



RIPPIN' ROPE
LACROSSE

**RIPPIN' ROPE
LACROSSE CAMP
SOUTHERN NEW
JERSEY**

**IN WOODSTOWN, NJ
MARLTON PARK
WOODSTOWN/PIESGROVE,
NEW JERSEY**

JULY 26 TO JULY 30

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

PLAYER NAME _____

POSITION _____

GRADE _____

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 & GIRLS SKILLS:

DEFENSE - FOOTWORK, CHECKS,
STICKWORK, CLEARING

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

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

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

ALSO:

— CAMP IS FULLY INSURED

— SEE 2009 PHOTOS AT
WWW.RIPPINROPE.COM UNDER
"GALLERY" PAGE

— STX LACROSSE AND PHILADELPHIA
WINGS REPS VISITED IN 2009



RIPPIN' ROPE
LACROSSE

www.rippinrope.com [camps]



www.rrfaxclub.com [travel teams]

**RIPPIN' ROPE
LACROSSE
CAMP
SOUTHERN NJ**
since 2009



RIPPIN' ROPE
LACROSSE

**JULY 26 to
JULY 30, 2010**
Woodstown/
Pilesgrove, NJ
Marlton Park

**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 in Wilmington, DE, 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
Southern New Jersey**
Boys & Girls Ages 7-17
9:00 am - 1:00 pm
July 26 to July 30, 2010
Marlton Park
Woodstown/Pilesgrove, NJ

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,
MARLTON
PARK**



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