

# Phil Wendt

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

og1coaches.com/p/philwendt1

## Biography

I am a motivated and driven individual who is passionate about growth, leadership, and making a meaningful impact both on and off the field. I take pride in my strong work ethic and positive mindset, always pushing myself to improve while supporting and uplifting those around me. I value discipline, accountability, and teamwork, and I believe that success comes from consistent effort and a willingness to learn.

Through my experiences, I have developed a strong appreciation for leadership and connection. Whether I'm working within a team or pursuing individual goals, I strive to lead by example through effort, consistency, and resilience. I understand that challenges are a key part of growth, and I approach them with determination and a mindset focused on continuous improvement.

I am also passionate about building strong relationships and creating a positive environment for others. I believe the best teams are built on trust, communication, and a shared purpose, and I work to reflect those values in everything I do. I aim to be someone others can rely on by staying focused, bringing energy, and contributing in a positive way.

Looking ahead, I am committed to continuing to grow both personally and professionally. I want to take advantage of every opportunity to learn, improve, and make an impact, while staying grounded in the values that define me. My goal is to become the best version of myself and make a lasting difference wherever I go.

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## Statement

I'm a dedicated and driven individual who values growth, teamwork, and leadership. I take pride in pushing myself to improve both on and off the field, while supporting those around me. With a strong work ethic and positive mindset, I aim to make an impact, build meaningful relationships, and continue developing into the best version of myself.

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## ATHLETIC CAREER

### Attackman — Durham University

| Lacrosse (Men) | 2012 - 2012

Played Lacrosse in the UK and was a national Champion

### Attackman — Messiah University

| Lacrosse (Men) | 2008 - 2011

Named a captain and All-Conference Team

### Attackman — Grand Island High School

| Lacrosse (Men) | 2004 - 2007

1st Team All Region.

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## COACHING CAREER

**Coach — JSerra Catholic High School**

| Lacrosse (Men) | 2016

I have Coached the JSerra Lacrosse program for a Decade

**Coach — Thailand Mens National Team**

| Lacrosse (Men) | 2015 - 2015

I was apart of the coaching staff for the Thailand National team

**Coach — Grand Island High School**

| Lacrosse (Men) | 2012 - 2015

I came back to the High School I played at and coached it for 4 seasons

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