

Regina Trimboli



At a time in her life when most people have long stepped away from playing competitive sports, **REGINA TRIMBOLI** was just getting started.

Well, actually she never stopped. But for the past dozen years the longtime Norwalker has really taken her game to another level and the result has been six national championships in the sport of basketball.

Regina is a member of the Connecticut Classics women's basketball team, which competes every other year in the National Senior Games. And all Regina and her teammates have done is bring home a half-dozen gold medals back to the Nutmeg State.

Their incredible run began in 2013 in Cleveland where they won the national title in the 55-59 age group and then repeated as champs in 2015 in Minnesota. The Classics moved up to the 60-64 division in 2017 and played in Birmingham, Ala., where

they lost their one and only national final to date with a crushing two-point loss to San Diego.

But Regina and company bounced back in 2019 to reclaim the crown in Albuquerque, NM. The 2021 Games were cancelled due to Covid, but the Classics won 65-69 age group title in 2022 in Ft. Lauderdale, and again in 2023 in Pittsburgh. Then this year they travelled to Des Moines, Iowa and won their sixth national championship, breaking the record for the most Senior Games titles, men or women.

In off years, qualifying tournaments for the next year's Senior Games are held. But in addition to playing and winning those, the Classics play in a number of invitational tournaments throughout the country and win all of them as well.

"We are probably the most traveled Senior team in the country," Regina said.

Growing up in Redding, Regina Wright played four years of basketball at Joel Barlow High School just as girls basketball was slowly starting to grow as a result of Title IX. A shooting guard, she averaged just over 18 points a game.

"There was no 3-point shot back then, either," she pointed out. "I remember I scored 32 points one game."

This was also around the time when Sacred Heart University in Fairfield started its women's basketball program and offered its very first female athletic scholarship to her.

"There were six of us on the first team," Regina said of that inaugural 1974-75 season. "We just celebrated our 50th anniversary and were honored at halftime of a game. Three of us were there."

Regina also played softball at Barlow and then joined the newly formed women's softball team at Sacred Heart, although it was not a scholarship sport yet. She still plays for a senior women's softball team called the "Nor'easters," who, like the Classics, travel to different states for tournaments. And if that's not enough, Regina has played in a pickup softball league in Fairfield on Sundays for the past 44 years.

TRIMBOLI, from p.45

Her love for basketball also extended to the Norwalk Biddy League, which she was involved in for 30 years as both a coach and later as league director. And when the Norwalk Girls Basketball Association (GBA) was formed, Regina coached and served on the Board.

In 2024, Regina Trimboli and her Connecticut

Classics teammate were recognized by the Connecticut Women's Basketball Hall of Fame. She has also been inducted into the Joel Barlow Athletic Hall of Fame, and was recently named the Connecticut Masters Female Athlete of the Year. ■