

Dear Robbie,

Congratulations on being selected by Captain Lewis to receive the magical lacrosse stick. That is quite an accomplishment and you should be very proud. I was humbled when Coach Scott requested that I reach out to you regarding the Turnbull Award and my experiences with the game that has given me so much. Using my experiences, I will do my best to give you some advice that you might be able to use one day.

My name is Steele Stanwick, and I was fortunate enough to receive the Turnbull Award in the spring of 2012 at the University of Virginia. I grew up in Baltimore, Maryland and come from a large family (I am 1 of 8), where we all played lacrosse through college. Lacrosse has always been an important part of my life and family. Undoubtedly, one of the primary reasons I am so grateful for the sport of lacrosse is because it always brought my family closer together, and is a passion we can always share; and for that I am very thankful.

After attending Loyola Blakefield High School, I was fortunate enough to attend the University of Virginia. Fast-forward 4 years, I was receiving the Turnbull Award my senior year and I could not have been more humbled and honored. Just to be mentioned in the same breath as Jack Turnbull is one of the greatest compliments I've ever received. One of the reasons receiving the Jack Turnbull Award is so gratifying is because I have so much respect for the game, the award, and for Jack Turnbull himself. While that depth of respect may be rare in many sports, it is common in the lacrosse world.

Robbie, if I could give you any advice it would be to respect the game of lacrosse in all aspects, enjoy the game, and work/practice so hard so that win, lose, or draw you can look in the mirror and be happy with yourself.

Respect the people that have played before you and respect the ones that will play after you. The relationships and opportunities that I have made playing lacrosse are amazing. Lacrosse is such a special sport in so many ways. It will give you so much if you treat it the right way. This is, in part, due to the fact that the lacrosse community is such a close-knit group where there is so much respect for everyone; it is what separates lacrosse from the rest.

In short, I was able to use a game that I loved playing to achieve my dreams. I was fortunate enough to win a National Championship and the Tewaaron Award, attend my dream school, and more importantly, build relationships that will last forever. All of this I believe stemmed from the fact that I respected the game first.

My college coach, Dom Starsia, would always remind his players to "enjoy the journey." And I encourage you to do the same thing. Enjoy every part of your lacrosse experience. Enjoy the tough practices, runs, lifts, bus rides, team movies, road trips... That's the good stuff.

All of these opportunities would not have been possible if I was not blessed with the ability to play lacrosse. I attribute a lot of my success to the fact that I was blessed with certain talents, but also to the fact that I work very hard and spend a tremendous amount of time practicing. Malcom Gladwell wrote a book called *Outliers*. In the book he talks about how if you want to be successful at anything in life, you have to dedicate about 10,000 hours to practice. I promise that with 10,000 hours of practice with your magical lacrosse stick, you will be writing one of these letters one day.

Very truly yours,

Steele Stanwick

University of Virginia  
Lt. Col. John I. "Jack" Turnbull Award 2012