

Hi Robbie,

I am very glad to connect with you concerning my Turnbull Award in 1979. I grew up in Levittown, New York and played at Levittown Division High School and then at the University of Maryland. My lacrosse experience was fun, exciting, and I made life-long friends all over the world.

I would recommend that you work hard every day in practice, enjoy the game, and remember that lacrosse is a team sport—not an individual sport. Let lacrosse guide your life not run your life. At Maryland we had a little mantra we called “Be the Best” which meant to give your all all the time.

Receiving the Turnbull Award was very special for me. It was presented to me at a dinner before the North-South game—I felt so proud to receive it in front of my peers. I know that Jack was a tremendous player, athlete, and person, and that he died in the service of our country. I made a very brief speech when I accepted the Award and I think I said what a great honor it was to receive an award named after such a great man and how proud I was to be associated with him. I am equally proud to now be associated with you. I never could have imagined back then what this Award would mean to me thirty-five years later!

I hope that you—and as many young players as possible—will get the opportunity to continue to play lacrosse and experience the fun that I did and be a part of the lacrosse family that comes with playing the game.

A book that I would recommend you read is *A Short Guide to a Happy Life* by Anna Quindlen.

Best of Luck.

Bob Boneillo

University of Maryland
Turnbull Award 1979

Dear Robbie,

Greetings from Jack Daut, Turnbull Award recipient at Rutgers University in 1957!

I am honored to share some remembrances about the Turnbull Award from so many years ago. Briefly, I played my high school ball at Sewanhaka High School in Floral Park, Long Island for the legendary coach, Bill Ritch. I then played at Rutgers University for Al Twitchell. Receiving the Turnbull Award was a great honor but totally unexpected. I remember that when I was told I was to receive the Award I was totally flabbergasted!

I learned early in my career (at Sewanhaka) to catch the ball and quickly release it. I became known for my “quick stick.” I think this skill, along with my quick feet helped me score many goals and assists. In 1957, Jim Brown—the great football and lacrosse All-American from Syracuse University—and I tied for the national scoring honors with forty-something goals. That year, one of my fond memories was receiving a wonderful complement from a Mount Washington (one of, if not *the*, best teams in the country at the time) defenseman after our game.

I’d say that lacrosse is a great game, with lots of action and challenge. It requires athleticism, skill, speed, intuitive abilities, and, above all, unselfish teamwork. Learn the fundamentals of the game and practice them religiously! My coaches used to preach fundamentals, fundamentals, fundamentals, as well as staying in shape, staying positive and practicing. No surprises there, I suspect.

I hope my words here will be of some use to you. I have been attempting to repay the kindness and support of Coach Ritch for my whole life. He was a great coach who took a sincere interest in each of his players and their lives. He taught me the fundamentals of the game and was instrumental in my being able to go to college. In my senior year he lined up full scholarships to Rutgers, Syracuse, and West Point. Lacrosse and Bill Ritch were truly a turning point in my life!

As you move through your life, I would recommend that you work hard, stay focused, persevere in doing your best, and don't let adversity detour you from your goals.

A book I might recommend to you would be *David and Goliath David: Underdogs, Misfits, and the Art of Battling Giants* by Malcolm Gladwell.

My very best wishes.

Jack Daut

Rutgers University 1957

Turnbull Award 1957

Robbie,

Great to connect with you. I am DJ Hessler from Tufts University and Turnbull recipient in 2011. I have had a lacrosse stick in my hand since the moment I could crawl. It started with soft-stick clinics and continues to this day. It is a game that I have and will always continue to love and cannot wait to pass down to the next generation. I grew up in Baltimore County, playing recreational and travel league until enrolled at St. Paul's School for Boys and began playing for the Crusaders. My first two years in high school I played on the JV team. I made varsity my junior year but only saw time on Man-up situations. Unfortunately, with the way recruiting was, and how each year younger and younger kids are committing, not playing substantially until your senior year does not afford you many options. I was interested in several Division I schools, but ultimately decided to go to Tufts University where they had an on-the-rise program and a great engineering school.

The greatest of my lacrosse experiences was winning the 2010 Division III national championship over Salisbury. I would have traded any award I earned my senior year (2011), when we lost in a rematch against Salisbury, to have won another championship. After my senior year I was drafted by the Boston Cannons of Major League Lacrosse in the post-collegiate waiver draft and practiced with them on several occasions during the 2011 and 2012 seasons but was ultimately waived. I still continue to play in local indoor and outdoor leagues, and don't ever imagine myself stopping.

Receiving the Turnbull Award was obviously quite an honor for me. However, individual awards have never been as important to me as winning, because awards represent for the most part a judgment or an opinion. The Award would have meant nothing to me if our team was not successful. That being said, receiving the Turnbull Award was a great accomplishment and honor. It was a goal of mine at the beginning of the season to be the best attackman in the nation, so it was very satisfying to fulfill that individual goal.

I think to be a great attackman, you need to be a complete player, with an understanding of your offensive role, but also how the defense works and reacts. I have always thought of myself as a skilled feeder with excellent field vision, but as I aged, I became more of a threat to take it to the cage. Additionally, playing the “X” position is most similar in my mind to that of quarterback or point guard. Not only are you largely responsible for controlling the tempo of your offense, but you are also responsible for initializing and dictating the matchups. It requires not only physical talent and skill, but the mental aptitude to know what is best for your team in any given situation. I have always tried to be a cerebral player, and for my earlier career that carried me as my physical development occurred later on.

Some advice I would offer to become a complete threat is to not limit yourself early. Do not be afraid to make mistakes when you are trying something new, even if it is initially awkward or uncomfortable. Try new positions and play different sports, it keeps it all exciting and fresh. I really wish I could go back and tell my younger self to develop my off-hand until I felt equally comfortable with either hand. I feel completely confident in both hands, but I know there are certain things that I am not capable of doing with my off-hand that provide some limitations in what I do. By practicing (wallball, shooting, cradling) equally with both hands, you make yourself that much harder to predict and defend. Love the game and surround yourself with others who feel the same way. There is no better way to improve your game and to enjoy all the time you spend around it than by developing strong relationships with your teammates and friends and practicing together.

My coach used to say, “Make mistakes of commission not omission.” Some would consider this a bit unorthodox approach, but with Coach Daly, it was always about attacking advantages and mismatches in transition. Having faith to dodge to the goal in unsettled and 5v5 situations created countless opportunities. Certainly, a fair amount of turnovers comes with pushing the ball, but by playing our up-tempo style, we were able to create many more high-percentage scoring chances than in settled 6v6

situations. Coach Daly was an unbelievable motivator and leader. Everyone on the team bought into his program and, as such, each individual was compelled to put in the work so as not to let down Coach, but more importantly not to let our teammates down. Whether it was a starter or a practice squad player, every person was accountable.

I have had countless memorable moments in my career—the national championship is definitely at the top. But in terms of meaningful events I have to tell you about the time we spent together on team community service projects. Each year we helped out at Cradles for Crayons where we worked to sort and prepare packages, such as gifts or clothes, for local needy children. Not only were these events unbelievably rewarding, but also the amount of team bonding that occurred is simply unmatched. Most of all it was such a humbling experience and further reiterates how lucky many of us have it.

I have had to battle through a number of difficulties during my career—but everything has been more than worth it. I hope you will find your experience to be as rewarding as I have mine. Keep working hard. You are almost certain to have to fight through some difficulties—injuries, losses, etc. But if you stay focused on improving every day, I think you'll end up where you should.

A book that you may enjoy is *Lacrosse: Technique and Tradition, 2nd Edition*, Coach Dave Pietramala's updated edition of the Bob Scott classic.

Best of luck, Robbie,

DJ Hessler

Tufts University 2012
Turnbull Award 2011

Dear Robbie,

Please allow me to introduce myself. I am Ray Altman, Turnbull Award recipient at the University of Maryland in 1963. I am glad to share some thoughts with you at the request of Bob Scott.

Lacrosse was an integral part of my high school and college experience and provided an aspect of character building that cannot be taught or learned in the classroom. It was a tremendous honor for me to receive the Award, but I have never considered it to be mine alone— but a recognition that belonged to my entire team and coaches. I still feel that way today. My family actually accepted the Award for me because I was in New York at the North South game at the time of the presentation of the Award.

I recommend that you give your best to the game— consequently you will always be proud of your lacrosse experience. Enjoy the game, but get the best education possible, as it will pay dividends your entire life.

Lacrosse has been very good to me. I enjoyed every minute of my playing days and now have enjoyed many decades of great relationships with many people that I met through the game. I am certain that someday you'll feel the same way.

Ray Altman

Turnbull Award 1963
University of Maryland

[RHS Note: Ray sent me a copy of his Turnbull Award certificate, which I include here so that you can see the form it has taken over the years.]

PRESENTATION OF THE JACK TURNBULL TROPHY

Homewood Field, Baltimore, Maryland

June 7, 1963

Club All-Star Lacrosse Game

In memory of an all-time great lacrosse player, it is the privilege of the Mount Washington Lacrosse Club to award annually a trophy to the outstanding collegiate attack man to play on Maryland soil during the current season.

The Trophy is given in honor of Jack Turnbull, who gave his life in the service of our Country during World War II. Jack prepped at Poly; and, playing for Johns Hopkins, on this very field, became a first team All-American, an Olympian in 1932, and a member of the University's Hall of Fame of All-Time Greats. Jack Turnbull then continued his skillful play for nine years as a member of the Mount Washington Lacrosse Club. But Jack was much more than a highly talented lacrosse player. He was a perfect example of fine sportsmanship, an excellent team player, and a gentleman on and off the field.

The recipient of the Jack Turnbull Trophy is selected by all of the lacrosse coaches of Maryland college teams. Their choice of the outstanding attack man for the current season is Ray Altman of the University of Maryland. Ray prepped at City College where his prowess earned him All-Maryland honor, the Kelly Trophy as the outstanding prep lacrosse player, and the Fitzpatrick Award for sportsmanship. Ray Altman graduates this month from the University of Maryland. Last year he was second team All-American in lacrosse, and he has been named the Atlantic Coast Conference's outstanding athlete at the University. Criteria for this honor includes scholastic achievement. The Maryland coaches have chosen well, and on behalf of the Mount Washington Lacrosse Club, and I know I speak for the lacrosse community; I extend congratulations to Ray Altman, and Dr. Faber, his coach at the University.

The presentation tonight of the Jack Turnbull Trophy will be made by Mr. Douglas C. Turnbull, Jr., brother of the late Jack Turnbull. Doug also is an all-time great lacrosse player, elected to the Lacrosse Hall of Fame, and an outstanding alumnus of Johns Hopkins. Doug played for the Mount Washington Club for thirteen years and was our coach for two years.

Ray Altman tomorrow is participating in the North-South College All-Star game at Lake Placid, New York. He has asked his mother, Mrs. Louise H. Helman, to receive his award for him. Mrs. Helman, we appreciate your proudness of your son.

George C. O'Connell

President
Mount Washington Club, Inc.

Hi Robbie,

I am so glad to be asked to share some thoughts with you concerning the great game of lacrosse. I played at Yorktown High School and then Syracuse University. I have to tell you that I could not have been more fortunate in the game. I had truly great teammates and coaches all the way through and I will be forever grateful for my association with the game.

Beyond the national championship and personal awards (the Turnbull being my most cherished), what remains with me after all these years are my relationships in the game. I played for two great coaches—Gerry Walsh at Yorktown and Roy Simmons, Jr. (National Lacrosse Hall of Fame) at Syracuse—both of whom were great mentors to me. A number of my teammates are currently Hall of Fame members, as well. I also learned a great deal from a gentleman named Charlie Murphy (a Princeton graduate from the 1930s), who started lacrosse at Yorktown by purchasing the first two goals and who was the "Grandfather" of the program. "Mr. Murph," as he was referred to, was inducted into the Lacrosse Hall of Fame in 1998. I knew how much all of those people meant to me while I was playing—but they mean more and more to me with each passing year.

I've heard it said that a measure of a person is not what "belongs to us—but what we belong to." I belong to my family and teammates, to Yorktown High School, and Syracuse University. I could not want anything more than that.

I'd recommend that you spend as much time as you can with your stick—take it everywhere you go. You want it to be an extension of your body. Work on the wall. Change hands—you want to be as good as possible with each hand.

I have been truly blessed in the game and I hope you will enjoy your experience just a fraction as much as I have. Please let me know if I may be of any assistance to you in your journey.

A book you might enjoy is *InSideOut Coaching* by Joe Ehrmann (a fellow Syracuse alumnus!). I think you can learn quite a bit from Coach Ehrmann—and also from and about my coach at Syracuse, Roy Simmons, Jr.

All my best,

Tim Nelson

Syracuse University
Turnbull Award 1983, 1984, 1985
National Lacrosse Hall of Fame, Class of 2012

Hi Robbie,

What an honor to be invited to meet you by Coach Scott! I am very intrigued and interested to hear about your special stick. Perhaps we can meet in person and you can tell me about it sometime.

You know, Robbie, I don't even know where to start...lacrosse has been such a major part of my life for as long as I can remember. I am the youngest of three brothers. My older brothers, Bill (National Lacrosse Hall of Fame) and Tom, played before me at Massapequa High School and then Cornell University, where they racked up all sorts of awards and championships (too many to mention here). I tell you this because I could not have been more fortunate in my lacrosse "upbringing." Not only were my brothers true stars of the game—but I was fortunate to spend time with their teammates and coaches—true legends of the game. What a treat!

When I received the Turnbull Award in 1986—I was already familiar with it because my brothers' teammates had received it in prior years. To be in the same group as the likes of Mike O'Neill (Hopkins) and Mike French and Eamon McEananey (Cornell) (not to mention Jack himself), was very humbling to me and also a true honor.

As I look back on the game and think of some recommendations for you, I would start with the thought, "Be that guy!" Be that guy on your team who wants the ball at the end of the game. Be that guy in your business that people want to work with or for. Be that guy who gets things done when they need to get done. Also—anticipate and understand the game. Stay ahead of what is going on. What are you doing when you don't have the ball? Are you setting up a cut or shot? Anticipate what is next. I believe my anticipation of the game was developed from the countless High School, College and Club lacrosse games I watched of my older brothers.

I can't say enough about what my brothers, teammates, and coaches have meant to me all these years. I simply would not

have achieved anything without their help. My coaches were great, coaches Adams, Long, and Arena at Virginia (two are in the Lacrosse Hall of Fame and the other [Arena] is in the Long Island Lacrosse and National *Soccer* Halls of Fame!). I owe a lot of my development and success to Coach Jeff Long and his arrival at UVA my junior year. He pushed me to succeed and to believe in my abilities as a player. My teammates are still among my very best friends. I had so, so many highlights but they all just wrap into a truly wonderful experience in the game.

Best of luck with your stick. Keep working on your skills and keep studying the game. I hope we get to connect soon.

Sincerely,

Roddy Marino

University of Virginia 1986

Turnbull Award 1986

Team USA 1986, 1990

National Lacrosse Hall of Fame, Class of 2002

Dear Robbie,

Mrs. Lee Hual, widow of the late Percy Williams, USNA '55, and Turnbull Award recipient that year, asked me to write to you in regard to Percy's lacrosse accomplishments, which brought back many positive memories.

I joined the Navy team as a sophomore in the spring of 1955, Percy's senior year. I had known him in 1953 as we were in the same Company for a year when I was a freshman. He had talked to me numerous times when he found out I was playing on the freshman lacrosse team, and encouraged me from time to time during the season.

The Navy lacrosse team won the National Championship in 1954, so when I came out for the varsity in 1955, I knew that the competition would be tough at the attack position. Fortunately, I was left-handed and had an advantage of being able to more accurately pass the ball to my teammates at the midfield and attack position. Here again, Percy had made that point to me and worked out with me separately many times before and after regular practice. The result being that I became the starter at that position, opposite Percy, during the season.

The season went well for the team; we won the first six games handily with Percy racking up many goals each game. The seventh game was against our biggest rival, Maryland, and was essentially the game for another national championship. Unfortunately, we lost 9-8 in the last seconds of the game, but again, Percy led the offense for the team. His performance in that game sealed his position for selection as a First-Team All-American; and, more importantly, the winner of the Jack Turnbull Memorial Award presented to the nation's top attackman. Navy went on to win the remaining three games. Navy held all teams that year to single digits, while scoring double digits (up to 21 goals) in every game, primarily due to Percy's outstanding scoring capabilities.

For the remaining two years I played at Navy, there were many times I reflected on how Percy had mentored me through his patience, cajoling, and lighthearted personality. He was a winner in all respects, and I value his memories as a teammate and friend.

I hope that you'll be lucky enough to have a teammate like Percy at some point in your career. More importantly, I hope that you will *be* a teammate like Percy. It has meant the world to me all these years.

Good luck.

Shannon Heyward

Navy Lacrosse '57

[RHS Note: Shannon was a three-time All-American at Navy and is a retired Navy Captain!]

Robbie,

I hope you are enjoying your special stick. I hope the game of lacrosse brings you a lifetime of incredible memories. There's no doubt in my mind that the game will bring you numerous lifelong friendships, and experiences that you could have never had without being a part of the sport of lacrosse. So much of my life and the path that I have chosen have been directed by the game of lacrosse. I grew up playing in Sudlersville, Maryland for the Sudlersville Thunder, Lightning, and Storm teams, as well as the Eastern Shore All-Stars. I was a high school All-American at Kent County High School. I was a two-time All-American at Washington College, and coached at my alma mater for two years while getting my master's degree in History. I was drafted in 2005 to play professionally for the Los Angeles Riptide, and worked as a pro-sponsored athlete for Adrenaline Lacrosse in San Diego. Lacrosse has taken me across the country, and to places I could have never dreamed of going.

As I look back at having received the Turnbull Award my senior year at Washington College, I look back on that time in my life and think about how hard I worked to earn the Turnbull Award. I enjoyed my playing career immensely, and to be recognized as the top attackman in the country, and particularly in the name of a war hero is a tremendous honor. It is a reminder still today that hard work, and sacrifice pays off.

Some advice I might offer is to enjoy your time with each team you play on. The team always has to come first, and it's your job to put in the work to make sure you don't let your team down. Play other sports, so when you play lacrosse it is fresh and fun. Remember that is just a game and it's supposed to be fun. I think the lessons you will learn from your experience in lacrosse (and other sports) will prepare you for the challenges that you will encounter in adult life—so make the most of your learning opportunities.

I had some excellent coaches during my career, and they all constantly preached (and practiced) “Fundamentals, Fundamentals, Fundamentals.” As a coach myself now for Shore Kaos Lacrosse, I have become more aware of the mental part of the game in addition to the physical part. Be a student of the game—there is so much to learn!

I hope the late Colonel Turnbull and his family would be proud of what I have tried to do to help my community through the sport of lacrosse. Perhaps they would be of you, as well!

My very best to you, Robbie.

Jon Fellows

Washington College 2002
Turnbull Award 2002

Dear Robbie,

My name is Gregory Cerar. I am a 2009 graduate of C.W. Post LIU where I received the Lt. Col. J. I. "Jack" Turnbull Award as the Outstanding Attackman in Division II in 2009 under head coach John Jez and his assistant Frank Vitolo. I grew up in Massapequa Park, New York, and was a graduate of Farmingdale High School. I was a multi-sport athlete who participated in golf, soccer, baseball, basketball and lacrosse. My father, being a baseball enthusiast his whole life, was taken aback when I decided to transition from baseball to lacrosse. I spent countless hours practicing with my lacrosse stick, perfecting my skills. My father would have his baseball mitt on always willing to have a catch with me as we learned the game together. Being small and extremely quick on my feet, I was able to excel in the sport of lacrosse at attack.

In my junior year of high school, I was contacted by many college lacrosse coaches. My dad and I were both excited about the possibility of a scholarship to help pay for college. We were amazed by the sheer number of letters and phone calls I received from collegiate coaches. I honestly found it extremely difficult to pick out that one school where I would commit so much of my time to a sport that I loved. I also wanted to pick a college where I would get a good education. It was a great honor to be considered by so many different colleges from all over the United States. During the fall of my senior year, I felt a ton of pressure with SAT's, ACT's and everyone wanting to know if and where I had decided to go to college. I visited many different schools, had several official visits and talked with many coaches. One of the last official visits was to C.W. Post located in Old Brookville, NY. After spending the weekend, and making some new friends, I finally made my decision to attend C.W. Post. I was also offered an academic scholarship with my athletic scholarship, which helped me make my final decision. This choice would take me

on a path that very few lacrosse players get to experience. Little did I know how important my decision would be.

As a college freshman, I practiced and played with six seniors who were starters on offense. I learned a lot that first year. I vividly remember the pressure to do well, to listen to the coaches, to have patience and, most of all, to be a team player. During my sophomore year, I was one of the few returning offensive players, which proved to be a rebuilding year. I was named captain in my junior year. I then assumed more of a leadership role. The team, once again, was unable to make it to the playoffs by one game. I took majority of the blame for the offense not showing up when the team needed us the most. I was forced to step it up and take charge of all six offensive players to get the best out of everyone on the field. I didn't want to go through another season with the feeling of letting the entire team down. In my senior year, I was able to figure out how to not only get the best out of my abilities, but to also get the best out of every player. We adopted the mentality that no defense could stop us if we all worked together as one. At the end of the season, we were able to accomplish our team goal by winning the National Championship 8-7 at Gillette Stadium. While the whole team was ecstatic that we won the final game, I was just relieved that I didn't let my team down. (I mean who wouldn't be, we now have a better winning percentage than Tom Brady does at home.) It was that year that I realized what the word "leader" meant to me. I believe there are many different ways of leading, but you cannot lead if you don't have anyone standing behind you who believe in you. Winning was great, but I wouldn't trade it for the friends I have made and the people who have supported me along my journey.

Being a Jack Turnbull Award winner is a great honor to me and my family. Being able to receive an award named after Lt. Col. J. I. "Jack" Turnbull, who did so much for not only the sport but for our country, is quite a privilege. I often think that

my grandfather, who loved sports and served as a sergeant in the Korean War, would have been proud of me.

Lacrosse has expanded exponentially in the last decade. It had a major impact on my life and taught me how to deal with any obstacle that comes my way. I hope that lacrosse will take you as far as it has taken me. If you keep working hard and remain positive—there is no telling what you can do.

Sincerely,

Gregory Cerar

C.W. Post-LIU 2009

Turnbull Award 2009