



LOU D'ALONZO

Position: Defensive Coordinator

Years at Marple-Newton: 6

Personal

Hometown: Philadelphia, PA

Alma Mater: West Catholic H.S., '76

The Pennsylvania State University, '80

Lou D'Alonzo will begin his sixth season as Marple-Newton's Defensive Coordinator in 2008. D'Alonzo's defensive units have been consistently recognized as some of the toughest in the Central League.

The 2007 season brought more of the same for the Tigers defense. Opponents were held to 11.4 points per game, while the defense forced 13 turnovers in 11 games. Opposing offenses were held to just a 35% conversion rate on 3rd down, and an even paltrier 13% on 4th down.

In 2006, the Tigers held opponents to just 8.4 points per game. The defense recorded five shutouts in eleven games, setting a school record and allowing Marple Newtown to outscore opponents 250-92 for the season. D'Alonzo's defense also forced 21 turnovers (14 fumbles, 7 INT) giving the Tigers a +7 turnover margin for the year.

Lou played Center and Linebacker at West Catholic High School from 1973-1975. D'Alonzo garnered All-Catholic honors at Center in 1975. During his tenure, the Burrs won the Southern Division City Section in 1974.

A graduate of Penn State University, Coach D'Alonzo currently resides in Prospect Park, PA. He and his wife, Caroline, have three children, Stephanie, Lou and Justin.

Coaching Experience

Marple-Newton High School

2003-Present, Defensive Coordinator

Overbrook High School

2000-2002, Defensive Coordinator

Southern High School

1995-1999, Head Coach

Olney High School

1993-1994, Head Coach

Olney High School

1991-1992, Defensive Coordinator

Cardinal Dougherty High School

1982-1990, Defensive Coordinator

1981, Head Freshman Coach

Playing Experience

West Catholic High School

1973-1975, Center & Linebacker