

Dear Robbie,

I have been playing lacrosse as long as I can remember. I grew up in Baltimore, played at Loyola Blakefield High School, and just graduated from Dickinson College. Baltimore is a huge lacrosse town and growing up there really inspired my love for the game. To me, lacrosse is fun, plain and simple. I received the Turnbull Award last spring (2013) at Dickinson. I consider it a tremendous honor to be recognized in the name of one of the greatest players in the history of the game, and an admirable and intelligent leader. Since receiving the award, I have learned quite a bit more about Jack and he is now one of my role models because his talents and efforts went way beyond the sport of lacrosse, which is something I strive for, as well. Having a great team played a huge part of my recognition and my teammates made my job easy.

I would recommend that you work hard on your academics. I really cracked down the last couple of years and it has really helped me with my focus on and off the field. Coach Webster at Dickinson (and my high school coach, Jack Crawford) really emphasizes excellence in all areas—they genuinely want the best for each of us and that always starts with academics.

In terms of lacrosse, don't over-think the game. Just have a great time playing with all of your friends and you'll realize how fortunate we all are to compete together. I learned during an injury a few years ago how much I enjoyed the game. Watching while I healed was very difficult but also gave me a better appreciation for actually playing.

As you move along, you'll probably encounter a number of challenges. When things get tough, think 24 hours into the future and determine if persevering was worth it (it usually is).

I hope you enjoy learning more about the game, Robbie. It has been a true gift for me and so many others. I think if you treat the game well, it will treat you well in return. Keep working hard. I'd love to hear how things are going for you.

A book I would recommend to you is *Born to Run* by Christopher McDougall. The Superathletes in this book inspired me because they ran simply for enjoyment. I learned to embrace the struggle (of exercise, shooting, stickwork, schoolwork, etc.) and how rewarding it is to overcome it. I know that you would enjoy reading this book, as well.

All the best,

Brian Cannon

Turnbull Award 2013  
Dickinson College 2014