

Dear Robbie,

Hi! I am Rob Pannell of the Atlas Lacrosse Club of the Premier Lacrosse League and I understand that you have the good fortune to be connected to some of the great players in history. Wow! I hope you get to enjoy it. Coach Scott asked me to share a few thoughts with you and I am very glad to do so.

My lacrosse experience has been all I could hope for and more. I have worked extremely hard and through a number of challenges (getting cut from my high school team as a freshman, breaking my foot at Cornell, not being “recruited” earlier in my career, among others) to get where I am today, but have been rewarded for it. Lacrosse has allowed me to give back to the sport I have come to love as well. I remember sitting in front of the TV as a child and watching players like Connor Gill of Virginia and admiring his playing style and wanting to be him, wanting to be playing on Final-Four weekend and my first year in college I found myself starting at attack in the National Championship game for Cornell. I remember these days so when given the chance to speak to a kid or make his day, I take it because I remember being in their position once. That is my favorite part of playing the game! It is very rewarding giving back to the sport which you have come to love and teaching those learning the game at a young age.

Receiving the Turnbull Award (twice) was an incredible honor, especially knowing the three people who received it prior to me at Cornell; Mike French, Eamon McEaney, and Tim Goldstein. I have a tremendous amount of respect for these three individuals and aspire to be as good as them one day. I have had the privilege of meeting Mike and Tim but never Eamon (he passed away on September 11, 2001 in the World Trade Center) but being compared to him is the biggest compliment anyone could ever give me. I have heard he was an incredible lacrosse player but and even more incredible individual. To be a Turnbull award recipient—named for someone who is considered the greatest player ever and, more importantly, a man who gave his life for his country in World War II—and mentioned in the same sentence as some of the greatest players ever is truly an honor.

One piece of advice I would offer would be to never be satisfied with the player you are, for you will be passed by someone that is working harder than you each and every day. There is always something in your game that you can be working on no matter how good you think you are or whatever awards you have received. I still have that attitude today—even after winning two Jack Turnbull Awards, the Tewaaron Award, playing professional lacrosse, and being a member of the United States team.

I'd also say to do your best to live a well-balanced life that includes family first, religion, education, and lacrosse. The people in your family are those most important to you and those closest to you and you would not be where you are today without them. Lacrosse is important but your family relationships are more important along with religion. Receiving a great education is also important and getting the most out of the institution where you are receiving that education.

Our approach at Cornell was to outwork our opponents in every facet of the game which includes weight sessions, conditioning, practices, etc. and getting the very best out of every individual of the team to reach a common goal! Well done is better than well said!

Stepping out onto the field for the National Championship in 2009 was one of the more memorable moments of my career. Having dreamed about playing in the Final-Four my whole life, I couldn't believe it was actually happening and still haven't. It will finally hit me one day down the road what Cornell had accomplished in my time there!

It has also been an amazing experience being a part of the Cornell Lacrosse family in just the few years I have been a member myself. Every game, every event, every gathering among the

Cornell Lacrosse Family is unlike anything I have seen with any other team. It is truly an amazing thing to be a part of, having alumni who care so much about their former team who haven't played for in 5, 10, 20, 30 years, but still come back to support and celebrate their success. I wouldn't want to have played for any other school out there!

So many people have helped me in my career. I mentioned my family—but also Coaches Kevin Huff and Sean Keenan (Smithtown West) Chip Davis (Deerfield Academy) and Jeff Tambroni and Ben DeLuca (Cornell) as well as my all the teams I was a part of at Cornell were particularly supportive, helpful, and influential.

My book recommendation is *Training Camp: What the Best do Better than Everyone Else* by Jon Gordon!

I wish you all the best and hope that we will be able to meet in person at some point—I'd love to hear about your special stick.

Good Luck!

Go Big Red!

Rob Pannell

Turnbull Award 2010, 2011

Enners Award 2011, 2013

Tewaaraton Award 2013

Cornell University