



Coaching Staff

Juan de la Rocha begins his 17th season behind the Plainsman bench and will coach his 400th game this year. As Head Coach, de la Rocha has grown "Shen" Varsity Hockey into one of the top programs in all of Section II, guiding the Plainsmen to 2 Final Four appearances, 2 Regional Championships, 7 Section II Division I Championships, 7 CDHSHL Championships and 9 Sub-urban Council Division Titles. In addition, Coach D's Plainsmen have made 11 Section II Final appearances during his 16 year tenure with an overall record of 258-117-20.

In 2016-17, the team had an impressive surge during the second half of the schedule. de la Rocha & his staff guided the Plainsmen to 11 wins of its last 12 games to earn another trip to the Section II Final at Union College. Unfortunately, the team lost in 3OT after 5 lead changes in the contest.

In 2013-14, the team captured its 7th Section II Title under de la Rocha's direction (9th overall) and finished the season ranked #7 in NYS. The Plainsmen have also been ranked in the Top 10 of New York State High School hockey teams by the New York State Sportswriters Association for 9 of the last 16 years. One of de la Rocha's most successful seasons came in 2004-5 season where the Plainsmen posted 24 wins, tied for the highest total in the program's history. During the time he was collecting his consecutive Section II titles, de la Rocha was also selected to coach the boys' hockey team representing the Adirondack region at the Empire State Games in 2007, in Westchester County.



Over the span of 16 years, "Coach D" has posted five 20-plus victory seasons, making him one of the winningest coaches in Section II. During the 2012-2013 season de la Rocha earned his 200th win in a 5-2 victory over Shaker/Colonie. He currently stands among the top 15 active coaches in NYS for most wins. His overall winning percentage of 65.32% and his impressive 75% winning percentage at Sectionals is only one reason why he has been named Times Union "Coach of the Year" three times and Saratogian "Coach of the Year" four times.

A 6th grade Physical Education teacher at Gowana Middle School, de la Rocha was also Assistant Coach for the Boys' Varsity Soccer team from 2001-2006. The team won 3 Section II titles, 2 Regional titles and a State Championship in 2005.

As a former soccer goalkeeper, de la Rocha was a member of the NCAA Division I Men's Soccer team during his freshman and sophomore years at Syracuse University. He was also a member of the ACHA, Division I Club Hockey team all 4 years, holding both "Assistant Captain" and "Leading Scorer" titles in his senior year. As a youth, de la Rocha was voted Schenectady High School "Athlete of the Year" in 1993. He lettered in both soccer and lacrosse as a goaltender, but it was as a forward in hockey that he left his mark. He played for Niskayuna/Schenectady High School from 1989-1993 where, once again, he was Captain and Leading Scorer in his senior year. His high school success led him to do a 1993-4 post graduate year at Avon Old Farms School, where he played both Varsity Hockey and Soccer.

Coach de la Rocha holds a Bachelor's Degree in Physical Education, with a minor in Coaching (Syracuse University), and a Masters Degree in Education, as well as Certification to be a School District Administrator (MCLA). He also holds a Level 3 USA Hockey Coaching Certification. He and his wife, Dena Marie, live in Clifton Park with their two children, Christina (13) and Joseph (10).

-written by Judy Fraizer

As a Coach:

- Three-time Times Union Section II Coach of the Year (2003-4, 2007-8, 2011-12)
- Four-time Saratogian Coach of the Year (2002-3, 2003-4, 2006-7, 2007-8)
- Led "Shen" to 6 consecutive Section II - Division I titles (2001-2008) & again in 2013-14
- Guided "Shen" to back-to-back Final Four appearances in 2004 and 2005
- Coach of the Adirondack Region Empire State Games hockey team in 2007 (held in Westchester County)
- Bachelor's degree from Syracuse University in Physical Education, with a minor in Coaching
- Masters degree in Education
- USA Hockey Level 3

As a Player:

- Member of Syracuse University ACHA, Div. I club hockey team 1994 -1998
- Captain and leading scorer 1998
- Avon Old Farms School, Varsity hockey, post-graduate year 1993-4
- Voted Schenectady HS Athlete of the Year 1993
- Captain and leading scorer 1992-93
- Niskayuna/Schenectady High School Varsity player 1989-93

Year	Coach	LEAGUE			NON-LEAGUE			SECTIONALS		NYSPPSAA		OVERALL			SUBURBAN COUNCIL CHAMPIONS	CDHSHL CHAMPIONS	SECTION II CHAMPIONS	REGIONAL CHAMPIONS	STATE CHAMPIONS
		W	L	T	W	L	T	W	L	W	L	W	L	T					
2001-2002	Juan de la Rocha	10	2	0	8	4	0	1	1			19	7	0	Blue Division Champions				
2002-2003	Juan de la Rocha	12	0	0	8	4	0	2	0	0	1	22	5	0	Blue Division Champions	CDHSHL Champions	Section II Champions	Runner-Up	
2003-2004	Juan de la Rocha	9	3	0	8	3	0	2	0	1	1	20	7	0		CDHSHL Champions	Section II Champions	Regional Champions	NYSPPSAA Semifinalist
2004-2005	Juan de la Rocha	10	1	0	10	2	1	3	0	1	1	24	4	1			Section II Champions	Regional Champions	NYSPPSAA Semifinalist
2005-2006	Juan de la Rocha	11	3	0	3	4	3	2	0	0	1	16	8	3		CDHSHL Champions	Section II Champions	Runner-Up	
2006-2007	Juan de la Rocha	13	0	2	5	4	0	2	0	0	1	20	5	2	Blue Division Champions	CDHSHL Champions	Section II Champions	Runner-Up	
2007-2008	Juan de la Rocha	13	1	1	6	1	2	2	0	0	1	21	3	3	Blue Division Champions	CDHSHL Champions	Section II Champions	Runner-Up	
2008-2009	Juan de la Rocha	5	7	3	2	5	1	0	1			7	13	4					
2009-2010	Juan de la Rocha	11	2	2	1	4	0	1	1			13	7	2	Blue Division Champions				
2010-2011	Juan de la Rocha	11	2	0	4	2	1	2	1			17	5	1		CDHSHL CHAMPIONS	Runner-Up		
2011-2012	Juan de la Rocha	10	3	0	1	6	0	2	1			13	10	0	North Division Champions		Runner-Up		
2012-2013	Juan de la Rocha	10	3	1	2	4	0	2	1			14	8	1			Runner-Up		
2013-2014	Juan de la Rocha	10	1	1	3	5	0	3	0	0	1	16	7	1	North Division Champions	CDHSHL CHAMPIONS	SECTION II CHAMPIONS	Runner-Up	
2014-2015	Juan de la Rocha	9	2	0	4	5	0	1	1			14	8	0	North Division Champions				
2015-2016	OFF																		
2016-2017	Juan de la Rocha	9	3	1	1	6	0	2	1			12	10	1	Suburban Council Champions		Runner-Up		
2017-2018	Juan de la Rocha	8	4	1	2	5	0	0	1			10	10	1					
Coach de la Rocha's CAREER STATS		LEAGUE			NON-LEAGUE			SECTIONALS		NYSPPSAA		OVERALL			SUBURBAN COUNCIL CHAMPIONS	CDHSHL CHAMPIONS	SECTION II CHAMPIONS	REGIONAL CHAMPIONS	STATE CHAMPIONS
Career Totals		161	37	12	68	64	8	27	9	2	7	258	117	20	9	7	7	2	0
16 Season Average		10	2.3	0.8	4.3	4	0.5	1.69	0.56	0.1	0.4	16	7.3	1.3					
		76.67%			48.57%			75.00%		22.22%		65.32%			56.25%	43.75%	43.75%	12.50%	0.00%

Prior to coaching at Shen, Coach Louis played Division III hockey at SUNY Cortland, where he earned his Bachelor of Science degree in Education. He played for 4 years, his senior year as captain of the team, racking up 19 goals and 29 assists in 105 games, for a total of 48 points. He had been recruited for the Red Dragons while playing 2 years of Junior "A" hockey for the locally based Capital District Selects team. Coach Louis is, himself, a "Shen" graduate (1998) and played "the best game on earth" for the High School Varsity team for 3 years, while in 9th – 11th grade. A self-confirmed "rink rat", he has been hanging out at Clifton Park Ice Arena ever since it opened.

For 16 years Coach Louis had been on staff with Excel Hockey Schools. He had also served as an evaluator and a member of the selection committee for the Empire State Games, Adirondack Region, for 2 years. Coach Louis is also the Junior Varsity Golf Coach for Shen, with a current record of 39-0 and three JV championships in three years. He is in his 13th year of teaching physical education in the Shenendehowa Central School District and is currently at Orenda Elementary School.

Coach Louis resides in Ballston Lake with his wife, Holly; son, Kyle (10); daughter, Brynn (7); and chocolate lab, Maci. In the off-season he enjoys spending time with his family & friends and loves to play golf.



Louis Year-by-Year

1988-1994	Clifton Park Youth Hockey
1994-1997	Shenendehowa High School, Varsity Hockey
1998	Graduated Shenendehowa High School
1997-1999	CD Selects, Junior A Hockey
1999-2003	SUNY Cortland Red Dragons, NCAA Div. III Hockey
2002-2003	Captain, Red Dragons
2003-present	Shenendehowa High School Varsity Hockey, Assistant Coach

Louis at Shenendehowa

Season	#	Year	Position	GP	G	A	Pts.	PIM
1994-1995	15	Fr.	F	N/A	11	10	21	7.5
1995-1996	15	Soph.	F	N/A	8	15	23	1.5
1996-1997	15	Jr.	F	25	15	17	32	

Louis at Cortland

Season	#	Year	Position	GP	G	A	Pts.	PIM
1999-2000	15	Fr.	F	23	2	4	6	N/A
2000-2001	15	Soph.	F	27	8	7	15	N/A
2001-2002	15	Jr.	F	28	4	10	14	N/A
2002-2003	15	Sr.(C)	F	27	5	8	13	N/A

Bobby Karl, a Clifton Park native, graduated from Shenendehowa High School in 2005. At age 10, Bobby began playing hockey with the Troy youth hockey program. He went on to play for the Shen Varsity team, winning three section championships and two regional championships. During high school, Bobby also played for the Varsity lacrosse team and is currently 5th in all time WWgoals. Upon graduation, Bobby enrolled at Sacred Heart University where he continued playing for the lacrosse team for the next four years. In 2010, Bobby graduated from Sacred Heart with a Bachelors Degree in Psychology. Today, he is the team sales leader at Breakaway Sports, and resides in Clifton Park.



Assistant Coach **Kevin Magaletta**

Coach Magaletta enters his third season with the Plainsmen. He brings a strong hockey background and a wealth of experience to the program. Coach Magaletta grew up in the metro Boston area where he played his youth and midget hockey. After a successful high school hockey career, in which he was an all-league baseball player as well, Coach Magaletta played NCAA Division I Hockey at the United States Air Force Academy. Upon graduation, he served 20 years in the active duty Air Force as a logistics readiness professional in various leadership and program management capacities around the world. Additionally, he is a USA Hockey Level 4 certified coach. He and his wife, Susan, reside in Clifton Park with their son, Marty.

