



**RIPPIN' ROPE**  
LACROSSE

**RIPPIN' ROPE  
LACROSSE CAMP  
KENT COUNTY**

**IN CAMDEN, DE  
BRECKNOCK COUNTY PARK  
80 OLD CAMDEN ROAD  
CAMDEN, DE 19934**

**JULY 19 TO JULY 23**

**BOYS 9:00 AM TO 1:00 PM  
GIRLS 9:00 AM TO 1:00 PM**

(CHECK ONE)

BOYS  
CAMP \_\_\_\_\_ GRADE \_\_\_\_\_

GIRLS  
CAMP \_\_\_\_\_ GRADE \_\_\_\_\_

POSITION \_\_\_\_\_

PLAYER NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_

ZIP \_\_\_\_\_ SCHOOL \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_

EMAIL(S) \_\_\_\_\_

PHONE(S) \_\_\_\_\_

QUESTIONS? SEND TO  
DUNCAN@RIPPINROPE.COM  
OR CALL 302.377.5455

**BOYS DIRECTOR**

**PETE DUNCAN**  
RIPPIN' ROPE LACROSSE DIRECTOR  
HEAD COACH TATNALL SCHOOL  
FORMER D-1 PLAYER AT UD

**BOYS SKILLS:**

DEFENSE - FOOTWORK, CHECKS,  
STICKWORK, CLEARING

MIDFIELD - OFFENSE/DEFENSE,  
TRANSITION PLAY, SHOOTING, GROUND  
BALLS,

ATTACK - SHOTS, OFF- BALL  
MOTION, ONE-ON-ONE PLAY, PICKS,  
FEEDING, RIDING, 2-MAN PLAY

**GIRLS DIRECTOR**

**MELISSA WHITEHEAD**  
RIPPIN' ROPE GIRLS LAX DIRECTOR  
HEAD COACH WILM CHARTER  
FORMER D-1 PLAYER AT UD

**GIRLS SKILLS:**

DEFENSE - FOOTWORK, BODY  
POSITIONING, STICK CHECKING, POINT  
& COVER POINT

ATTACK, WING, CENTER - THROWING,  
CATCHING, SHOOTING, CRADLING,  
PASSING, STICK PROTECTION,  
SCOOPING, DODGING

HOME: THROWING, CATCHING,  
SHOOTING, FINISHING, BASIC &  
ADVANCED DODGES, FAKING, STICK  
PROTECTION

(TRAINER ON SITE &  
CAMP IS FULLY INSURED)

**RIPPIN' ROPE  
LACROSSE  
CAMP KENT  
COUNTY**  
since 2008



**RIPPIN' ROPE**  
LACROSSE

**JULY 19 to  
JULY 23, 2010  
Camden, DE  
Brecknock Park**

**Boys & Girls  
ages 7-17**

players also receive  
pinnie and lanyard

register online  
through Kent County  
Parks & Rec.  
Department  
(search "lacrosse")



Rippin' Rope Lacrosse Camps are designed for lacrosse players of all ages seeking off-season skill instruction. Using successful teaching methods, Rippin' Rope is entering its 8th year of operation. Players are exposed to instructors who have all, at minimum, played NCAA lacrosse, or coached at the high school level. Past staff have played for programs such as Delaware, Haverford, Princeton, Bucknell, Hofstra, Maryland, Hobart, VMI, Cornell, Wesley, etc.

Directed by Pete Duncan, current head boys lacrosse coach at Tatnall School, all Rippin' Rope Lacrosse Camps will feature coaches and guest speakers who have impressive credentials. Girls camps are directed by Melissa Whitehead, current head coach at Charter School of Wilmington. Guest speakers vary from professional and/or college players to leading lacrosse equipment manufacturers. Instruction throughout camp will focus on each position.

## **Rippin' Rope Lacrosse Camp Kent County**

**Boys & Girls Ages 7-17**

**9:00 am - 1:00 pm**

**July 19 to July 23, 2010**

**Brecknock Park  
Camden, DE**

### **Sample schedule\*:**

- Arrive, stretch, get dressed. Camp meeting to outline the day's focus
- Talk about skill of the day
- Break into stations and/or skill demonstrations (approx. 6 total X 10 min. per station, boys & girls break off separately)
- Cold water and shade!!! Chit chat with coach
- Guest speaker (topics vary)
- Camp contest or competition (prize)
- Controlled, officiated scrimmages by staff
- Camp huddle, camp announcements & reminders
- Extra help and/or Q & A with staff (\*day camp style schedule)



**2009 CAMP AT BRECKNOCK PARK**



**LOCAL STAR & D-1  
ALL-AMERICAN TEACHES "D"**

**Camp Tuition:  
\$195 for 1 week**

**Register online at  
[www.rippinrope.com](http://www.rippinrope.com)**

**-or-**

**Mail \$100 deposit with  
mail in registrations**

**Make payable to:  
Rippin' Rope Lacrosse, LLC  
606 Harrington Street  
Wilmington, DE 19805**

**10% discount (\$176 per player) for  
Rippin' Rope alumni, siblings,  
and teammates (limit one  
discount per player, discounts  
will be refunded on 1st day of  
camp)**

**Contact us:**

**e-mail: [duncan@rippinrope.com](mailto:duncan@rippinrope.com)  
phone: 302.377.5455  
web: [www.rippinrope.com](http://www.rippinrope.com)**