

Dear Robbie,

Congratulations on receiving the special lacrosse stick from CAPT Lewis! I received the Turnbull Award at Cortland State University in 2008. Being the recipient of the Turnbull Award was a great honor for me, but it was all based on having a great team and unselfish play on offense.

Lacrosse has been a very special part of my life. Lacrosse is a great game for a competitive young athlete with unlimited opportunity to move onto college. It can not only open doors to a desired school, but also teaches values that are used in the work world. Work ethic developed in lacrosse translates directly into success in the business world. I would encourage you to enjoy every minute of playing competitive lacrosse and grow and develop every day as an athlete and person. Putting in the extra work off the field is what will allow a young athlete to become the best player they can be.

My lacrosse experience at Cortland State University was great. We developed a work ethic and brotherhood that translated to success on the field and friendship off. We won the national championship vs. Salisbury in an incredible OT game, which was the best experience of my life. The next two years playing in the national championship were memorable as well even though we lost both years. The lessons learned from a loss are carried onto the rest of your life and can be used in a positive way to always strive for success and to be the best at what you do.

I think I was selected for the Turnbull Award for my leadership and work ethic. I have always been a team player that would rather draw a double and hit a cutter on the back door for a lay-up than getting a shot myself and scoring. This leads to a more unselfish overall offense and a fluid team concept.

I have coached numerous youth teams and lacrosse camps and still enjoy teaching young players the game, how to be a team player, and what they need to do on and off the field to be successful.

Coach Beville's philosophy was always hard work and doing the extra off the field to get an edge on the competition. Lifting weights, running stadiums, and playing wall ball is the quickest way to get an edge on other teams.

I did not have the speed and strength coming out of high school to compete at the level I wanted. Consistent weight training, running stadiums, and healthy eating led to a level of fitness that let me achieve all the goals that I set in my college career from three-time All-American, to Attackman of the Year, and, mostly, national champion.

It is an honor to be connected to you through Jack Turnbull. Best of luck!

All the best,

Ryan Heath

Turnbull Award 2008  
Cortland State University 2008