



2nd Annual Ricky Whelan Dukes Developmental Program

Congratulations to all Dukes players on becoming "legends" and 3-peat-ing as Club National Champions 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 decided to

dedicate this developmental program in the memory of Ricky Whelan fellow Duke's alum who died suddenly in his sleep 4 years ago. He truly exemplifies the quality of player and person Dukes wishes to create and associate itself with. A former Ashbee/Episcopal Academy/Brown University alum Ricky Whelan ALWAYS left it all out on the field and was an All-American person as well as an All-American player. For the second year we have gotten fantastic feedback from our first clinics last fall and winter and many have requested we have our clinics again to expand on ones techniques whether learning new ones or brushing up on ones fundamentals. This program is not designed for beginners, it is a high intensity program for high school level players that want to learn elite level concepts that will improve their game sense and try to apply it during our skill sessions or group competitions. If you are an advanced 7th or 8th grader that wants to compete in this environment then you must email me before signing up with your level of play experience before enrolling. This program is not for everybody only those with as inspirations of working hard to increase their skill level to eventually go on and play at the collegiate level (college club or Div.1-Div.3).

We will again have Summit Training Center's personal trainers assisting with our speed and agility training, which is PARAMOUNT to our sport.

Local college players will be assisting with face-off techniques, wing play, defensive midfield technique, etc.

Coach Ebe Helm -Defensive fundamentals and techniques

Coach Jason and John Christmas-offensive skill sets and techniques

**goalies will be shot on by college staff. Hand-eye coordination drills reaction drills/defensive communication

When: Begins Sunday, September 21st, 2008 @ 3:30 PM

Location: Harriton High Turf field

Length: 1 hours

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

Cost: *Pre-registration cost \$310* for 5 Sundays (or \$75.00. per session for walk-ups)

Make checks payable to: John Christmas

214 Maple Terrace

Ardmore PA 19003

Please exempt Lower Merion School District & RWDDP coaching staff on the waiver forms. YOU WILL NOT PARTICIPATE UNLESS FORMS ARE FILLED OUT PROPERLY. Thank You.

Any questions please email Coach Jason Christmas johnjc32xmas@aol.com or call at 610-636-3727

