

February 2008  
Lacrosse

When I first started playing lacrosse back in the sixth grade, the inaugural year for Del Val Junior Lacrosse, Brent Kephart always told us to do one thing every time we stepped on and off the field, "Honor the Game". These three simple words apply to so many different facets of the actual game as well as what goes on off the field as well. I feel that during my four years of playing high school lacrosse, I have honored the game to the very best of my ability.

The first way to "Honor the Game" is on the lacrosse playing field. Honoring the coaches is very important because how you act towards them will dictate how they act towards you. I have never had a problem with a coach as a result of what I have said or how I have acted. The best way for a team to function is if the players honor the coach. Another group of people I have honored are the officials. Never once have I argued with an official because of a call I disagreed with. I just kept my mouth shut and accepted the penalty. However, the most important group of people I have honored has been my teammates. A team is like a brotherhood and the more respect you have for one another, the closer you are which in turn will allow you to function smoothly. Honoring oneself is also very important as well. You honor yourself by working as hard as you possibly can on and off the field and leaving nothing to regret. If one fails to honor oneself, how can they honor other people?

Honoring the game off the field is just as important as on the field. This deals with the type of reputation you set for the game of lacrosse, the school, and yourself. I have done this first and foremost by keeping up with my schoolwork. This keeps me out

of remediation and eligible to play the game. Secondly, is never using drugs or drinking alcohol. Doing these things can lead to bad habits and if caught, it will look bad on the team and your family. An athlete is supposed to set an example that every student should follow and it's a responsibility I feel that I have carried out the best I can.

The concept of "Honor the Game" has been inscribed in me since that very first season of lacrosse. I can say without hesitation that I have lived up to this responsibility to the best of my ability. "Honor the Game" not only applies to the actual game of lacrosse but to all of the aspects surrounding it as well.