

# 'Wish it, Plan it, Do it' mantra drives local-fueled Quinsigamond men's basketball team

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Telegram & Gazette

**John Preziosa** played and coached basketball at Bunker Hill Community College, so when Bunker Hill's league rival, Quinsigamond Community College, was seeking a new men's coach last year, Preziosa jumped at the opportunity.

"I thought it was the perfect match," said Preziosa, who was a longtime assistant at Salem State.

In 2021-22, the Wyverns started 0-9, but finished with six wins and carried some of that late-season momentum into this year.

QCC has won eight of its first 12 games.

"In the preseason," Preziosa said, "we went in with some basic themes – 'Wish it. Plan it. Do it,' – and the guys bought into it."

Preziosa, who is a special education teacher at Arlington High, replaced **Tishaun Jenkins**, who had a successful six-year run as Quinsigamond coach. Jenkins, the former Worcester Voke star, is now teaching and coaching at Springfield Commonwealth Academy.

QCC's roster is filled with Central Mass. talent, including sophomore **Johnny Annan**, who was a member of Worcester Tech's 2019 state championship team and is averaging 13 points and seven rebounds.

Newcomers, including **Sean Manning** of Grafton, who averages a team-best 14.8 points per game and 3.5 assists, former Narragansett Regional

sharpshooter **Frederick Monette-Harris** (8.9 ppg) and Leominster's **Alex Moison** (8.8 ppg) have bolstered QCC's roster.

The Wyverns' biggest improvement this season has been defensively. QCC, which is holding its foes to 65.5 points per game, leads NJCAA Region 21 in scoring defense.

"That number is pretty much unheard of on the JUCO level," Preziosa said.

"That's a strong statement at the JUCO level. Our team has completely bought in to committing at the defensive end of the floor, and we are starting to see those results."

The Wyverns beat Gateway CC in their final game of first semester. QCC returned to practice the day after Christmas and resumes its 2022-23 schedule Jan. 19.

"We are ready to make a strong push," Preziosa said.