



1st Annual Ricky Whelan Dukes Developmental Program

First I would like to congratulate all the players on repeating as Club all star National Champs at Champ Camp this summer. The excellence and consistency of the program has proven to be a successful experience for all involved and has become the standard for all club lacrosse teams in the country. We have decided to dedicate this program in the memory of Ricky Whelan a

fellow [Duke's](#) alum who died suddenly in his sleep 3 years ago. He truly exemplifies the quality of player and person Dukes wishes to create and associate itself with. As we approach the next stage in deciding what to do with the [Duke's](#) we believe there's a great need for a program that provides each player with the fundamentals of the game. This is even more important for us to do this over an extended period of time during the off-season. This program is for intermediate to advanced players. *The four STAGES of the training program will run from September 9th-February 3rd.*

This is open to all lacrosse players with a desire to increase their skills.

Remember you need to make a commitment to me so that we can be committed to you. These sessions will focus on position specific individual skills and we will build on our sessions every week so it's important that every player attend each session. The offenses players are under the direction of John Christmas while defensive players will work with Ebe Helm and Jason Christmas. We will continue with the speed and agility portion of the program this year as well. We believe that for every player to maximize their potential as an athlete they must be as physically fit as possible. Our strength trainer will provide a 5-month training regiment that will work on building up our players' strength and speed. It's important that they maintain their strength and speed in season, so we will have a maintenance packet for things they can do this.

When: Stage II, Session, begins Sunday, October 21st, 2007 @ 4:00 PM

Location: Lower Merion turf football field

Length: 2 hours

Players: 8th grade and up (7th grader must show advanced skills)

Cost: \$200 a Stage (4 sessions), walkups will be charged \$75 a session *Goalies \$100

Make checks payable to: **John Christmas**
214 Maple Terrace
Ardmore PA 19003

Stages: Each stage will consist of 4 sessions

STAGE 1 (September 9th—October 7th) [**completed**]

STAGE 2 (October 21st - November 11th)

STAGE 3 (November 18th - December 16th)

STAGE 4 (January 13th - February 3rd)

Each player will receive a [Maverick](#) performance wear long sleeve shirt. If a player signs up for all four stages they will receive a [Maverick](#) lacrosse shaft of their choice.

Cars must be parked across the street in the parking lot at the high school.

