as the starting point guard for the Pittsburgh Xplosion (2005-2006) playing alongside NBA great Armen "the hammer" Gilliam. Rico also played for Liomatic Perugia Basketball Team in Italy (2007-2008).