

Dear Robbie,

It is a pleasure to connect with you in regard to the Turnbull Award which I received at the University of Maryland in 1954. I hope that you will get to enjoy the game as I much as I have as a player, coach (University of Maryland 1963–76), and spectator (my whole life!).

I was fortunate to get to play at Baltimore Polytechnic Institute “Poly,” the Mount Washington Lacrosse Club, and the University of Maryland with many, many great players and several great coaches.

I also enjoyed immensely working with the young men at the University of Maryland during my coaching tenure there. I have been truly fortunate in the game.

I am particularly grateful to Gardner Maloney and Bill Logan who took me under their arms at a critical point in my development.

Perhaps I can pass along some lessons that were shared with me by many people:

- Get the loose ball.
- Go to the goal.
- Find the open man.

These three things haven’t changed much since my days!

I would encourage you to always do the right thing and be honest.

My very best to you in your journey.

Rennie

C. Rennie Smith  
Maryland ’55

Hi Robbie,

I'm very pleased to connect with you in regard to my Turnbull Award in 2010 at Le Moyne College. I grew up in Syracuse New York, an area which is highly recognized for producing talented lacrosse players. I was very fortunate to have the opportunity to play against so many great players and teams. As a result of the level of competition surrounding me, it inspired me to become the player I became. I didn't start playing lacrosse until the 7<sup>th</sup> grade and it was solely because all of my friends played. I was immediately hooked and I fell in love with the game. I spent countless hours and days playing "wall ball" and shooting; every day trying to improve and enjoying every second of it.

Due in part to my commitment and love for the game but most importantly to what the award represented, it was a complete honor to have been awarded the Turnbull Award. I know that Jack was a tremendous player, athlete, and person, and that he died in the service of our country. I was so proud that I was awarded something that was representative of such a remarkable person.

Always remember that lacrosse is a team game, work hard, have fun and you will get out more from the game than you will ever imagine!

Best of luck,

Jack Harmatuk

Le Moyne College 2011  
Turnbull Award 2010

Dear Robbie,

I was the Division II Turnbull Award recipient in 2000 and consider it one of my greatest athletic achievements. It brings me great joy to share my experience with the game of lacrosse with you in hopes that you can imagine the endless possibilities the game can bring to you in your life. I grew up in Holbrook, New York and started playing the game at a very young age. I was four years old when my parents enrolled my two brothers and me into the Sachem Athletic Club lacrosse program and we were all instantly hooked. After playing throughout my childhood and adolescent years, I was overjoyed that lacrosse was the reason I was offered a scholarship to play at CW Post, Long Island University.

The knowledge I have acquired from being on the field and part of a team has carried over into my adult life in the working world. You have to understand that my involvement with the game has been the gift that keeps on giving. I am so grateful. Lacrosse has given me the opportunity to play at the highest levels and travel the world. As a youth player, we traveled the east coast of the US and Canada to play. My high school team played at the highest level and traveled to the New York State Division 1 championship, which unfortunately resulted in a loss. At CW Post, I was a four year starter, team captain; two time All-American Attackman in '98 and '00. My team and I played in three Division II National Championship games and lost all three years. I have learned that sometimes losing a game, especially one as important as state and national championship, is a greater lesson to learn than winning. It taught me humility and it fueled me to work harder. Losing is very powerful motivation. Regardless of the end result, every time I played with heart, I felt like a winner and felt good knowing I had given my all every time I walked off the field.

After college, I was accepted into the English Lacrosse Program Delegation. The program's initiative was to teach the

game to British youngsters. I was 21 years old, living in another country, coaching the sport I love. It was one of the best times of my life. I played for Team Wales in the 2002 World Lacrosse Championships in Perth, Australia. After the games, I went on to coach various varsity high school teams in New York and Ohio. I am 36 years old and am proud to say that I still play lacrosse to this day. I coach, along with my three brothers, for a well-respected travel organization that has teams ranging from 2<sup>nd</sup> grade to varsity level. I also am part of a training program, which provides players a unique method of learning specialty skills, taking them to the next level of playing.

In addition to coaching and training, I have been officiating games at the high school and college level for the past nine years. Officiating allows me to see the game from a different perspective and I learn something new with every game. If there is one thing I can do to give back to the sport, it is to share it with children so they can take away everything and more that I gained from it.

I have such respect for the sport after playing my entire life and watching it grow. It has given me opportunities that I could never have imagined in my wildest dreams. It is everything to me. It is and will always be my passion. I live, love, and breathe lacrosse. It has molded me into the man I am today. The determination, perseverance and discipline I've honed after the thirty-plus years of playing has greatly aided me in my career, where I feel I am able to exhibit leadership skills, commitment, and dedication to the team I manage.

I recommend that you take every valuable lesson you learn, cherish your teammates, as they will be your brothers on and off the field for the rest of your life, and hold on to every memory you make. Never give up, ever. The temptation to quit is usually the strongest when you are about to succeed. You are a competitor; use it to your advantage.

Receiving the Turnbull Award was a tremendous honor. I was being recognized for my achievements as a collegiate

player and it validated all those years of hard work. Jack Turnbull was an amazing man and an inspiration to athletes in any sport.

A book that I would recommend you read is *The Art of War* by Sun Tzu. I find it fascinating that a guide to military tactics and strategy written thousands of years ago translates so well to life today. I leave you with a quote from it and hope you enjoy it as much as I have, “Victorious warriors win first and then go to war, while defeated warriors go to war first and then seek to win.”

Best of Luck.

Gavin T. Chamberlain

CW Post Long Island University  
Turnbull Award 2000

Dear Robbie,

I am thrilled to hear of your special stick and I am grateful for Coach Scott's invitation to connect with you. My name is Michael Watson and I received the Turnbull Award in 1996, while playing at the University of Virginia. I grew up playing in Baltimore, Maryland where I attended the St. Paul's School for Boys prior to matriculating at the University of Virginia.

My experience in the game has exceeded my wildest dreams. I have been fortunate at every stop on my journey—from youth league up through Team USA and Major League Lacrosse. I have learned from all of my teammates and coaches and consider myself extremely blessed to have had so many great people influencing me along the way.

Receiving individual honors such as the Turnbull Award gives you a sense of accomplishment—but I would be the first to tell you that my teammates and coaches all receive a piece of each of them.

I would encourage you to wake up each morning with a goal in mind to accomplish. Proceed on your journey with an open mind and a willingness to accept guidance from those who give it. For success is not merely an individual achievement, but a result of the influences that surround and shape you. I like baseball manager Sparky Anderson's quote, "Success isn't something that just happens. Success is learned, success is practiced, and then it is shared."

I thought you may enjoy reading a book by Malcolm Gladwell called *Outliers*. It raises some interesting questions that I think will help you along the way. Best of luck on your journey. Enjoy the ride...

All the best,

Michael Watson

University of Virginia 1996

Turnbull Award 1996

Team USA 1998

National Lacrosse Hall of Fame, Class of 2013

Dear Robbie,

I was a four year starting attackman at Washington College from 1980-1983. I was a two-time First-Team All-American, two-time team MVP, 1983 team captain, 1982 Division II/III HEROES award recipient, a member of Washington College's Hall of Fame, and I was the only Division III attackman to be named on the *Baltimore Sun's* All-America team in 1983. I also was a starting attackman on the South team in the annual North-South All Star game. In 1983, all divisions of lacrosse played in one game so it was a great honor to represent the South, with all of the other talented seniors. However, nothing means more to me than receiving the Jack Turnbull award in 1982.

The Lt. Col. J. I. Turnbull award puts a player in a unique category in lacrosse history. The award demonstrates absolute achievement through hard work, training, and determination.

Robbie, on January 3, 1981 I had major back surgery. I wasn't quite sure if I would be able to play lacrosse again, especially at a program like Washington College. But by our first game in March, I was back on the field as if nothing had happened. I really think the reason for my quick return was because I loved the game so much. Nothing was going to hold me back. As your lacrosse career moves forward, remember that adversity can never stop a motivated warrior. If you persist with great courage you can overcome any obstacle in life.

Lacrosse teaches one to be a better person. To be a great player, you must be unselfish, willing to overcome adversity at all costs, and be a leader. Lacrosse is a life lesson of teamwork and camaraderie. I carry this through life every day. I believe that if you follow your dreams, lacrosse will take you down that path for the rest of your life.

One of my favorite books to recommend to you is about the Lewis and Clark Expedition. It is titled *Undaunted Courage*, by Stephen E. Ambrose. The book exemplifies the will to succeed at all costs.

Regards,  
Jeff Kauffman  
Washington College 1983  
Turnbull Award 1982

Dear Robbie,

What a pleasure to connect with you in regard to your special stick. Coach Scott has shared with me a little bit about your journey with Red Hawk and Captain Lewis. I am a bit jealous! I am John Kaestner from the University of Maryland. I received the Turnbull Award in 1972—so that is where you and I become connected.

I played at a very interesting time in the game's history in that by my junior year in college the plastic stick was beginning to become common. Believe me, the new technology made a world of difference in my game. I had grown up with a wooden stick and not until my freshman year in college did I become proficient with both hands. The plastic stick was easy to “break in” and was balanced unlike the wooden ones. In fact the week before the Hopkins game my senior year I broke both my game sticks and that week I got two new sticks which I broke in in two days. On that Saturday at Hopkins on their homecoming against the number one team in the country, I had the day I had dreamed of as a ten year old fourth grader. The plastic stick enabled me to go from a two-time All-American to the Turnbull Award winner!

To say I grew up in a lacrosse family would be an understatement. My dad, Bud Kaestner, played at Johns Hopkins in the early forties and knew Jack Turnbull. He was selected to the national Hall of Fame as was my brother Hank, who also attended JHU, and was the first defender to receive the Schmeisser Award for the best defenseman in college twice! My other brother Reed was a two-time All-American and captain of my Maryland team in 1970. I have three children all of whom played Division I lacrosse. My oldest, Ashby, was a three-time All-American at Georgetown University and played on the US team for three years. My other daughter, Christie, started for four years at Duke University and was a First-Team All-American in her senior year. My son John played at JHU and had some great moments on the field and made friends for



life with his teammates. All three love and honor the game all have been involved with passing on their skills and love of lacrosse to young players like you.

I started playing in the fourth grade at The Friends School in Baltimore and my dad showed me a diagram of a field before my first game on the Friends midget team comprised of fifth and sixth graders. He told me to call for the ball from my teammates and the go to the goal and score. I did that four times in that first game and boy was I hooked! I continued playing at Friends and made varsity my freshman year where the great Joe Cowan helped me get better. He was my hero then and this was before he was a Turnbull Award winner himself at JHU. I also remember watching my big brother, Hank, play against Captain Lewis, my other hero. My dad stood behind the goal and took home movies of two of the all-time greats in Jimmy and Hank! What a thrill to have heroes like Jim Lewis and Joe Cowan and to be mentioned in their company as a fellow Turnbull winner is truly a great honor and one I am humbled to have.

As I have said, my kids all played at the highest level of lacrosse and had great success. You can have a similar experience if you follow their plan. They realized that if they were great students, great players, and great people, they would have an opportunity to go to the college of their choice. To their credit, they all three achieved their goals, and you can too.

Dreams do come true with hard work and dedication.

Remember that the inscription on the Turnbull Memorial Trophy reads:

*John G. Kaestner*

*Has been selected the outstanding collegiate attackman during the  
1972 Lacrosse season.*

*The recipient of this award best emulated the example of Jack  
Turnbull in good sportsmanship, fair play, field leadership, ability  
to both feed and score, and also to ride the defense.*

As you can see, Jack Turnbull was most of all an honorable man, a good sport, a team leader, and a fine player. Robbie, I think you will find that those qualities will serve you well in life as they have for all the Turnbull winners and me. Do not be afraid to be great, be a good teammate, play hard, have fun, and let the special stick lead you to whatever you want to be.

I have been associated with lacrosse for 55 years, and one thing that I have found is that all lacrosse players have a special bond. My dad, Jack Turnbull, my brothers, my kids, and all who play today and came before us are at a certain level the same guy. We all honor those who came before and we all are obligated to pass down those values that we all share.

A book that you might like is *Wooden* by John Wooden and Steve Jamison—I think it is a good guide for life.

Robbie, all the best with your special stick and I look forward to watching you on the field someday.

Yours in sports,

John Kaestner

University of Maryland  
Turnbull Award 1972

Robbie:

I am honored to write to you and urge you to continue to follow your passion through your special stick. No one ever knows when they are young boys what passions they will develop for whatever endeavor they take on as they grow up, but the sport of lacrosse seems to take hold of us and never lets go.

To me, Lacrosse has always been more than a sport. To many of us it becomes a way of life and the lessons we learn as players become those lessons that we pass on to the next generation as a coach and as a parent. Through lacrosse I have learned Life Lessons that I encourage you to remember and pass on to your friends and teammates and encourage these folks to do the same. Through Lacrosse, you will make friendships that will last a lifetime and develop a unique bond that just evolves from the sharing of a passion for our great sport. As a Coach, I carry with me the same level of passion that I had as a player. I love when I have discussions with young men that I coach and they say, "Coach, you really put a lot of hard work and effort in to being a success on the field." And my reply is always the same, "Funny, it has never felt like work to me." Once you cross the threshold into Passion, you will never think of anything you do with this great sport as Work.

I have learned from Lacrosse through the years the meaning of sportsmanship, camaraderie, integrity, and what it means to uphold these ideals in everything I do. Take the time to give back to others through your Love of the Game and teach others the same...it is magical.

Please consider reading *Success is a Choice* by Rick Pitino.  
Continue your quest for Learning,

Paul Goldsmith

Roanoke College  
Jack Turnbull Award, 1983

Dear Robbie,

Congratulations on being chosen to carry the stick. While preparing to write this letter I cannot describe the emotions it conjured up and the sense of gratitude I felt as I reflected on my lacrosse experiences.

Dave Urick, my coach at Hobart College, was a great teacher, mentor, and motivator. Coach Urick saw something in me when many others had doubts. He gave me a chance to play at Hobart, a school that had just won four consecutive Division III National Championships. And when the time was right, he had faith in me as a player—giving me the opportunity to succeed following in the footsteps of Hobart greats like Mark Darcangelo, Rick Gilbert, and Tom Grimaldi. I cannot thank Coach Urick enough for these gifts.

Robbie, Jack Turnbull Award winners are undoubtedly talented, but the people around them advance their achievements. As you get older and reflect back on what is sure to be a great career, you will think about the many amazing teams you played on, and how these teams helped contribute to your success. Attackmen have the good fortune to be the finishers of many great plays. But, at the start of many of these plays there will be a check, save, or groundball and the player that started the play will rarely get his name in the newspaper.

Peter Ortale (Penn Charter, Duke, NYAC) was one of those guys. He created opportunities for the attack to shine. Peter was my friend and teammate on the New York Athletic Club. He tragically lost his life in the World Trade Center on 9/11, but he truly represented so much of what Jack Turnbull was, in terms of physical and mental toughness. He was the consummate team player and always put others ahead of himself on and off the field. I wish my two sons could have known him.

Robbie, as you embark on this exciting journey I know you will be a part of many great teams. At the end of every great

game and season think of the coach who had faith in you and your unsung teammates and remember to say “thank you.”

Best wishes,

Ray Gilliam

Hobart College Division III National Champs 1984, 85, 86, 87  
Turnbull Award 1986, 87  
United States Club Lacrosse Player of the Year 1989  
Hobart Athletic Hall of Fame 2000  
National Lacrosse Hall of Fame, L. I. Metro Chapter 2001

Dear Robbie,

My daughters and I are so happy to be invited by Coach Scott to write to you. I am Peg Tunstall and my late husband, W. Brooke Tunstall, received the Turnbull award in 1947 and 1948 while playing for Johns Hopkins University. That was quite some time ago, but all of our memories of Brooke are vivid and filled with joy and pride.

I must begin by telling you that next to Jack Turnbull, Brooke loved and respected no person more than Coach Scott, who was kind enough to come to Brooke's gravesite and offer his eulogy, a tribute that would have made Brooke smile with happiness and pride. After Coach Scott's remarks, two Marines folded the American flag that had been draped over his casket, and presented it to my daughters and me. To have Brooke's life end with Bob Scott's remarks and Marines presenting our family that flag summarized the cherished values that inspired Brooke's life and will follow him forever. We will never forget Bob Scott's kindness to us all these years and in that particular case.

Brooke was a wonderful, wonderful husband, father and grandfather, as well as an extraordinary athlete, successful corporate executive and respected writer.

He excelled in many sports, but his passion was Lacrosse and, though he didn't talk much about it, from what we heard and read, Brooke was one of the all-time great players in lacrosse history. And we think that if he were here, he would tell you that what he cherished the most in his experience was the influence that older players had on his development as a player and as a person.

Brooke had the great good fortune to grow up in a small suburb of Baltimore (Mount Washington), where the Turnbull family lived. Mount Washington had a club Lacrosse team and their field was just a quick bicycle ride from Brooke's house. It was there Brooke headed every day after school and watched Jack Turnbull and some top lacrosse being played and coached by top coach "Kid" Norris. Brooke became water boy and ball boy for the Mt. Washington teams on which Jack played in the 1930's. Jack became Brooke's role model.

The classic, impressive playing skills, and the character values and standards of conduct that he observed in the Mount Washington players and teams became a part of Brooke throughout his life.

I think if Brooke had been alive to receive this request from Coach Scott, he very likely would have sent you, in addition to a nice letter, something by which to remember Jack. He did things like that all the time! So we send to you a cherished penny that Jack gave Brooke around 1937 or so. Jack apparently had found it on the field at the Olympic Games in Los Angeles, and carried with him for years for good luck. He passed it along to Brooke, who did the same. We are certain that he would want you to have this penny and to keep it as a reminder of Jack. We hope it brings you the same amount of luck it did to Jack and Brooke!

I think Brooke, who was an eternal optimist, would tell you, Robbie, to take the game seriously, but not so much yourself. It is a TEAM GAME and it is fun to play!

Brooke loved all history books and the *Great Books* series. He especially liked Ralph Waldo Emerson's *Essays*, especially the one on "Self Reliance."

Brooke wrote an editorial piece for US Lacrosse magazine a few years ago sharing his experience in the game and a vision for its future. My daughter Tricia has edited it down to Brooke's "Code of Conduct" recommendation for you. Please see the enclosed copy. We hope that you will be able to extract just a few items to incorporate into your thinking.

We wish you all the very best, Robbie,

Peg Tunstall,  
Paige Tunstall Gilberti, Tricia Tunstall, Leslie Tunstall

for W. Brooke Tunstall

Turnbull Award 1947, 1948  
Turnbull-Reynolds Trophy 1947, 1948  
National Lacrosse Hall of Fame, Class of 1977

# LACROSSE PLAYERS' CODE OF CONDUCT

This Code is based on the premise that:

The long, rich history of sportsmanship and fair play unique to the game of lacrosse throughout its history and the love and commitment both current and past players have felt for the game deserve to be nurtured and preserved.

It is hoped that this Code, represented as a list of shared values, can be useful to lacrosse programs including grade schools, high and private prep schools, colleges, professional leagues, club teams and by players themselves as guidelines for lacrosse players on and off the field.

## #1 BE TRUSTWORTHY

Act at all times with integrity, honesty, loyalty and commitment.

## #2 HONOR THE GAME OF LACROSSE

Know and honor its history, its uniqueness and its rules— both in letter and in spirit.

## #3 RESPECT LACROSSE AUTHORITIES

Behave respectfully towards coaches, referees, school administrators and staffs.

## #4 PRACTICE UNSELFISHNESS

Place the interest of the team above one's own personal interest.



## #5 BE A WORTHY ROLE MODEL FOR YOUNGER PLAYERS

Set an example for younger players to imitate and emulate.

## #6 STRIVE TO IMPROVE YOUR SKILLS AND KNOWLEDGE OF THE GAME

Cultivate self-discipline in pursuing mastery of the skills and knowledge demanded by the game.

## #7 CONTROL YOUR LANGUAGE AND BEHAVIOIR ON AND OFF THE FIELD

Remember that profanity, obscene gestures and demeaning behavior diminish not only the player's own image but the team's character and the reputation of the game of lacrosse.

## #8 MAKE YOUR ACADEMIC PURSUITS YOUR HIGHEST PRIORITY

Consider yourself a student-athlete—in that order. It is a priority that will serve you well for many years after college.

## #9 OBSERVE STRICT TRAINING RULES

Lacrosse offers a unique opportunity to enjoy the experience of being in top physical condition. Combined with a balanced diet, good sleep regimens, the strict avoidance of alcohol or substance abuse, this results in top performance on the field.

## #10 BE A GOOD CITIZEN IN THE SURROUNDING COMMUNITY

Support of and participation in local community redounds to the advantage of the team's reputation and the community's support of the lacrosse program.