



RIPPIN' ROPE LACROSSE CAMP MIDDLETOWN

AT MIDDLETOWN, DE
M.O.T. FOOTBALL COMPLEX
201 SILVER LAKE RD.
MIDDLETOWN, DE 19709

JUNE 28 TO JULY 2

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

*GOALIE - ANGLES, FOOTWORK, OUTLETS,
CLEARING, TALK, LEADERSHIP

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, *SEE BOYS FOR GK

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 MIDDLETOWN



RIPPIN' ROPE
LACROSSE

JUNE 28 to
JULY 2, 2010
Middletown, DE
M.O.T. Football Complex

Boys & Girls
ages 7-17

players also receive
pinnie and lanyard

register online

www.rippinrope.com



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
Middletown**
Boys & Girls Ages 7-17
9:00 am - 1:00 pm
June 28 to July 2, 2010
M.O.T. Football Complex
Middletown, 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 SESSION 1



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

Camp Tuition:
\$195 for 1 week

Register online at
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)

Contact us:

e-mail: duncan@rippinrope.com
phone: 302.377.5455
web: www.rippinrope.com