

Jeff Burroughs

Assistant Coach, JSerra High School | Assistant Coach, Rebels Lacrosse Club

lacrosse-men • JSerra Catholic High School • San Juan Capistrano

og1coaches.com/p/coach-jb

Biography

I've been around lacrosse my entire life, first as a player and now as a coach. I was a 2x All-American in high school and a member of Team Colorado before continuing my career at Chapman University. There, I was a 4x team captain, 4x All-Star, and earned League Defensive MVP honors. My time at Chapman meant a lot to me, and I was later inducted into the Chapman Athletics Hall of Fame.

After college, I had the opportunity to play professionally with the Anaheim Storm (NLL) and Los Angeles Riptide (MLL), which gave me a deeper understanding of the game at a high level. From there, I transitioned into coaching, working with Maverik United (LXM Pro), helping lead Mission Viejo High School to a CIF Division II Championship in 2011, and spending nearly eight years on the JSerra High School coaching staff.

Coaching wasn't always something I planned on, but it became something I care deeply about. My goal is to help players enjoy the game while still pushing themselves to be their best. I believe sports are about more than just winning and losing—they're about growth, effort, and learning how to compete the right way.

Statement

I coach because I want players to have the experience I did, falling in love with the game while being pushed to grow. I've seen how the right coach can impact confidence, mindset, and character, and I want to be that influence. It's not just about winning, it's about helping players compete, improve, and enjoy every part of the process.

Achievement

CIF Championship - DII

CIF Championship - DII (Mission Viejo HS - 2011)

Chapman Athletics Hall of Fame

I have been inducted into the Chapman Athletics Hall of Fame

League Defensive MVP

League Defensive MVP at Chapman University

All Star

All-Star at Chapman University

Team Captain

Team Captain at Chapman University

All Star

All-Star at Chapman University

Team Captain
Team Captain at Chapman University

All Star
All-Star at Chapman University

Team Captain
Team Captain at Chapman University

Team Captain
Team Captain at Chapman University

All Star
All-Star at Chapman University

All American
High School All-American at Colorado Academy

Team Colorado Member
I was a member of Team Colorado in high school.

All American
High School All-American at Colorado Academy

Education

Chapman University

Colorado Academy

Feature

LXM Pro Video
I coached for the Maverik United LXM Pro team on the the LXM Pro tour.
https://www.youtube.com/watch?v=a7ztjk46S_U

PRINCIPLES

- Winning and losing isn't in your control, but your level of investment and your competitive drive is.
 - Anything worth doing, is worth doing well
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PLAYER DEVELOPMENT

Luke Bittner

J Serra Catholic High School | Lacrosse (Men)

I have coached Luke for the last 4 years, and it has been amazing to watch his growth. He is committed to playing lacrosse at the Air Force Academy next year.

ATHLETIC CAREER

Defender — Los Angeles RIptide

MLL | Lacrosse (Men) | 2006 - 2007

Defender — Anaheim Storm

NLL - National Lacrosse League | Lacrosse (Men) | 2003 - 2004

COACHING CAREER

Assistant Coach — OC Rebels Lacrosse Club

| Lacrosse (Men) | 2019

Assistant Coach for the Rebels Lacrosse Club

Assistant Coach — JSerra Catholic High School

CIF - California Interscholastic Federation | Lacrosse (Men) | 2016

Assistant Coach at JSerra High School

Head Coach — Mission Viejo High School

CIF - California Interscholastic Federation | Lacrosse (Men) | 2010 - 2011

Head Coach at Mission Viejo High School

Head Coach — Maverik United

LXM Pro Tour | Lacrosse (Men) | 2010 - 2010

Coach for the Maverik United Team on the LXM Pro Tour

Player — Los Angeles Riptide

MLL | Lacrosse (Men) | 2006 - 2007

Defenseman for the Los Angeles Riptide

Player — Anaheim Storm

NLL - National Lacrosse League | Lacrosse (Men) | 2003 - 2004

Defensman for the Anaheim Storm

ENDORSEMENTS

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