

Liberty Christian Academy Athletic Director Frank Rocco



Frank Rocco has served as an athletic administrator and coach for over 30 years at either the collegiate or high school levels. He was hired as LCA's Athletic Director/Head Football Coach in 2004 after serving as the offensive coordinator for Liberty University football from 2000-2004. Coach Rocco earned national recognition in 2003, for being named a finalist for the NCAA Div. 1AA assistant coach of the year award presented by the American Football Coaches Association.

On November 9, 2015, Rocco resigned his position as head football coach to put his full energy into directing the LCA athletic Department. In May of that same year, his eight-year vision that LCA would be accepted in the Virginia High School League (VHSL) as a full-fledged member was realized. LCA moved from the Virginia Independent Schools Athletic Association (VISAA) to the VHSL as a Class 4A member of the Seminole District, and in the first year of eligibility, he directed the football team to the VHSL State playoffs. After a two-year semi-retirement, Rocco returned to the head coach position in the 2018 season and his teams have made the VHSL State Playoffs in each of his years at the helm. Rocco remains the schools winningest coach and has won 241 games in his 31 year head coaching career at 4 different schools.

Rocco was a three-sport star in high school and a graduate of Penn State University (Business Management '82) where he was a two-year letter winner for the Nittany Lions football team. Participating in four bowl games over his collegiate career, he quarterbacked PSU to a Liberty Bowl victory over Tulane in 1979 and was the TCS Player of the Game that year in the game against Temple University.

He was a graduate assistant coach on the Nittany Lions 1982 national championship team, before signing as a free agent with the New England Patriots in 1983 and with the USFL's Philadelphia Stars in 1984.

Rocco became a certified athletic administrator in March of 1997 from the National Interscholastic Athletic Administrators Association and was the athletic director/head football coach of three different AAAA public high schools in the Pittsburgh, PA area. He earned several conference championships and Coach of the Year awards.

At LCA, the athletic department has flourished. The addition of a true middle school program and new sports such as, indoor/outdoor boys/girls track, and boys/girls swimming highlight the last 18 years under Rocco's tenure. LCA's varsity boys' and girls' sports teams have won a combined 18 state championships, and 70 conference championships.

Under Rocco's leadership, LCA football has won six state and 11 conference championships and compiled an amazing overall record of 150-30. LCA has placed more than fifty players into college football at various levels, most notable are, current Denver Bronco OT-Bobby Massie, current Indianapolis Colt WR- Michael Strachan, former Cleveland Brown S- Elijah Benton, current UNC OG/OT- Zach Rice, former UVA quarterback- Michael Rocco, 2011 Academic All-American from LU-Pat Kelly, VA Tech players-Braxton Pfaff and Dimitri Knowles, Matt Terrell (UVA), Blaine Markham (U of Richmond), Rondre Knowles (JMU), B.J. Farrow and Desmond Rice All-Big South performers at LU.

A member of a sports-oriented family, Rocco's father is a long-time public-school administrator and coach. His two brothers are both coaches as well. Dan is the head football coach at the University of Delaware and David is a high school coach in Charlottesville, VA. His sister Sheri Harrison is married to the former strength and conditioning coach at Penn State.

Coach Rocco and his wife Leslie, have three children. All of which graduated from Liberty Christian Academy. Chris is a bible teacher at LCA, Jenn is a teacher/missionary in Guatemala and Michael a local businessman/LCA asst. coach. They have seven grandchildren.