

### Testimonials from satisfied customers

*We like to try new sports in the summer but the pre-arranged lacrosse camps conflicted with our vacation schedule. Coach Duncan quickly agreed to schedule a group lesson at our house. A total of six girls between the ages of 10 and 14 alternated in and out of the lessons. The differences in age and skill level were never an issue, and the 98 degree weather did not stop them either! After a fun-filled week, my ten-year old says she has found a new favorite team sport.*

*--Maria from Wilmington, DE*

*The private lessons with Coach Duncan were an excellent option. They allowed our son to refine his techniques once a week with expert and professional guidance. We would highly recommend them and look forward to re-enlisting again next summer. Thanks again*

*--The Powells from Middletown, DE*

### Other lesson information:

Location of lessons can be held at a residence or nearby field as long as transportation is available for that player. Each lesson can be held at a different site. No more than 5 players per lesson. Players have the option of being fully padded for a lesson.

**Get the edge you're looking for with Rippin' Rope Lacrosse Private Lessons!**



**Rippin' Rope Lacrosse, LLC**  
606 Harrington Street  
Wilmington, DE 19805  
302.377.5455 (phone)  
rippinropelacrosse@comcast.net (e-mail)  
www.rippinrope.com (web)

## Private Lacrosse Lessons



**RIPPIN' ROPE**  
**LACROSSE**

### Individual or Small Group Lacrosse Lesson Programs

Rates for Lesson Packages for the 2008-09 Summer, Fall, and Winter seasons (no spring):

- 1- one hour lesson - \$50 plus Rippin' Rope reversible and t-shirt*
- 3- one hour lessons - \$125 plus Rippin' Rope reversible & t-shirt*
- 5- one hour lessons - \$200 plus Rippin' Rope reversible & t-shirt*
- 10- one hour lessons - \$385 plus Rippin' Rope reversible & t-shirt  
(\$25 per hour per extra person)*

**Start your program today**  
**call: 302.377.5455**

**e-mail: [rippinropelacrosse@comcast.net](mailto:rippinropelacrosse@comcast.net)**



## WHY 1-ON-1 LESSONS?

Did you miss out this summer on lacrosse camps, leagues and personal practice time?

Do you feel you could benefit from 1-on-1 instruction which you never quite receive from your coaches during the season?

Will you have some free time this summer, fall and winter for lessons that YOU can fit into YOUR schedule?

**Lacrosse is a game that many love but, unlike other sports, is difficult for players to receive personal, fundamental instruction unless you attend camps or clinics in the summer. Even at camps and clinics, attendees are at the mercy of detailed schedules which may or may not apply to that player's needs. Private lessons will allow a player to decide when he/she is available for off-season training. Most importantly, private lessons allow the player to decide what he/she needs to work on, and at what speed this work needs to be done. Once these needs are addressed, personalized, fundamental suggestions and one-on-one drill work will be applied by the instructor based on a player-instructor understanding. Improvement in specific skill needs is the goal by the end of a given lesson package. Lessons are designed to fit around the player's schedule. Different lesson packages are available throughout the upcoming off-seasons in 2008-09. Instructors will be qualified, experienced coaches and/or current varsity high school and college level players. **Specific skill and position lessons are available (Face-off, long stick, goalie, etc.)****