

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