

Dear Robbie,

My name is Gregory Cerar. I am a 2009 graduate of C.W. Post LIU where I received the Lt. Col. J. I. "Jack" Turnbull Award as the Outstanding Attackman in Division II in 2009 under head coach John Jez and his assistant Frank Vitolo. I grew up in Massapequa Park, New York, and was a graduate of Farmingdale High School. I was a multi-sport athlete who participated in golf, soccer, baseball, basketball and lacrosse. My father, being a baseball enthusiast his whole life, was taken aback when I decided to transition from baseball to lacrosse. I spent countless hours practicing with my lacrosse stick, perfecting my skills. My father would have his baseball mitt on always willing to have a catch with me as we learned the game together. Being small and extremely quick on my feet, I was able to excel in the sport of lacrosse at attack.

In my junior year of high school, I was contacted by many college lacrosse coaches. My dad and I were both excited about the possibility of a scholarship to help pay for college. We were amazed by the sheer number of letters and phone calls I received from collegiate coaches. I honestly found it extremely difficult to pick out that one school where I would commit so much of my time to a sport that I loved. I also wanted to pick a college where I would get a good education. It was a great honor to be considered by so many different colleges from all over the United States. During the fall of my senior year, I felt a ton of pressure with SAT's, ACT's and everyone wanting to know if and where I had decided to go to college. I visited many different schools, had several official visits and talked with many coaches. One of the last official visits was to C.W. Post located in Old Brookville, NY. After spending the weekend, and making some new friends, I finally made my decision to attend C.W. Post. I was also offered and an academic scholarship with my

athletic scholarship, which helped me make my final decision. This choice would take me on a path that very few lacrosse players get to experience. Little did I know how important my decision would be.

As a college freshman, I practiced and played with six seniors who were starters on offense. I learned a lot that first year. I vividly remember the pressure to do well, to listen to the coaches, to have patience and, most of all, to be a team player. During my sophomore year, I was one of the few returning offensive players, which proved to be a rebuilding year. I was named captain in my junior year. I then assumed more of a leadership role. The team, once again, was unable to make it to the playoffs by one game. I took majority of the blame for the offense not showing up when the team needed us the most. I was forced to step it up and take charge of all six offensive players to get the best out of everyone on the field. I didn't want to go through another season with the feeling of letting the entire team down. In my senior year, I was able to figure out how to not only get the best out of my abilities, but to also get the best out of every player. We adopted the mentality that no defense could stop us if we all worked together as one. At the end of the season, we were able to accomplish our team goal by winning the National Championship 8-7 at Gillette Stadium. While the whole team was ecstatic that we won the final game, I was just relieved that I didn't let my team down. It was that year that I realized what the word "leader" meant to me. I believe there are many different ways of leading, but you cannot lead if you don't have anyone standing behind you who believe in you. Winning was great, but I wouldn't trade it for the friends I have made and the people who have supported me along my journey.

Being a Jack Turnbull Award winner is a great honor to me and my family. Being able to receive an award named

after Lt. Col. J. I. “Jack” Turnbull, who did so much for not only the sport but for our country, is quite a privilege. I often think that my grandfather, who loved sports and served as a sergeant in the Korean War, would have been proud of me.

Lacrosse has expanded exponentially in the last decade. It had a major impact on my life and taught me how to deal with any obstacle that comes my way. I hope that lacrosse will take you as far as it has taken me. If you keep working hard and remain positive—there is no telling what you can do.

Sincerely,

Gregory Cerar

C.W. Post-LIU 2009
Turnbull Award 2009