

RRRLC



**Rippin' Rope Lacrosse Club
practice schedule 2010**

Practice policy

-- It is important that you come to practice because we are trying to form cohesive, prepared teams

-- All practices held at Hockessin Montessori School (field turf)

-- Arrive 15 minutes early to maximize each practice time slot. A trainer from Pro PT is available if you need to be taped before practice.

-- Practice cancellation notices due to weather go out 2 hours before practice via email. Postponed practices will be made up.

-- Please call (302) 377-5455 or email duncan@rippinrope.com when you will miss practice or arrive late

Team	Sat June 5	Wed June 9	Wed June 16	Wed June 23	Thurs June 24	Tues June 29	Wed July 14	Wed July 21
U11 Boys	11:00 - 12:30	4:00 - 5:30	4:00 - 5:30	6:00 - 7:30	4:00 - 5:30	5:30 - 7:00	4:00 - 5:30	6:00 - 7:30
U13 Boys	11:00 - 12:30	4:00 - 5:30	5:30 - 7:00	4:00 - 5:30	6:00 - 7:30	4:00 - 5:30	5:30 - 7:00	4:00 - 5:30
U15 Boys	12:30 - 2:00	5:30 - 7:00	4:00 - 5:30	5:30 - 7:00	4:00 - 5:30	6:00 - 7:30	4:00 - 5:30	5:30 - 7:00
HS girls	2:00 - 3:30	7:00 - 8:30	6:00 - 7:30	4:00 - 5:30	5:30 - 7:00	4:00 - 5:30	6:00 - 7:30	4:00 - 5:30
	Sat June 5	Tues June 8	Tues June 15	Tues June 22	Friday June 25	TBA	Tues July 13	Thurs July 15
U15 Girls	3:30 - 5:00	4:00 - 5:30	4:00 - 5:30	4:00 - 5:30	4:00 - 5:30	TBA	4:00 - 5:30	4:00 - 5:30