



Facilities & Support Staff

Traditionally, our schools are named with Iroquois words, and Shenendehowa means “great plains.” Shenendehowa High School is home to the 6-time consecutive champions of Section II Hockey, The Plainsmen.



Campus

The Shenendehowa Central School District covers approximately 86 square miles, serving families from the communities of Clifton Park, Halfmoon, Ballston Lake, Round Lake, Malta and parts of Waterford, Rexford, Mechanicville and Stillwater. Approximately 9,800 students attend eight elementary schools (Gr. K-5), three middle schools (Gr. 6-8) and high school. “Shen” is the largest central school in Saratoga County and has the largest student population in the Suburban Council, the interscholastic athletic consortium of 11 area school districts, within which we compete.

Nine of the thirteen school buildings are located on a 232-acre campus in Clifton Park, New York. Four neighborhood elementary schools are located off-campus.

The Fall of 2009 brought two new additions/upgrades to the sports venues at Shenendehowa. A major renovation of the track/field areas brought a turf field to the football stadium with an 8 lane track as well as increased seating and a new concession stand. The soccer fields also underwent a major renovation. The brand new Shen Aquatics Center had its grand opening last fall as well.

As of September 2015, there are approximately 3000 students who attend Shenendehowa High School.



The Shenendehowa Central School District does not discriminate on the basis of race, color, national origin, creed, sex, age or handicap as defined by law, and is in compliance with Title IX of the Education Amendments of 1972 and with Section 504 of the Rehabilitation Act of 1973.

The compliance officer for Title IX and Section 504 is Amy Bianchi, Director of Human Resources. She is available between the hours of 8 am and 4 pm at the Shenendehowa Central School District Office, 5 Chelsea Place, Clifton Park, NY 12065.

Telephone: 518-881-0600

Dr. L. Oliver Robinson - Superintendent

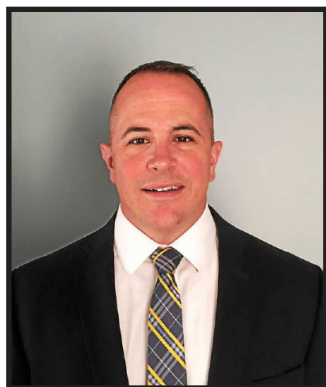
Dr. Robinson currently serves as the Superintendent of Schools for the Shenendehowa Central School District. Prior to that, he served in a similar capacity for the Mohonasen Central School District. Additionally, has served as an Adjunct Faculty for the College at St. Rose and the University at Albany- instructing graduate level courses in education administration and school finance. Dr. Robinson is frequently asked to offer opinion and advice on various state level policies pertaining to leadership, and to the financing of public schools in New York. He is a staunch advocate for students and a strong proponent of equity and equality of access to quality education for all students.

Dr. Robinson received his Bachelor of Arts degree with dual majors in Business Economics, and Organizational Behavior & Management from Brown University in 1991. He received a Masters degree (MS- 1994) and a Doctor of Philosophy degree (Ph.D. - 1996) in Education Administration- School Finance from the University at Albany. Robinson is a member of various professional associations and community-related groups.



"We all have different talents, and as leaders for learning it is our professional, moral and ethical responsibility to ensure that all children have the opportunity and support to discover and develop their respective talent. Education is the passport to the future. The better the education, the further you can hope to go. I am truly blessed to be a part of the profession of molding minds and shaping the future," said Robinson, as he reflected on his life so far.

Ron Agostinoni- Principal



Mr. Agostinoni took over as the principal of High School East and West in July of 2017. Prior to arriving at Shenendehowa, he was the Principal at Maple Hill High School in the Schodack Central School District for 7 years. During his administrative career, he has also served as an assistant principal at Cairo-Durham Middle/High School and had experience as the Athletic Director at both Cairo-Durham and Saugerties High Schools. Prior to administration, Mr. Agostinoni taught high school economics and government and coached varsity basketball.

Mr. Agostinoni has a teaching certificate in social studies and building and district level administrative certificates. He holds Bachelors of Science degrees in Political Science and Secondary Education, Social Studies. Additionally, he has a Master's Degree in Educational Administration and a Certificate of Advanced Study in Education Leadership.

Mr. Agostinoni and his wife, Michelle, have four daughters, Reagan, Kailyn, Adalyn, and Landrie.

District Mission Statement

To work continuously and in partnership with the community to ensure that all students develop and demonstrate the knowledge, skills, abilities and character needed to live useful, productive and rewarding lives.

Associate Principals:

Michael Gutchell – Class of 2019 (Grade 9)
Cathleen Drago – Class of 2018 (Grade 10)

Paul Ripchik – Class of 2017 (Grade 11)
Stephen Smith - Class of 2016 (Grade 12)

Athletic Department

The Shenendehowa Central School District prides itself on being a leader in providing opportunities for students to display their talent and hard work in a variety of contests and competitions. Athletic events in particular, are an important part of our secondary education program because they continue to promote social, emotional and physical growth outside of the regular school day. Athletics foster teamwork, health and physical fitness, school spirit and community involvement. It is a critical part of our overall program for both participants and spectators.

Christopher Culnan – Director of Athletics

Now in his ninth year as an administrator at Shenendehowa, Chris Culnan became the Director of Athletics in July of 2007. Following in the footsteps of Brent Steuerwald and Matt Jones, he is only the third person to ever hold this position at Shenendehowa.

While continuing the long-standing tradition of Shen athletic excellence, Mr. Culnan has worked to strengthen the program's commitment to the term "student-athlete." Academic achievement is emphasized in conjunction with the overall enjoyment of the interscholastic athletic experience. The results speak for themselves: over 97% of teams during Mr. Culnan's tenure have received the New York State Scholar Athlete Award. In 2014 and 2015, Shenendehowa was recognized as a school of distinction with all varsity programs achieving the NYSPHSAA Scholar Athlete Team Award.

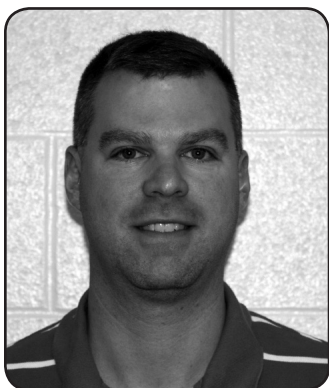


During his first 8 years, Shenendehowa teams have captured 73 sectional championships and 65 runner ups. In 2014-2015 Shen won the prestigious Kerr Cup which recognizes the most accomplished school in athletics in New York State. He has overseen renovations to the football and soccer fields, the weight and wrestling rooms, and was instrumental in getting the Shenendehowa Aquatic Center off the ground. In 2013-2014, Mr. Culnan was selected as the Section 2 Athletic Director of the Year by the New York State Athletic Administrators Association.

Mr. Culnan is no stranger to sports. He began his career as a teacher at Christian Brothers Academy and coached the freshman (1995) and junior varsity (1996-2000) basketball teams, the varsity golf team (1996-2000), as well as the varsity tennis team (2000). Upon leaving CBA, he was appointed a Secondary Assistant Principal in the Rensselaer City School District. In 2001, he took over as coach of the school's varsity basketball team, turning them into a contender at the Class "C" level. Mr. Culnan holds a Bachelor of Arts degree in history from the State University of New York at Cortland, a Master's of Science Degree in Curriculum Development and Instructional Technology, and a Certificate of Advanced Study in Educational Administration and Policy from the University at Albany.

He resides in Clifton Park with his wife, Heather, and his son, Logan. He enjoys music, movies and reading.

Rick Knizek – Athletic Trainer



Now in his 18th year as a Shenendehowa Athletic Trainer, Rick Knizek has served as head Ice Hockey Athletic Trainer since the 1998-1999 season. Rick graduated from "Shen" in 1990, and went on to earn a Bachelor's Degree in Athletic Training from SUNY Plattsburgh, and a Master's Degree in Athletic Administration from the University of Alabama. Along with broad multi-sport knowledge, Rick has a rich hockey background that includes experience at NCAA Division I Union College, ECACHL Championships and NCAA Division III Hockey.

The High School welcomed Rick full-time in 2008. In his capacity as Athletic Trainer, he is responsible for the health and safety of the entire high school athletic program. He is directly involved in all aspects all "Shen" teams' athletic injuries and corresponding care, including evaluation, treatment and rehabilitation.

Students are seen in Shenendehowa's "Power Zone", a state-of-the-art athletic training room located in the new wing built in 2003-04 at High School East. It contains some of the most current modalities for treating athletic injuries, including ultra sound and electrical stimulation.

Rick is a medical provider for the United States Olympic Committee and United States Bobsled and Skeleton Federation as well as Chairman of the NYSPHSAA Section II Safety Committee. Rick lives in Ballston Lake with his daughter, Annika.

Shen's "Power Zone" at HS East



Athletic Code of Conduct

Participation on any Shenendehowa Athletic Team is a privilege that should elicit great pride, in both the student athlete and his/her family. It is also a responsibility, which requires an extra commitment, both academically and socially. Those who wear our school colors represent their teammates, coaches, school, and community. The standards of behavior are, necessarily, high and a willingness to meet these standards is a condition for becoming a member of one of Shenendehowa's teams.

As a continuing condition of eligibility, student athletes are required to formally acknowledge their acceptance of these standards by signing a statement of personal commitment.

The Athletic Code of Conduct consists of both academic and behavioral requirements. Participation on any athletic team is contingent upon the student's willingness to commit to its provisions as evidenced by his/her completing and signing an official letter of commitment.

Spectator Courtesy Code

It is our belief that good sportsmanship on the part of spectators at high school athletic contests is as important as good sportsmanship on the part of the players. The following guidelines for spectator conduct are expected as a means of continuing and strengthening the ties that exist between competing schools. Spectators are encouraged to be actively involved in positive behaviors that promote enthusiastic support for our interscholastic teams. Spectators should cheer for our teams rather than against others. Discourteous or unsportsmanlike behaviors are unacceptable. No spectator should be involved in any of the following actions:

No one shall throw any object on to the playing surface. This action is equally dangerous to Shen athletes, other participants and spectators.

No one shall use unacceptable language when cheering or engage in any cheer that is demeaning to a team or an individual (players, coaches, referees, or other spectators).

No sound producing devices shall be used. This includes horns of any type, whistles, drums, etc.

Physical Education Mission

The goal of physical education is to develop physically educated individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthy physical activity. It is our belief that this experience will empower students to continue this healthful lifestyle.

Clifton Park Arena

Clifton Park Ice Arena has been “home” to the Plainsmen since 1989. Located just off Route 146 and Vischers Ferry Road, it is one of the Capital Region’s premiere skating facilities, with two NHL regulation size rinks (200’ x 85’). The Arena operates year round and offers activities such as public skating, figure skating, Learn-To-Skate programs, league hockey, hockey tournaments and hockey camps. It’s also home base for the *Clifton Park Youth Hockey Association*, a non-profit organization dedicated to providing the best possible experience for boys and girls playing the sport of ice hockey. CPYHA offers recreational, developmental and travel opportunities from mini-mites through midget levels.

The Locker Room

At his retirement in 2001-2002, Coach MacArthur had one last dream that he shared with the Shen Hockey Booster Club: his desire to see a dedicated, Varsity Team locker room. The Booster Club board agreed that it was an admirable and attainable vision. Determined to see it through to completion, they began the planning phase.

January 2003 saw the official “ground-breaking”, as the project started to take shape. Much of the contracting work and building materials were donated or discounted by local hockey fans, the community and Booster Club parents. The list of participants and supporters continued to grow, as the project truly became a communal effort.

The locker room was used for the first time on Friday, November 28, 2003. It was the home opener versus Ithaca. The former 12’ x 20’ room used by the team had now been turned into a Coach’s office. The new 16’ x 40’ addition must have seemed luxurious by comparison, even though it was simply a bigger space, filled with stacking chairs. Minor renovations and painting continued during the season.



Before



After

The fund-raising effort that would finance the building of custom lockers began in 2004-05. Coach de la Rocha proposed a design idea to a local company that specializes in custom carpentry. The first prototype was completed in February of 2006. It sat in the locker room for the rest of the season, a constant reminder of what had yet to be done and a steady inspiration for all those who wanted to see this dream-project completed.

At last, over Christmas break of 2006-07, it was in true holiday style (and thanks to generosity of spirit) that all the lockers were installed. That same year, the senior class donated an LCD projector to the team. In 2007-08, the team’s championship photos were hung around the room, to add a sense of history and inspire today’s team by what has come before them. In 2008-09, a work area and a skate sharpener were added.

For the 2009-10 season, a locker room game clock was donated by many supporters & fans of Shen Hockey in memory of Mr. George Vomacka, late father of Coach Jim Vomacka.

Even today the locker room continues to evolve. For the 2012-13 season, the coaching staff was equipped with a state of the art video camera, lap top computer and editing software. Games, scrimmages & practices can now be filmed and video footage broken down by coaches. The hockey specific editing software (THUNDER Hockey HD by XOS Digital) allows the coaches to make and store video clips into customizable bins & folders for organization and accessibility.

There may always be a “wish list” for “Shen” Hockey by the very nature of the sport, its reliance on technology and the necessity for change. But as we continue to grow and develop our team players, there is one thing that will never change – and that is our dedication to excellence.

Thank you to our families, our fans, our supporters, and our community. It is your continued support that helps make that possible.

The Video Crew

Who make it possible for the coaches & players to review the games!



Averie Potter, Anna Guiry, Cleo Goldman
(Not Shown) Haley Maxon, Ava Carioto, Daniela Brusilovsky, Adriana Piroli

Ms. Sallie Way's Graphic Design Class

For designing the Front
and back covers

Front Cover by
Ashley Zachgo

Back Calendar by
Michaela Smith

Allan Barger

For Outstanding Team Photos

Extreme Team Sports Photos

PO Box 4545,
Clifton Park NY 12065

allanbarger@yahoo.com
Phone: 518-944-6444

Game Announcer
Konstantinos Dikas



The History of Hockey At "Shen"

The 1980-81 season marked the debut of Varsity Ice Hockey at "Shen". It may have been the thrilling victory of the 1980 U.S. Olympic team that year that inspired a group of parents to approach school officials; perhaps it was their desire to increase the opportunities for the growing number of talented older players who competed in local youth programs; or it might have been their love of one of the fastest, most thrilling sports around. Whatever their inspiration, they proposed the establishment of hockey as a varsity sport.

Even then, however, funding, equipping and transporting a 20-player team, renting ice and financing coaches and game officials was a major expense. Due to other priorities, the school athletic department couldn't provide full funding for such a varsity program. And so it was proposed to the Board of Education that funds would be made available, without any commitment from the school district. The idea of an independently funded Varsity Hockey Team was approved and the Shenendehowa Varsity Hockey Booster Club was organized to provide fund-raising support, publicity and other essential activities. An intense fund-raising effort was launched. The community support was outstanding, and, additionally, each player on the roster contributed financially to the program, as is still the case today.

The first team was put together from scratch by coaches, John Coseo and Jim Folmsbee. Since there weren't a lot of rinks, they had to travel to Schenectady to practice! The athletes worked hard and pushed themselves even harder. That first year, they won their first Section II Championship.

Bill MacArthur took over as Head Coach in 1981, a position he held for the next 20 years. It was during his tenure, that Clifton Park Ice Arena was built. The team first played there in 1989 and that helped make the logistics of practicing and hosting games much more efficient.

In 2001, when Coach MacArthur stepped down, he passed the torch to Coach Juan de la Rocha. Coach "D" is now in his 14th year in this position.

In the 38 years since its inception, the Shenendehowa Plainsmen Varsity Hockey team has won 13 League Championships, 9 Section II - Division I Championships, and 4 Final Four State Championship appearances.

Our winning tradition continues!



1980-1981 Inaugural Team

In The High School Hockey Hall of Fame



A Tribute To Coach Bill MacArthur

(Shenendehowa Varsity Hockey Coach 1981-2001)

Bill MacArthur started his teaching career at the Shenendehowa School District in 1969 after graduating from Jacksonville State University. We're proud to say he remains part of our teaching staff today.

In 1981, after having coached for several years at the youth hockey level in both Schenectady and Clifton Park Youth Hockey Associations, he took over as coach of the fledgling Shenendehowa High School Hockey program. It was Coach MacArthur who helped define "Shen's" winning tradition. At the conclusion of the 2000-01 year, Coach MacArthur stepped down as the Head Coach after 20 glorious seasons.

In his 20 years behind the bench, Coach MacArthur led his Plainsmen to 2 Suburban Council Championships, 5 CDHSHL Delvecchio Cup Championships, 8 Section II Runner-ups, 2 Section II Championships and 1 Eastern Regional Championship. Several of his former players went on to Collegiate and Professional Hockey careers. He also had the pleasure of coaching both his sons, Trevor and Peter, at the high school level.

Son Peter (a winger) currently plays with the Augsburg Panthers in the Gernam Professional League. His sixth full professional season comes after four productive years at Boston University, where he helped lead the Terriers into the NCAA Tournament three times, the last year as team captain.

Coach MacArthur "hung up his skates" with an incredible Combined Record of 316 Wins, 177 Losses, and 16 Ties. This overall record currently ranks him in the top-10 among the top High School Hockey Coaches in New York State.

Bill MacArthur was inducted into the New York State High School Hockey Hall of Fame in March 2005. He received this honor for his dedication to the sport - and because he is a truly inspiring coach who has contributed immeasurably to New York State High School hockey. Bill was recently nominated to the Shenendehowa Athletic Hall of Fame in the Fall of 2013

The New York State High School Hockey Hall of Fame, located in the Lake Placid Olympic Center's '32 Rink hallway, recognizes outstanding Players, Coaches and Teams who have contributed noteworthy service to New York State High school hockey.

Coach MacArthur retired from full-time teaching in June 2008. In honor of this occasion, the award presented to the Varsity Hockey player whose on and off-ice efforts personify the true definition of a Shen hockey player was renamed "*The Bill MacArthur 110% Ultimate Plainsman*" Award. Mr. MacArthur currently serves as a substitute teacher and coaches his "second sport", tennis. He is Head Coach of the Shenendehowa High School Boys' and Girls' Varsity Tennis Teams.

The Bill MacArthur 110% Ultimate Plainsmen Award

Presented to the Shenendehowa Varsity Hockey Player whose on-ice & off-ice efforts embody the true definition of what it means to be a Shen Hockey Player.

This award is in recognition of Coach Bill MacArthur's 37 years of dedication & service to the Shenendehowa Athletic Department. During his tenure, Bill also served as the Head Coach of the Varsity Hockey Team from 1981-2001 and established a career record of 316-177-16. His 110% work ethic towards the program has helped define Shenendehowa as one of tradition and excellence among NYSPHSAA Hockey.