

# NATIONAL ARENA LEAGUE FOOTBALL'S SAM CASTRONOVA

Who to watch, where to watch & why to watch



Some may have heard of the National Arena League (NAL) and maybe some have not, but it is a Professional indoor football league that began in 2017, consisting of teams based on the East Coast of The United States, including Georgia, Florida, San Antonio and California. As football season is upon us and we all sit back and watch our favorite NFL Teams, we have our NAL hopefuls who too are dedicated and engrossed in not only the love of the game but of being noticed and picked by an NFL Team.

One such hopeful with impressive stats and values and yes one to keep an eye on is NAL'S own buffalo NY resident Sam Castronova. Sam is the 2022 NAL First Team Offense quarterback for Albany and affectionately labeled the Italian Stallion and a Dual threat quarterback. Born Nov 10, 1996, he grew up with his parents. His father Being a pastor along with his mother, instilled his humble and kind spirit with the foundation of family values and his love for God. The passion has always been there according to Sam, starting his football career in 7th grade, When he was living in Cincinnati Ohio.

***Sam stated "I started as a cornerback, and was a 4th string quarterback and was small and as he chuckled stated, "I was a late bloomer". Later His family moved to Buffalo NY, while he was in 8th grade and there he started as Corner back and wide receiver then moved to third string quarterback.***

In 9th grade while attending Williamsville South High school in Buffalo NY, Sam then started as Cornerback and was the backup quarterback. Later in the season, the starter was injured, and Sam came in and although he played really well, as fate would have it, Sam broke his wrist taking him out for 5 weeks. That didn't stop this determined young man, as for the following 5 weeks he still played defense in a taped-up cast.

Sam's Sophomore year took him to a new level as the starting quarterback for the JV Team, Then later at the end of Sophomore year was called up to Varsity, and his team went on to win the last regular season game and the Playoffs. Sam Castronova's senior year ended with 26 touchdowns and 6 interceptions and earning him Co quarterback of the year, for Western Ny, and picking up The Roger Warsky award, along with a division one Scholarship.

Sam stated "I just wasn't feeling those opportunities at the time" so decided to stay close to home and enrolled in East community Junior College in Buffalo where he studied for two years, and played on the school's Football teams. Freshman year the program was struggling and went 6-5 Sam stated but in 2016 his sophomore year, was 7 and 3, and he was able to break some school records. So those beginning years bring us to who Sam Castronova is today, and that's with his most impressive Stats to date of his career in Professional games with 13 games ending in 88 touchdowns.

With a completion percentage of 67%. I can see why we must watch this young man, because with those kinds of numbers, I can't see why an NFL team would not scoop him up. It's nice to See the beginning, where a Players roots and goals begin. The struggles, the determination, the Hardships and the blessings. He loves the game, and as any young player has the end goal and dream Of reaching the NFL as a player. I know I'm rooting for him, and from the turn out and support I have seen for Sam, a lot of others are too.

Recently Sam's team 'Albany Empire" won the Championships, and the opposing team was actually his team from Last year. It was quite the game Sam stated, and in the end for the Championship the score was at 47-7.

According to Castronova, "In Arena football, that is unheard of to only give up 7 points! It was Awesome". You can hear the Excitement and the absolute pride coming from his voice when he not only talks of his love of the game, The wins and the struggles, but the camaraderie and support within his teammates and coaches for each Other.

In speaking of playing in the NAL, Castronova noted that the biggest difference on being affiliated with the NAL and NFL was that You are playing 8 people instead of 11, and The field is 50 YDS instead of 100 and there are a lot of players that used to play in the NFL that now are playing in this league.

Castronova will be heading out on 24th of September for an invite only workout with the XFL, which will bring more exposure in the game and hopefully his dream for getting picked as a player for the NFL Games. Be sure to watch the XFL as it will be a televised event!

In conclusion I must say that if you love the game of football, and love a fast paced and exciting experience, the NAL games will keep you on your toes. Watching and picking out the new hopefuls and rooting them on in accomplishing what so many youths only dream of. Dreams do come true, and each step of this career is a milestone not only for one but for the entire team. Be impressed, is all I can say. Sam Castronova is one to look out for.

Today during off season, Castronova juggles working within family businesses, as well as is excited for the birth of his first child With wife Kaylee Castronova. I asked Sam, who is behind all this positivity, who are your biggest Supporters, and his reply was immediate. His Wife, and his family. I will leave you now with some wise words from Sam Castronova. I asked him, what would you say to some young hopefuls trying to break into the game and his reply was Work hard at everything you do, and always be accountable for your actions and most importantly be coachable. He follows his own moral code, and in the blessings that he has received its Faith, Family and Football.

When you meet football players and hopefuls with such positive and humble beginnings, you want Nothing more than for their dreams to be achieved. I have to say, Sam Castronova thinks his dreams have already been with the support and love of his wife and family, and everything else is just a bonus.

Thank you, Sam, for an awe-inspiring take into the world of NAL, And Congratulations to Albany on their exciting win. I am sure we will be learning and seeing much more from these NAL teams and Sam Castronova.

You can see more of Sam and information on the NAL on You tube [https://www.youtube.com/watch?v=uD1Vl5\\_jUaA](https://www.youtube.com/watch?v=uD1Vl5_jUaA)

In his Empire pregame interview, and on the NAL website for updates and season and player news at <https://www.nationalarenaleague.com>



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