

Seasons of Hope



WWW.CRANWELLFONDATON.COM

FRANK BICE



In Seasons of Hope, author Frank Bice reflects upon his experience with gratitude and service in the world of football and lacrosse. With coaches as father figures, and highlighting the athletic fields of Manhasset, Saint Mary's, Cranwell, Canterbury, Siena, and Sacred Heart Academy, Frank Bice attempts to leave no player, or mentor, behind. Using inspirational stories illustrating themes of courage, hope, love, and loyalty, Frank Bice captures the essence of teamwork and perseverance. After reading Seasons of Hope, you will want to say "Yes" to service and make it fun. You will learn to show up when someone is hurting and understand the importance of being creative verses competitive. Frank Bice emphasizes that if you experience a perceived failure and you remain grateful, something better will come along. When times are really tough, Seasons of Hope challenges us to prove how great we can be by choosing to be positive. The overriding theme of this timeless classic is Service makes you powerful, gratitude makes you invincible. Seasons of Hope is a must read for coaches, athletes, and anyone seeking to overcome challenges in life.

Seasons of Hope

Order the complete book from

[Booklocker.com](http://www.booklocker.com)

<http://www.booklocker.com/p/books/8742.html?s=pdf>

**or from your favorite neighborhood
or online bookstore.**

Enjoy your free excerpt below!

Seasons of Hope

Frank Bice

www.cranwellfoundation.com

Copyright © 2016 Frank Bice

ISBN: 978-1-63491-610-3

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, recording or otherwise, without the prior written permission of the author.

Published by BookLocker.com, Inc., St Petersburg, Florida.

Printed on acid-free paper.

BookLocker.com, Inc.
2016

First edition

Chapter I: The Greatest Lacrosse Player in the World

Many years ago, I was the boys' junior varsity lacrosse coach at Saint Mary's in Manhasset, Long Island. On that J.V. team were up and coming stars, such as Billy Bergin, John Farrell, George Garcia, Chris Zenobio, and Steve Sombrotto. I'll never forget what happened this one season. Every day I would drive my van to the field for practice.

Almost every day, before I would get out of my van, a kid named Dave would approach the driver's side window and say, "I made a big mistake, I'm playing baseball, but I know I should be playing lacrosse."

Dave was a sophomore at Saint Mary's at the time and almost every day it was the same routine.

He would approach the van and say, "I know I should be playing lacrosse, but I'm playing baseball and it's killing me."

Finally one day I said, "Dave, what's going on in your life?"

Dave said, "My parents are going through a divorce and I don't know what to do. My dad was a baseball star and used to coach me in baseball. I've been playing baseball to try and help my parents' marriage, but I can't do it. I know I should be playing lacrosse." So I told Dave that I was going to be coaching summer league lacrosse at Manhasset High School and that he should come out.

Dave said, "Don't worry, I'm definitely coming out for summer league."

When summer league began, Dave came out with all of his equipment. He had a defenseman's stick and was really aggressive. Dave was over six feet tall, a natural lefty, fast, and a really good athlete. After we played a few summer league games, Dave gave me a

list of five, Division I, college coaches that he wanted me to write to tell them that he needed a full scholarship for lacrosse.

I said, "Dave, you haven't even played in a varsity game yet, I can't write to these coaches."

Dave said, "Don't worry, I know I can do this, please just write the letters."

Dave, to his credit and because of his belief in himself, wouldn't take 'No' for an answer. Dave started calling me asking if I had written to the five coaches. Dave even showed up at my house one day looking for the letters. Finally, I wrote the letters. I heard back from only one college coach who said that we should wait and see how Dave did at the varsity level.

Dave took all the pain and heartache in his life and he took a step back. He looked at himself and he realized that he had a gift that no one else realized he had. Dave dropped everything else except for lacrosse. You never saw this kid without his lacrosse stick in his hands. Every day he ran sprints and would do 'one on

ones,' challenging anyone he could find to try and beat him to the cage. He focused on becoming the best lacrosse player he could possibly become. In Dave's junior year he made varsity and wound up starting. Dave started to dominate. After Dave's junior year, he made the Long Island Empire State Team. This is an incredible lacrosse team comprised of high school All-Stars who play against other All-Star select teams from all over New York State. Dave also attended every lacrosse camp that time would allow. In his senior year in high school Dave was incredible. Playing alongside goalie, Paul Schimoler,* Saint Mary's beat Saint Anthony's and Chaminade to win the Catholic School Championship.

Dave made High School All-American and earned a full scholarship to Johns Hopkins. At Hopkins, Dave's freshman year he got sick and he couldn't play for most of the season. His sophomore year he came back and made 1st Team All-American and his team won the National Championship. As a junior, Dave made 1st Team All-American. As a senior, Dave made 1st Team All-American and he was named Player of the Year in Division I college lacrosse. As a defenseman, being

named Player of the Year is almost impossible. That award usually goes to a really high scorer (an attackman or a middy) it never goes to a defenseman. Dave, as a defenseman, was named Player of the Year in college lacrosse! At the same time that Dave was playing lacrosse, the Gait brothers were playing at Syracuse, twin brothers who were incredible. Dave was named Player of the Year above the Gait brothers. That is how amazing Dave was. After college, Dave kept on playing. He went on to make the United States Lacrosse Team twice. In the World Games in Australia, the United States defeated Canada, and Dave was named the Most Valuable Player of the World Games.

So here we are, just a few years earlier, this kid Dave would walk up to my van every day and say, "I'm playing baseball but I know I should be playing lacrosse." Then he is named the number one lacrosse player on the planet Earth. So what is the message for you and for me? All of us have a gift. All of us go through tough times. Do we have the strength, courage, and vision to take a step back and really look at our lives? Do we thank God for the unique gift that we have? Then do we go for it? That is exactly what

Dave did and he serves as a role model for all of us. What do we do with our frustration and our pain? Do we take the energy that we have as a result of our frustration and do we channel it into something incredibly positive? Dave did another really smart thing - **he asked for help**. Now, honestly, I contributed nothing to this kid's success in lacrosse. He did it all on his own. He found many excellent coaches and mentors along the way. I only coached him during that summer league. Dave did it all on his own. He focused on one thing and he went for it! All of us have a unique gift that we can do better than anyone else in the world. Our gift might be in sports and it might not be - it might be in art, music, writing or something academic. Your gift might be in business. Some of you guys might be rainmakers - you know what that means - people who know how to make a lot of money. Who knows? You might be a great coach or counselor. It's up to you to discover your unique gift and then go for it.

Dave did something else that was really smart. He didn't try to escape from his pain by using drugs or alcohol. The way all human beings grow is by dealing

Seasons of Hope

with challenges, working through them, and this is what makes us stronger. This is called the maturing cycle. When we are in high school and we get involved in drugs or alcohol, every time we escape from reality, we stop the maturing process. When we deal with daily challenges we get stronger. If we escape from reality through drugs or alcohol, over time what happens is when we become adults, in our hearts we are really like 14 or 15 year old kids because we have broken that maturing cycle. Dave did not make that choice. When his parents were going through their divorce, Dave took all of his pain and frustration and channeled into something incredibly positive, becoming the best lacrosse player he could become.

Today Dave Pietramala is the Head Lacrosse Coach at Johns Hopkins University. Dave has won two National Championships as the Head Coach. He has been voted Coach of the Year (at Cornell and Hopkins) and has the record for the most wins of any coach in the history of Johns Hopkins. Dave is considered by many to be the greatest defenseman in the history of lacrosse.

Frank Bice

**Paul Schimoler would become a four-time All-American at Cornell. Paul was Ivy Rookie of the Year as a freshman and Ivy Player of the Year as a senior. He played on two USA teams with Dave.*

Chapter II: Be True to Yourself

I can remember going up for early football practice when I was a freshman at Siena College, in Loudonville, NY. It was a hot August afternoon. I moved into my dorm room and met another freshman football player who had just moved in across the hall. Patrick Archer, or 'Arch,' was a big, strong, very quiet linebacker from upstate New York. When practice began, Arch looked pretty talented, but his shyness almost dictated the way he was perceived as a player. Arch was so shy and unassuming that no one noticed how good he really was. It wasn't until one of the last games of the season, when we were winning by a large margin, that the coaches finally put Arch in the game as an inside linebacker. I can remember when their quarterback handed the ball off to the halfback. He tried to run the ball up the middle of the field. Arch came up and hit the halfback so hard that he was knocked unconscious. There was dead silence. We all just stared in disbelief.

I said to myself, "My God, did I just see that?" All of a sudden we all realized that Arch was an awesome football player!

Needless to say, Arch started in every football game after that. In the years ahead he went on to make NCFA (National Collegiate Football Association) All-American.

After the football games in college, there would always be a big party on campus where everyone would go crazy. Arch never smoked or drank any alcohol. When he did show up at a party, Arch would be wearing a pair of jeans and an old flannel shirt. He would hang out with his hands in his pockets and just be true to himself. Before long, Arch became the most respected football player in the college. Everyone began to recognize that he spoke with his actions and not his words.

Arch and I were in the same English class our freshman year as well. Toward the end of the semester, we were assigned a ten-page paper that represented a pretty big part of our final grade. I

figured that Arch would definitely need my help. I thought of myself as a fairly good writer so I asked Arch if he wanted me to help him write his paper. In his usual shy manner, he said that he thought he'd be okay writing it on his own. When we got the papers back, Arch got an 'A' and I got a 'C.'

Arch was not only a great football player, he went on to become a straight 'A' student as well. So much for needing my help! Through our years together in college, Arch and I became good friends. In his own quiet way, he became the leader of the team, the most popular football player, and the most respected. Ultimately, Arch was accepted into the Siena / Manhattan College Engineering Program. Today Arch is happily married, has several children, and is a very successful engineer.



In Seasons of Hope, author Frank Bice reflects upon his experience with gratitude and service in the world of football and lacrosse. With coaches as father figures, and highlighting the athletic fields of Manhasset, Saint Mary's, Cranwell, Canterbury, Siena, and Sacred Heart Academy, Frank Bice attempts to leave no player, or mentor, behind. Using inspirational stories illustrating themes of courage, hope, love, and loyalty, Frank Bice captures the essence of teamwork and perseverance. After reading Seasons of Hope, you will want to say "Yes" to service and make it fun. You will learn to show up when someone is hurting and understand the importance of being creative verses competitive. Frank Bice emphasizes that if you experience a perceived failure and you remain grateful, something better will come along. When times are really tough, Seasons of Hope challenges us to prove how great we can be by choosing to be positive. The overriding theme of this timeless classic is Service makes you powerful, gratitude makes you invincible. Seasons of Hope is a must read for coaches, athletes, and anyone seeking to overcome challenges in life.

Seasons of Hope

Order the complete book from

[Booklocker.com](http://www.booklocker.com)

<http://www.booklocker.com/p/books/8742.html?s=pdf>

**or from your favorite neighborhood
or online bookstore.**