# The Crimson Experience Guide



#### Welcome To Harvard!

We are thrilled to introduce you to and to showcase the transformative and exemplary experience that awaits you as a student-athlete at Harvard.

Lacrosse began at Harvard in 1877 making it one of the most-storied programs in collegiate lacrosse, dotted with <a href="Ivy League Titles and NCAA Tournament Appearances">Ivy League Titles and NCAA Tournament Appearances</a> throughout its history, including the 1<sup>st</sup> National Championship in 1881.

With our long history in lacrosse as a foundation, combined with Harvard's commitment to <u>excellence in athletics</u>, our <u>world-class facilities</u> and our incomparable <u>academic reputation</u>, we are confident that you and many other student-athletes who aspire to be great as players, teammates, thinkers and creators will see Harvard as the ultimate & perfect combination of academics & athletics.

The following pages will expose you to the core elements of the <u>Harvard Lacrosse Experience</u> academically, athletically, socially and so much more. We hope you can spend some time clicking through the sites, using this web-based document as your digital tour guide, so that when you arrive in Cambridge you will have some sense of the mission of Harvard, the physical layout of its historic campus and start to envision yourself as a student & athlete at Harvard.

Your experience at Harvard will encompass both sides of the Charles River, connected by a beautiful bridge that connects the residential/academic with the athletic. This bridge symbolizes the marriage of the core pieces of your Harvard experience and represents how tightly connected this world will be for our student-athletes. Our current players will play a central role and gateway to your son's visit and represent the best and brightest and a true model of the student-athlete experience.

Our <u>staff</u>, assembled in July 2019, has worked to create a national powerhouse as evidenced by our historic NCAA Tournament 2022 season and are poised to show you all that Harvard has to offer for the elite athletes who want to be great on the field and off. Welcome to Harvard, there is truly no place like it in the world!

Gerry Byrne
The Frisbie Family Head Coach
#VERITAS #HLX1881
Follow me on Instagram



# Table of Contents

<u>The Coaching Staff</u>	4
<u>Team Crimson</u>	5
The Harvard Lacrosse Experience	6
<u>Top Videos</u>	7-8
<u>Top Playlists</u>	9
Harvard Campus	10-11
<u>Harvard Lacrosse Facilities</u>	12
<u>The House System</u>	13-14
<u>The Houses</u>	15
The Harvard Academic Experience	16-17
Academic Support	18
Career Development/Alumni Relations	19
The Harvard Athletic Experience	20
<u>Harvard Square</u>	21
<u>Traveling to Harvard</u>	22
<u>Hotels</u>	23
Parking at Harvard	24



# The Coaching Staff

### **Gerry Byrne**

The Frisbie Family Head Coach

Cell: (617) 320-0302

mlax@fas.harvard.edu

@ByrneCrimson

**Read Bio** 

### **Neil Hutchinson**

Assistant Coach/Offensive Coordinator

Cell: (410) 372-7829

nhutchinson@fas.harvard.edu

**Read Bio** 

#### Mike Terranova

**Assistant Coach** 

Cell: (757) 635-5373

mterranova@fas.harvard.edu

**Read Bio** 

### **Nick Grill**

Assistant Coach

**Cell**: (908) 872-9308

nicholasgrill@fas.harvard.edu

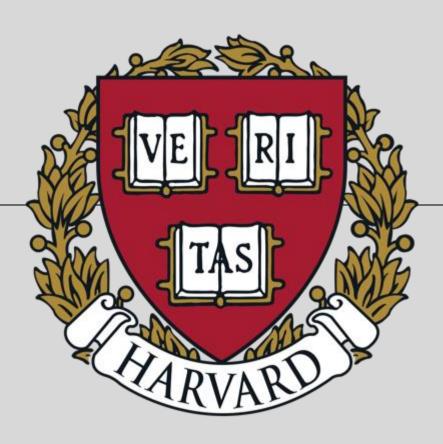
**Read Bio** 

### **Christian Thomas**

Director Of Lacrosse
Operations

Cell: (508) 507-1819

cthomas1@fas.harvard.edu Read Bio





# Team Crimson

#### **Tim Mullen**

Strength and Conditioning Coach P: (617) 495-3466

tmullen@fas.harvard.edu

**Read Bio** 

### **Nic Benitez**

Athletic Trainer MS.LAT ATC

P: (617) 495-2200 nbenitez@fas.harvard.edu Read Bio

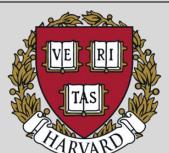
#### Adam Whitfield

Deputy Director of Athletics awhitfield@fas.harvard.edu **Read Bio** 

### **Phil Tor**

Communications Manager P: (617) 495-2206 philip tor@fas.harvard.edu

**Read Bio** 



### **Bob Glatz**

Executive Director of Varsity Club P: (617) 495-3750 glatz@fas.harvard.edu

**Read Bio** 

#### **Eric Dawson**

Sports Psych Counselor Mental Health Resources



### **Amanda Waldron**

Sports Dietitian P: (617) 495-2068

awaldron@huhs.harvard.edu

**Read Bio** 

## **Alex Ferguson**

Equipment Manager P: (617) 495-2217 afergus@fas.harvard.edu



HarvardMLacrosse



Harvard Men's Lacrosse



HarvardMLax



HLX1881



**Harvard Lacrosse Network** 



Harvard Lacrosse



# The Harvard Lacrosse Experience

## **HLX1881.com**

<u>HLX1881.com</u> is the online portal for the Harvard Lacrosse Experience, serving as the headquarters for parents and prospective student-athletes to learn about every aspect of the Harvard Lacrosse Experience.

## **HLX 1881 YouTube Channel**

'HLX 1881' is our video home on YouTube. Featuring playlists of our highlights, tours of campus, The Harvard Experience, and more, HLX 1881 shows our program and culture through a lens that can't be captured in words.

#### Watch HLX 1881 on YouTube

# Camps, Tournaments and Clinics

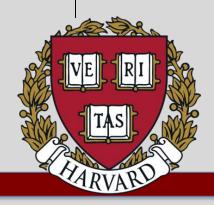
<u>Learn more</u> about our skills camps, training days, coaching clinics, prospect days and more.

# Harvard Men's Lacrosse Home Page

<u>Here</u> you can read the latest headlines, review the roster and our schedule as we prepare to begin another season in the Ivy League.

## **Community Engagement**

Supporting and developing our community is a pillar of our program. Learn More about our continued relationship with Harlem Lacrosse, our commitment to run/bike/walk 4 Million Yards to support Yards For Yeardley, our annual Bike to the Beach fundraiser for autism research, our support of Play for Runway, and other ways we extend and engage those in our community.





# Top Videos

## More available on our YouTube Channel



## Welcome To Harvard Lacrosse

An intimate, and picturesque look at the life of a Harvard lacrosse player



## HLX Campus Tour

A stunning view of our historic campus, Harvard Square, and the great city of Boston.



## Harvard Lacrosse Highlights

Relive and recap some of our memorial moments from last season, and years past.



## Harvard Lacrosse Facilities

Enjoy an inside look at the historic, and impressive athletic facilities that we call home.



# Top Videos

## More available on our YouTube Channel



### Harvard Lacrosse IG Reels

Our Instagram reels feature 4k footage of our best on-field highlights. They have amassed over 8 million impressions!



## Preseason Training Trip to NYC

Enjoy a recap of our trip to NYC where we explored the city from new heights before scrimmaging St. Johns.



## Crimson Cribs: Dunster House

Enjoy an inside look at our of our incredible Residential Houses.



## Fall Trip To DC

Check out highlights from our Fall Trip to Washington D.C. where we scrimmage UNC at Georgetown Prep.



# Top Playlists

## More available on our YouTube Channel



## What We Look For in a Player

Take 30 seconds to listen to Coach Byrne talk about what we look for in a player athletically, intellectually, and socially.



## Overtime with Paul Carcaterra

Listen to the podcast and learn about Coach Byrne's coaching mindset, approach to team building, team culture development, and player development.



## The Harvard Lacrosse Experience

The student-athlete experience at Harvard University is an experience like no other. Within our program, the experience becomes even more special and unique.



## Experiencing Harvard University

Delve into the intellectual diversity of Harvard through the voices of our campus community.



# **Harvard Campus**



Widener Memorial Library

<u>Website</u>

<u>Map</u>

<u>Video</u>



Harvard Memorial Church

Website

Map Video



Smith Student Center

Website

Map



Harvard Science Center

<u>Website</u>

<u>Map</u>



Website Map



Freshman Dining Hall
Website
Map Video



# Harvard Campus



Harvard Yard
Website
Map



Littauer Center of Public Administration

Website

Map



Baker Library
Website
Map



William James Hall <u>Website</u> <u>Map</u>



Center for Government and International Studies

Website

Map



Langdell Hall <u>Website</u> <u>Map</u>



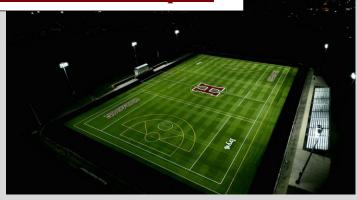
# **HLX Facilities**

## Click Here to view HLX Athletic Facilities Spark



### **Harvard Stadium**

Built in 1903, Harvard Stadium was the world's first massive reinforced concrete structure and the first large permanent arena for American college athletics. It is one of four stadiums in the country designated as a national historic landmark.



Jordan Field

Jordan Field is our 2nd Field Turf surface and the site of many Harvard Lacrosse practices and games. Re-turfed in 2021, Jordan Field has an amazing atmosphere as fans surround the fence, providing an electric game experience.



**Palmer Dixon** 

Palmer Dixon (PD) is our 24,000 square foot strength and conditioning facility. It features 24 Olympic training stations allowing our entire team to train together. The racks line the perimeter of a 45 yards turf surface, used for speed and agility training.



**Dillon Field House** 

Dillon Field House is the home of Harvard Lacrosse. On the 3rd floor, we have our locker room, nutrition area and coaches offices. The 2nd Floor is home to Dillon Lounge where we often watch film or meet our families for post-game tailgates. Our athletic training room is located on the first floor.



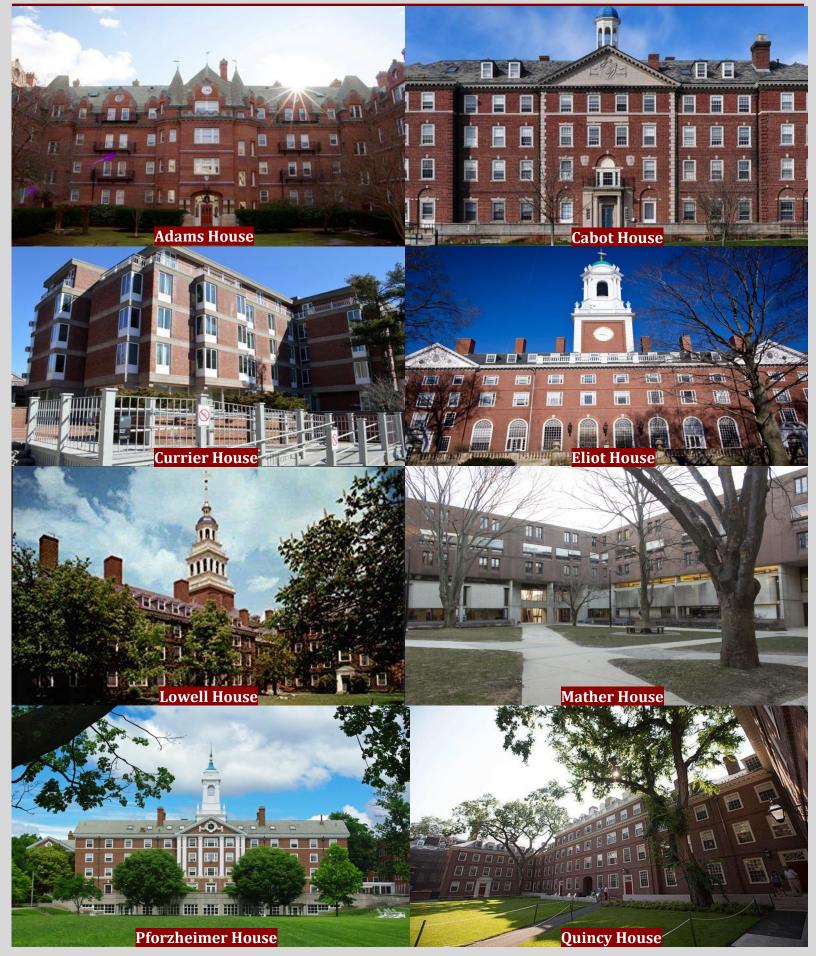
# The House System

The Houses, a cornerstone of the Harvard experience, serve as the foundation for residential life. Ninety-eight percent of all undergraduates live in one of the twelve houses. Featuring dining halls, common spaces, academic facilities, and cultural activities, the Houses forge a link between living and learning while emphasizing collaboration. Following your first year at Harvard, you and up to eight friends create a 'blocking group'. Once assembled, your blocking group enters the housing lottery where your housing for sophomore through senior year is chosen.

A source of great pride and historical significance, the Houses are embedded in the fabric of Harvard.









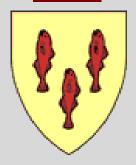
# The Houses

Click House Name to View





**Cabot** 



Currier



**Dunster** 



**Eliot** 



**Kirkland** 



**Leverett** 



Lowell



**Mather** 



**Pforzheimer** 



**Quincy** 



**Winthrop** 





## The Harvard Academic Experience

## **Admissions**

Learn more about the admissions at HU.

## **Financial Aid**

\*Please note our net price calculator is constructed to give you a read in under 5 minutes. As such it does not take into account property taxes, cost of living, retirement, home equity, outstanding mortgage, etc. which tends to underestimate the amount of actual aid you will receive. When more detailed information is included later on in the process your aid package tends to increase making Harvard one of the most generous universities\*

That said, 20% of students pay nothing to attend, and over half of our students receive need-based scholarships. The generosity of our <a href="Financial Aid Office">Financial Aid Office</a> is well documented, and a unique element of Harvard University. Use our <a href="financial aid calculator">financial aid calculator</a> to get an individualized pre-read.

## <u> Campus Tours</u>

Schedule a private tour, join an existing tour, or learn more about various materials for a self-guided experience through our tour center.





## The Harvard Academic Experience

<u>Harvard University</u> allows student-athletes to intellectually explore and develop in an unequivocally unique setting.

## **Concentrations**

As a liberal arts college, Harvard offers over 3,500 diverse courses from 50 undergraduate fields of study. Each student is required to declare a 'concentration' in order to graduate, Harvard's version of a major. The concentrations range from **Economics**, **Government**, and **History**, to **Slavic Language and Literature**, and **Folklore and Mythology**. Regardless of your academic interests, there are world-class resources, professors, and classes at your disposal. Though Harvard as liberal arts institution does not offer an undergraduate business program, our players have the opportunity to take many business classes (finance, accounting, management, etc) at MIT (less than 1 mile from Harvard) that prepare them for the business world.

## **General Education Requirement**

The Program in General Education is the foundation of the Harvard College Curriculum. Prior to graduation, students are required to take one course in each of four perspectives: Aesthetics and Culture; Ethics and Civics; Histories, Societies, and Individuals; as well as Science & Technology in Society.

### **Distribution Requirement**

The distribution requirement exposes students to the diversity of the scholarly disciplines at Harvard. Prior to graduation, students must complete a course in the three main divisions of the Faculty of Arts and Science: Arts and Humanities; Social Science; and Science, Engineering and Applied Science.

## **Quantitative Reason with Data Requirement**

This requirement enables students to critically think about data, and how it is employed in fields of study throughout Harvard. All students must complete one course in Quantitative Reasoning with Data.

## Language Requirement

Students must meet a language requirement in a language other than English that is taught at Harvard. This can be accomplished in one year, or two semesters.



# **Academic Support**

## **Academic Resource Center**

From academic counseling, free tutoring, reading workshops, and more, our <u>Academic Resource Center</u> ensures that every student has the resources they need to be successful while attending Harvard.

# First-Year Academic Support

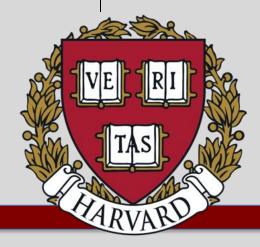
First-Year students are well supported by a network of residential and academic advisers whose sole job is to ensure a smooth transition. From <a href="Proctors">Proctors</a>, <a href="Resident">Resident</a>
<a href="Deans">Deans</a>, and <a href="Peer Advising Fellows">Peer Advising Fellows</a>, <a href="First-Year students">First-Year students</a>
have support systems woven into their experience both living in their entryways, and surrounding them on campus.

## **House Tutors**

Resident Tutors are valued and important members of the staff of Harvard College who play a vital role in the residential and educational life of undergraduates. Living in a House for sophomore through senior year, academic help and support is literally down the hall at all times.

## **Concentration Tutors**

In addition to House Tutors, each concentration has a specific group of tutors designated to support students who are in need. Each student is assigned an advisor following their concentration declaration. In addition concentrations have specific resident tutors who live in the Houses. Concentrations have non-resident tutors available as well.





## Career Development Services

# Office of Career Service

The Office of Career Services (OCS) has a full-time staff that is dedicated to helping students prepare for, and acquire highly competitive internships and jobs. From <a href="resume prep">resume prep</a>, <a href="mailto:interview prep">interview prep</a>, <a href="planning/time-line creation">planning/time-line creation</a>, and more, the OCS ensures our students are organized and prepared for their next steps.

## **OCS Events**

Harvard OCS puts on weekly <u>events</u>, and <u>career fairs</u> to help our students connect with, and investigate different industries.

# Harvard Varsity Club Database/Events

With over 30,000 active members, student-athletes can search the database by industry, location, or sport. With built-in messaging capabilities, our DataBase connects our student-athletes to our world-class alumni instantly. Harvard Varsity Club hosts athletic specifics events, to connect our student-athletes to employers who are specifically looking to employ athletes. HVC also posts jobs solely available to student-athletes here at Harvard.

# HLX LinkedIn Communities

Harvard Lacrosse has two distinct LinkedIn groups. Our public group The Harvard Men's Lacrosse Community is open to any supporter of our program. Our private group, 1881 Alumni Network is open only to current players, HLX Alumni, and past and current parents. We are proud that we have the largest LinkedIn community in college lacrosse. It is a pivotal tool for internship and job placement.



# Harvard Athletic Experience

<u>History</u>	Harvard Athletics began in 1780 with a sophomore vs. freshman wrestling tournament. Since the first boat race against Yale in 1852, Harvard has been at the forefront of college athletics. Harvard now houses the largest athletic department in the country with 42 sports. Our program began in 1881, and is dotted with national championships, All-Americans, Rhode Scholars and All-Ivy awards.  Click Here to learn about our 140 years of excellence.
Professional Athletes	Harvard athletes have been represented at the Professional ranks in virtually all sports, including NHL (40), NFL(38), NBA (4), MLS (4), PLL (1), MLL (6) and more.
<u>Olympians</u>	Harvard University has had a staggering <a href="241 athletes">241 athletes</a> compete in the Olympic games. Touching all forms of Olympic competition, Harvard is committed to athletic excellence in every arena.
Athletic Innovation	Harvard has long been the leader in athletic innovation. From creating the catcher's mask in 1877, to the football scoreboard (1893), to the first field hockey game (1901), Harvard continues to lead in all aspects of athletic creation, performance, and innovation.
Harvard Varsity Club	The HVC provides professional development and career networking specifically for Harvard student-athletes.  Operating since 1886, HVC plays a critical role in the

sustained long-term success of our student-athletes, and constantly advances the interests of Harvard Athletics.



# Harvard Square

Harvard Square is our vibrant, downtown location of campus

## Felipe's Taqueria (\$)

**Fresh Mexican Cuisine** 

21 Brattle Street Cambridge, MA 02138

#### Website

Phone: (617) 354-9944

### Santouka (\$)

Noodles, Ramen and Soups

1 Bow Street Cambridge, MA 02138

#### Website

Phone: (617) 945-1460

### Grendel's Den (\$\$)

**Original Food, Great Happy Hour** 

89 Winthrop Street Cambridge, MA 02138

#### Website

Phone: (617) 491-1160

### Oggi Gourmet (\$)

Pizza and Sandwiches

30 Dunster Street Cambridge, MA 02138

#### Website

Phone: (617) 492-6444

### Russell House Tavern (\$\$)

**New American Tavern** 

14 John F. Kennedy Street Cambridge, MA 02138

#### Website

Phone: (617) 500-3055

### Toscano (\$\$\$)

**Italian Fine Dining** 

**52 Brattle Street** Cambridge, MA 02138

#### Website

Phone: (617) 354-5250

### Wholesome Fresh (\$)

"The Market"

60 Church Street Cambridge, MA 02138

#### Website

Phone: (617) 945-5384

### **Grafton Street (\$\$)**

Classic Pub

1230 Massachusetts Ave Cambridge, MA 02138

#### Website

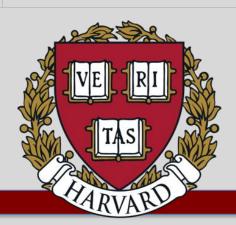
Phone: (617) 497-0400

### Henrietta Table (\$\$\$)

Farm-to-Table Fine Dining \*Located in the Charles Hotel\* 1 Bennett Street Cambridge, MA 02138

#### Website

Phone: (617) 661-5005





# Traveling to Harvard

## Harvard Lacrosse Offices 65 N Harvard Street Boston, MA 02163

## **BY CAR**

### **Driving from South of Boston:**

Take I-93 North to exit 26 (Cambridge/Storrow Drive) in the recently opened Big Dig tunnel. The exit ramp merges with traffic on Storrow Drive from the left. Move to one of the right lanes and continue on Storrow Drive approximately 4 miles to Cambridge/Allston. After a Doubletree Guest Quarters Hotel, take the right-hand exit to "Harvard Square - Cambridge." Turn right at end of ramp onto John F. Kennedy Street. Harvard Square is approximately 1/2 mile straight ahead.

#### **Driving from North of Boston:**

Take I-93 South to exit 26A (Storrow Drive/North Station). Keep left and take the underpass to Storrow Drive. Continue on Storrow Drive approximately 4 miles to Cambridge/Allston. After a Doubletree Guest Quarters Hotel, take the right-hand exit to "Harvard Square - Cambridge." Turn right at end of ramp onto John F. Kennedy Street. Harvard Square is approximately 1/2 mile straight ahead.

### **Driving from West of Boston:**

Take I-90 East (Mass Turnpike) to exit 18 (Cambridge/Allston). Bear right after tollbooth at end of exit ramp. Turn left after lights (before the bridge) onto Storrow Drive. Take Cambridge/Allston exit (1/2 mile ahead) and turn right at end of ramp onto John F. Kennedy Street. Harvard Square is approximately 1/2 mile straight ahead.

## **BY PLANE**

Boston Logan International Airport is located 15 minutes from campus. Follow the signs for I-93 and Boston. You will go through a set of toll booths (\$3 for cars) before the Sumner Tunnel. Stay to the right through Sumner Tunnel. At the end of the tunnel bear to the right and follow the signs for Storrow Drive. Continue along the river on Storrow Drive West for approximately four miles. Pass the "Massachusetts Avenue - Cambridge" exit and then the Doubletree Guest Quarters Hotel. Directly after the Doubletree, take the right-hand exit marked "Harvard Square - Cambridge." Turn right at end of ramp onto John F. Kennedy Street. Harvard Square is approximately 1/2 mile straight ahead.





#### The Charles Hotel

Upscale hotel located in Harvard Square

1 Bennett Street Cambridge, MA 02138

Website

Phone: (617) 864-1200

#### **Sheraton Commander Hotel**

0.4 miles to Harvard University

16 Garden Street Cambridge, MA 02138

**Website** 

Phone: (617) 547-4800

#### Residence Inn by Marriot Boston Watertown

1.3 miles from Harvard University

570 Arsenal Street Watertown, MA 02472

Website

Phone: (617) 926-4500

#### Fairfield Inn and Suites by Marriot Boston Cambridge

2.2 miles from Harvard University

215 Monsignor O'Brien Highway Cambridge, MA 02141

**Website** 

Phone: (617) 621-1999

#### **Hotel Veritas**

Upscale hotel located in Harvard Square

1 Remington Street Cambridge, MA 02138

Website

Phone: (617) 520-5000

#### **Courtyard by Marriot Boston Cambridge**

0.5 miles from Harvard University

777 Memorial Drive Cambridge, MA 02139

Website

Phone: (617) 492-7777

#### Homewood Suites Cambridge/Arlington

2.2 miles from Harvard University

1 Massachusetts Ave Arlington, MA 02474

Website

Phone: (781) 643-7258

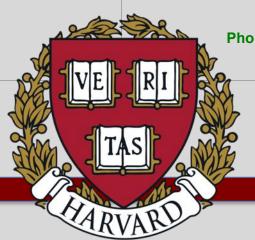
#### **AC Hotel by Marriot Boston Cambridge**

2.5 miles from Harvard University

10 Acorn Park Drive Cambridge, MA 02140

**Website** 

Phone: (617) 876-6190





# Parking at Harvard

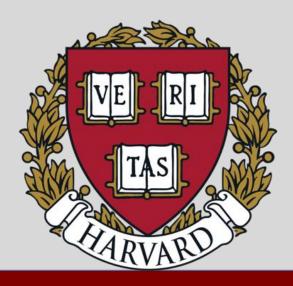
As required through Harvard University policy, in order to park in one of the several parking lots at Harvard, all campus visitors must purchase and display a <u>valid daily permit.</u> You can view a map of the various parking lot locations on our campus <u>here.</u>

The cost of a daily permit is as follows:

- Cambridge/Allston Campus Weekday permits: \$19.00/day
- Cambridge/Allston Campus Weeknight permit: \$10.00/day
- Cambridge/Allston Campus Weekend permits: \$10.00/day

There is paid parking available at our <u>Athletic Complex</u>, however, there is a **4-Hour** maximum per car in the designated parking lot.

The <u>Harvard Business School Parking Lot</u> is a great parking option, as it is a close walk to the Athletic Complex. Though the parking lot charges the same rates as above, you can purchase your permit at the parking lot entrance upon your arrival.







## **National Championships**

1881, 1882, 1883, 1885, 1886, 1887, 1905, 1908, 1909, 1910, 1911, 1912, 1913, 1915

## **All Americans**

1<sup>st</sup> Team (10) 2<sup>nd</sup> Team (17) 3<sup>rd</sup> Team (15) HM (88)

## Ivy Rookie of the Year

'64, '80, '90, '14

## **NCAA Appearances**

'80, '88, '90, '96, '06, '14, '22

## All Ivy League

1<sup>st</sup> Team (70) 2<sup>nd</sup> Team (70) HM (59)

## **Ivy League Titles**

'64, '80, '90, '14

### Ivy Player of the Year

'68, '69, '96, '98

## **Rhodes Scholars**

4

## **Scholar All Americans**

10





Harvard Lacrosse looks to integrate its 140 year old lacrosse tradition with its globally renowned academic experience to create the most compelling & enriching experience in Division I athletics.

Committed to Chasing Championships.

Expanding Intellect.

Enhancing Values.

