

Hi Robbie,

I am glad to hear of your connection to the history of the game of lacrosse. I am Joe High—Salisbury State University Class of 2000, where we won the national championship my junior year and I received the Turnbull Award as a senior.

Lacrosse has been a part of my entire life! I started playing at Cockeysville Rec in Maryland when I was five years old. I played at Dulaney High School and then went on to Salisbury. I still play today and love the game as much as I did as a kid under the lights at County Home Park. I got my first job through lacrosse, traveled the world through lacrosse, and even met my wife through lacrosse (she was an All-American at Salisbury, as well!).

Lacrosse is played by people with pride and dignity and that becomes more and more evident when you play at higher levels. It is similar to golf in that sense. There is a respect for the game and for others that play the game. That creates a community that takes care of each other through life.

I think if I could offer one piece of advice it would be to remember that you get out what you put in—whether in sports or your life in general. I think my coaches were always fair with me. I don't think you can ask for anything else. But as a player, I always felt it was my job to make myself better—not theirs.

Most people like to recommend books as a form of encouragement and spiritual drive. That isn't me. I recommend finding something you love doing and attack it at full speed. You don't need a book to tell you if you love the game of lacrosse. If you are exhausted at the end of a tough practice and look forward to getting after it the next day, you already know you love it; and putting the effort in will make you great at it. You can apply that to just about anything. Having said that, if you really love reading then I recommend *The Little Engine That Could*.

Keep working hard and enjoy the game. Make sure to thank all of the people who are making your lacrosse experience possible—the people who played before you, parents, coaches, officials, people who set up leagues, etc. You will never forget them.

As I said before, I owe nearly everything I have today to those people in my life: Coach Berkman and Hasbrouck (Salisbury), Coach Schreiber (Dulaney), Coach Davis and Miller (Cockeysville), Jason Coffman, Chris McQueeney, Erik Miller, Jayme Block, Jake Bergey, Jay Owen and the rest of the Seagull family that came before me and most importantly, my mom and dad. They all have something else they could be doing and very few of them are paid for the dedication they provide. Every one of them will make you a better player and a better person.

My very best, Robbie,

Joe High

Salisbury State University 1997–2000
Turnbull Award 2000