

= Christian Cook =

Christian Cook (born June 3 , 1975 in Denver , Colorado) is a retired professional lacrosse defenseman who last played professional field lacrosse with the Washington Bayhawks of Major League Lacrosse (MLL) . He starred as a member of the Princeton Tigers men 's lacrosse team from 1995 through 1998 , where he earned National Collegiate Athletic Association (NCAA) lacrosse defenseman of the year award , two United States Intercollegiate Lacrosse Association (USILA) All @-@ American recognitions (one first team) , four Ivy League championships , and three national championships .

As a professional he has been recognized as the Major League Lacrosse Defensive Player of the Year and been a member of Team USA at the World Lacrosse Championships . He was twice named to the Major League Lacrosse All @-@ Star Game and has been a member of an MLL Steinfeld Cup championship team .

= = Background = =

Cook was a high school All @-@ American lacrosse player at Denver East High School .

= = College career = =

He anchored the defense of the teams that were led on offense by the record @-@ setting trio of revered attackmen Jesse Hubbard , Jon Hess and Chris Massey . He was awarded the 1998 Schmeisser Award as the best NCAA lacrosse defenseman . He was a first team USILA All @-@ American Team selection in 1998 and third team selection in 1997 . He was also first team All @-@ Ivy League in 1997 and 1998 . The 1995 team , which earned the school 's sixth consecutive NCAA Men 's Lacrosse Championship invitation , was Ivy League co @-@ champion , while the 1996 ? 1998 teams were 6 ? 0 undefeated outright conference champions . These undefeated league champions won the 1996 , 1997 and 1998 NCAA Division I Men 's Lacrosse Championships , becoming the first team to threepeat since Syracuse from 1988 ? 90 and the first to be recognized to have done so without an NCAA scandal since Johns Hopkins from 1978 ? 80 . He was a co @-@ captain during his 1998 senior season . Cook was named to Princeton 's All @-@ Decade team .

In one game as a senior , he held the Ivy League 's leading scorer , Mike Ferrucci of Harvard , scoreless . In the 1998 NCAA Division I Men 's Lacrosse Championship tournament semifinals he held the nation 's leading scorer Casey Powell of Syracuse without a goal in the 11 ? 10 victory , but he was injured and had to sit out the finals on crutches . He was named to the All @-@ tournament team nonetheless .

= = Professional career = =

Cook played with the New Jersey Pride during the 2001 through 2003 MLL seasons . The Pride traded him to the Baltimore Bayhawks for a second round draft choice in the 2005 Collegiate Draft . He then played with the Baltimore Bayhawks from 2004 through 2006 and stayed with the franchise when it became the Washington Bayhawks for the 2007 and 2008 seasons . Cook was part of the Bayhawks ' 2005 Steinfeld Cup MLL Championship team . He is a two @-@ time Major League Lacrosse All @-@ Star .

Cook missed four games of the 2006 season due to participation in the World Games . At the 2006 World Lacrosse Championships , he was one of four Princeton athletes on Team USA .

= = Personal = =

Cook has worked for the United States Secret Service , American Enterprise Institute and PricewaterhouseCoopers . He competed in the AAU Junior Olympic Games in skiing in 1990 . Cook was named to the Colorado Lacrosse Hall of Fame in 2003 . His sister , Lauren , played lacrosse at

Davidson College in Charlotte , North Carolina . He is the son of Gary and Diane Cook . He earned his Bachelor of Arts in Politics from Princeton University and his Master of Business Administration from Georgetown University . Christian and Lauren have founded Play for Parkinson 's Lacrosse after their mother was diagnosed with early stage Parkinson 's disease .