

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, and 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  
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