

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)

All American

High School All-American at Colorado Academy

Team Colorado Member

I was a member of Team Colorado in high school.

Team Captain

Team Captain at Chapman University

Team Captain

Team Captain at Chapman University

Team Captain

Team Captain at Chapman University

Team Captain

Team Captain at Chapman University

All American

High School All-American at Colorado Academy

All Star

All-Star at Chapman University

All Star

All-Star at Chapman University

All Star

All-Star at Chapman University

All Star

All-Star at Chapman University

League Defensive MVP

League Defensive MVP at Chapman University

Chapman Athletics Hall of Fame

I have been inducted into the Chapman Athletics Hall of Fame

Education

Colorado Academy

Chapman University

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

Defenseman for the Anaheim Storm

ENDORSEMENTS

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