

SPOOKY  
NODDOK  
SPORTS™

# Summer CAMP GUIDE 2017



## What's Inside?

Open this guide for a  
summer full of fun  
adventures!

Horseback Riding

Rock Climbing

Ninja Warrior

Field Trips

Sports Challenges

Tumbling

and much more!

# Welcome


Welcome to Spooky Nook Sports in Lancaster, PA! If you're new to The Nook, I encourage you to explore our complex and see our world-class facilities, equipment, programs, and instructions first-hand. We pride ourselves on providing programs for athletes of all ages and abilities in a clean, safe, family fun environment.

I encourage you to call us with any questions or if you would like a tour of our state of the art facilities. Don't miss out on the camp experience this summer!


Sincerely,  
Andrea Konas  
*Youth Programming Manager*

youthprograms@nooksports.com  
717.618.8563



 Register before March 1, 2017 and receive \$25 off per **Kid's Camp** week! Use the code below.

## NK25

 **Look for the mouse symbol to learn more online.**

All of Spooky Nook's programs are located in an online calendar at [www.nooksports.com](http://www.nooksports.com). Use the written navigation in each section to help you find the location of the camp information online.

**Ex. Sports > Baseball > Camps**

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## ★ Combination Camp Option

Start the day with a sport camp and add a half day of Nook Kid's Camp to finish off the day. The combination option provides two snacks and lunch. Combination Camp is only available with select sport camps. Look for the ★ to find available combo camps.

# Important Info

Register at [www.nooksports.com/summercamps](http://www.nooksports.com/summercamps)

## Current & Returning Customers

Please log-in using your existing account. For assistance, please call Guest Services at 717.945.7087.

## First-time Customers

When registering and creating a new account, please include all family members, not just those currently enrolling.

## Member Discounts

Member rates vary by camp. Please visit [www.nooksports.com](http://www.nooksports.com) or contact the department of the camp you would like to attend.

## Lunches & Snacks

Most full day camps include lunch. Visit [www.nooksports.com](http://www.nooksports.com) to find out more about lunches and snacks for your child.

## Cancellation/Refund Policy

Refunds are given on a situational basis. Contact Guest Services if a refund is desired at 717.945.7087.

## Contact Information

Do you have questions about a specific camp? Use the following directory to find the right contact person!

### Recreational & Horseback Camps

717.618.8563

[youthprograms@nooksports.com](mailto:youthprograms@nooksports.com)

### Field Hockey Camps

717.618.8522

[fieldhockey@nooksports.com](mailto:fieldhockey@nooksports.com)

### Adventure Camps

717.618.8519

[adventure@nooksports.com](mailto:adventure@nooksports.com)

### Soccer/Futsal Camps

717.618.8565

[soccer@nooksports.com](mailto:soccer@nooksports.com)

### Baseball Camps

717.618.8516

[baseball@nooksports.com](mailto:baseball@nooksports.com)

### Softball Camps

717.618.8565

[softball@nooksports.com](mailto:softball@nooksports.com)

### Basketball Camps

717.618.8564

[basketball@nooksports.com](mailto:basketball@nooksports.com)

### Sports Performance & Fitness Camps

717.618.8546

[sportsperformance@nooksports.com](mailto:sportsperformance@nooksports.com)

### Cheer & Gymnastics Camps

717.618.8563

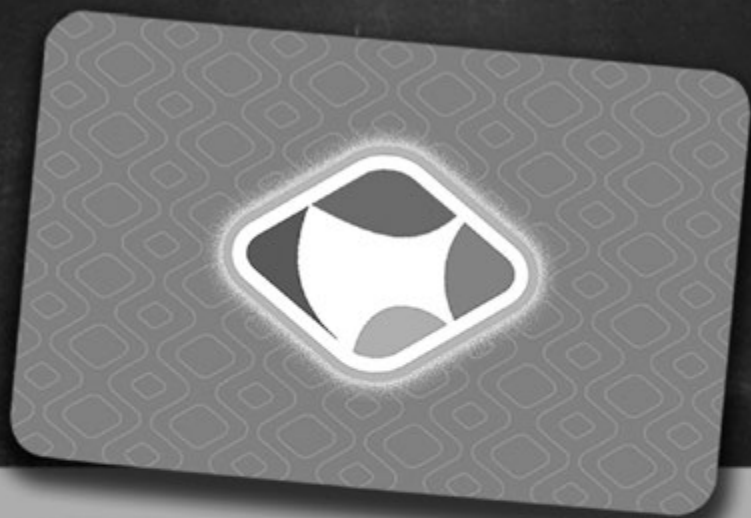
[cheerleading@nooksports.com](mailto:cheerleading@nooksports.com)

### Volleyball Camps

717.618.8577

[volleyball@nooksports.com](mailto:volleyball@nooksports.com)

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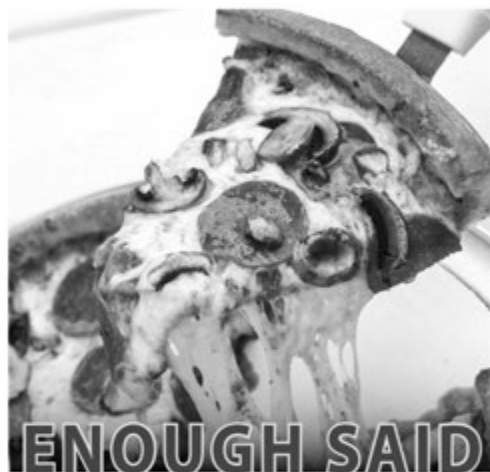


# 2017 YOUTH CAMP SCHEDULE

Name of Camp (★ indicates that the combo option is available.)	Ages	Gender	Days	Page
Nook Kid's Camp	K-12 yrs.	Coed	M-F	11
Youth Sports Performance ★	6-12	Coed	M-F	28
Evening Youth Sports Performance	6-12	Coed	M-F	28
Youth Baseball Camp ★	7-12	Coed	M-F	16
Ninja Warrior Camp ★	8-12	Coed	M-F	28
Soccer Future Kickers ★	5-8	Coed	M-F	22
Pro Soccer Camp ★	8-14	Coed	M-F	25
Twilight Futsal Camp	8-14	Coed	M-F	22
Futsal Camp ★	8-14	Coed	M-F	25
Fastpitch Skills Camp ★	7-13	Coed	M-F	25
Fundamentals Volleyball Camp ★	8-14	Coed	M-F	30
Volleytots	3-7	Coed	M-W	30
Adventure Camp ★	7-12	Coed	M-F	13
Field Hockey Elementary Day Camp ★	K-12	Girls	M-F	21
Tumble Tots ★	4-7	Coed	M-W	19
Tumble 101 ★	6-7	Coed	M-F	19
Gymnastics & Cheer Camp ★	3-7	Coed	M-F	19
Cheer & Tumble Camp ★	6-12	Coed	W-F	19
Lunch Bunch Basketball Camp	5-8	Coed	M-F	16
Elementary Basketball Camp	Grd. 2-6	Coed	M-TH	17
Experience Camp	K-12	Coed	M-F	12
Nookside Horse Adventure Camp	6-9	Coed	M-F	33
Nookside Horse Adventure Camp	10-14	Coed	M-F	33

*\* Campers must have completed Kindergarten to sign up for combo camp*

6.5-6.9	6.12-6.16	6.19-6.23	6.26-6.30	7.3-7.7	7.10-7.14	7.17-7.21	7.24-7.28	7.31-8.4	8.7-8.11	8.14-8.18	8.21-8.25
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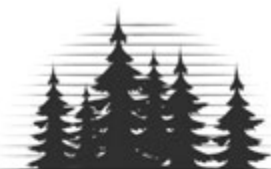
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Penn Medicine

Lancaster General Health Physicians  
Sports Medicine



# 2017 ADVANCED CAMP SCHEDULE


Name of Camp (★ indicates that the combo option is available.)	Ages	Gender	Days	Page
Sports Performance Camp ★	13-24	Coed	M-F	28
Evening Sports Performance	13-19	Coed	M-Th	28
Advanced Baseball Series: Monday, Hitting	13-18	Coed	M	16
Advanced Baseball Series: Tuesday, Pitching	13-18	Coed	Tues	16
Advanced Baseball Series: Weds, Fielding	13-18	Coed	Weds	16
Advanced Baseball Series: Thurs, Strength & Condit.	13-18	Coed	Thurs	16
Advanced Baseball Series: Fri, Arm Care	13-18	Coed	Fri	16
Softball Academy Camp ★	8-16	Girls	M-Th	26
All Skills Volleyball Camp	11-18	Girls	M-F	29
All Skills Evening Volleyball Camp	11-18	Girls	M-F	29
Boys All Skills Volleyball Camp	10-18	Boys	M-F	29
Nook Express Volleyball Camp	11-18	Girls	Th-Fri	30
Middle School Volleyball Camp ★	9-14	Girls	M-F	30
Volleyball Positional Camp ★	11-18	Girls	M-F	29
Volleyball Serve/Pass Camp	11-18	Girls	Th-Fri	29
Volleyball Tryout Tune Up Clinic: Monday, Passing	11-18	Girls	M	30
Volleyball Tryout Tune Up Clinic: Tuesday, Serving	11-18	Girls	Tues	30
Volleyball Tryout Tune Up Clinic: Weds, Setting	11-18	Girls	Weds	30
Volleyball Tryout Tune Up Clinic: Thurs, Attacking	11-18	Girls	Thurs	30
Volleyball Tryout Tune Up Clinic: Friday, Defense	11-18	Girls	Fri	30
Ultimate Adventure Camp	10-14	Coed	M-F	13
Nook Field Hockey Jr High Camp	Gr. 6-9	Girls	M-Th	21
Field Hockey High Intensity Team Camp: Session 1	Gr. 8-12	Girls	SU-W	21
Field Hockey High Intensity Team Camp: Session 2	Gr. 8-12	Girls	TH-SU	21
Nook Basketball & Lamar Patterson Camp	9-17	Boys	M-TH	17
Co-ed Basketball Skills Session 1	9-17	Coed	M-F	17
Co-ed Basketball Skills Session 2	9-17	Coed	M-F	17
Basketball College Prospect Camp	Gr.9-12	Boys	W-TH	17
Basketball Shooting Camp ★	9-17	Coed	M-W	17
All Star Boys Basketball Camp	9-17	Boys	M-Th	16
All Star Girls Basketball Camp	9-17	Girls	M-Th	17
Future Leaders Camp	13-17	Coed	M-Fri	12

6.5-6.9	6.12-6.16	6.19-6.23	6.26-6.30	7.3-7.7	7.10-7.14	7.17-7.21	7.24-7.28	7.31-8.4	8.7-8.11	8.14-8.18
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# RECREATIONAL

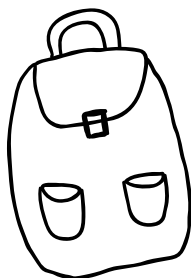
Contact [youthprograms@nooksports.com](mailto:youthprograms@nooksports.com)

 Family Fun > Summer Camps

## Nook Kid's Camp

Nook Kids Camp is an exciting recreational summer camp for children who have completed kindergarten to twelve years old. This camp runs ten weeks out of the summer from 7am-6pm each day. Each week's activities are designed around a different theme. Families have the option to pick and choose the weeks that they want to come, and are not contracted to specific weeks! During each week, kids will get sport instruction, themed arts and crafts, experiments, field trips, Clip N Climb, and arcade time. A morning snack, lunch, afternoon snack, and a tee shirt are included in the camp cost. New for 2017, we are offering new registration options that allows you to pick between 3 days or less, and 4 days or more per week. Also, weekly trips to a local swimming pool will be included in the camp cost. See you this summer!

**Dates:** June 12-Aug. 18



A Typical Day at Nook Kid's Camp		
Time	Location	Activity
7:00 - 9:00	Sport Court	Drop-Off
9:00 - 9:15	Sport Court	Game
9:15 - 9:30	Bleachers	Welcome
9:30 - 10:15	Turf	Sport
10:15 - 10:30	Bleachers	Snack & Break
10:30 - 11:00	Party Room	Craft
11:00 - 11:50	Turf	Game
11:50 - 12:00	TBD	Break
12:00 - 12:30	Cafe	Lunch
12:30 - 12:55	Sport Court	Chill Time
12:55 - 2:00	Clip N' Climb	Clip N' Climb (weekly)
1:45 - 2:00	TBD	Break
2:00 - 3:00	Turf	Run, Jump, Play!
3:00 - 3:15	Bleachers	Snack
3:15 - 4:00	Arcade	Arcade (weekly)
4:00 - 6:00	Sport Court	Pick-Up

## Experience Camp

Experience Camp is the perfect full day camp for your child to explore all the Nook has to offer! This camp is ideal for the campers who have completed kindergarten to 12 years old and have an interest in multiple sports. Mornings and afternoons will focus on specific sports and skill instruction. Sports include basketball, lacrosse, baseball/softball, volleyball, flag football, and more! Lunch, snacks, and a tee shirt are all included! See you this summer!

**Dates:** July 10-14



*Learn how to be  
a camp counselor!*

## Future Leaders Camp

Future Leaders Camp is the perfect opportunity for teens to gain responsibility in a fun atmosphere. Portions of each day will be spent with Nook Kids Camp, assisting counselors with running kids camp. Future Leaders will learn the challenges and responsibilities of being a camp counselor. The remaining time will be spent utilizing free time, group games, court and turf time, and weekly Clip N Climb time. Lunch, field trips, and a tee shirt are included in the cost of camp. See you this summer!


**Dates:** June 12-Aug. 18





# ADVENTURE

Contact [adventure@nooksports.com](mailto:adventure@nooksports.com)

 Family Fun > Rock Climbing



## ★ Adventure Camp

Adventure camp will provide a fun and challenging selection of adventure and outdoor activities. We will spend a few days mastering our climbing skills and learning all of the safety aspects of climbing in our indoor climbing gym. Then experienced instructors will take campers to a local crag where they will get a feel for climbing on real rock, allowing for a genuine (and safe) climbing experience! We will also go hiking, swimming, fishing, and more. The first three days of camp will be spent at Spooky Nook from 9am - 12pm. Thursday and Friday will be full day field trips from 9am - 4pm.

**Dates:** June 12-16, June 26-30, July 10-14, July 24-28, Aug. 7-11, Aug. 21-25

## Ultimate Adventure Camp

Spooky Nook Ultimate Adventure Camp is a step up from our normal Adventure Camp. This five day adrenaline filled camp will provide campers with the ultimate adventure experience. Our trained instructors will encourage campers to push themselves to new limits through outdoor and adventure pursuits. The first two days of the week will be spent at The Nook adventure areas developing and practicing basic climbing skills. The remaining three days of camp will be spent outside on various field trips in the area. We will paddle down the Susquehanna River, go hiking, fishing, and more. Join us for an action-packed experience you will never forget!

**Dates:** June 19-23, July 17-21, Aug. 14-18

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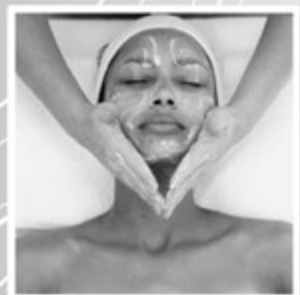
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# BASEBALL

Contact [baseball@nooksports.com](mailto:baseball@nooksports.com)

 Sports > Baseball > Camps

## ★ Youth Baseball Camp

This popular camp is designed for players to learn the fundamentals of the game and have fun at the same time. They will learn to hit, field, throw, catch, pitch, slide and run the bases. Need care for your athlete after camp? We have a combo camp option that includes lunch, afternoon snack and activities for your child with extended pickup until 6pm each day.

**Dates:** June 12-16, June 26-30, July 17-21, July 31-Aug. 4

## Advanced Baseball Series

This series of day camps will focus on a different skill each day. Register for all of them and get one free!

**Dates:** July 10-14



Monday: Hitting

Tuesday: Pitching

Wednesday: Fielding

Thursday: Strength & Conditioning

Friday: Arm Care



# BASKETBALL

Contact [basketball@nooksports.com](mailto:basketball@nooksports.com)

 Sports > Basketball

## Little Dribblers Lunch Bunch

Lunch Bunch Basketball is an hour long program focused on introducing the basic fundamentals and rules of basketball. Dribbling, passing, and shooting are taught in an encouraging and positive environment.

**Dates:** June 26-30, July 10-14, July 31-Aug. 4

## All Star Boys Basketball Camp

The camp is designed for players looking to improve their overall skills. Camp will feature skill specific drills taught by successful local high school and college coaches. Campers will participate in 1v1, 2v2, 3v3, and 5v5 games. Lunch will be provided.

**Dates:** July 31 - Aug. 3

### **All Star Girls Basketball Camp**

The camp is designed for players looking to improve their overall skills. Camp will feature skill specific drills taught by successful local high school and college coaches. Campers will participate in 1v1, 2v2, 3v3, and 5v5 games. Lunch will be provided.

**Dates:** July 31 - Aug. 3

### **Co-Ed Elementary Basketball Camp**

The camp will feature opportunities for players of all age and skill levels to improve upon their game. Campers will have the opportunity to participate in games, drills, and team building functions. Players will be separated according to gender and skill levels to ensure a positive learning experience. Lunch will be provided.

**Dates:** August 7-10

### **★ Co-Ed Basketball Skills Camp**

The Nook Basketball Skills Camps offer an environment for players to improve their overall skills (shooting, passing, scoring, and defense). Camp will feature skill specific drills taught by successful high school and college coaches. Players will be separated by gender and ability.

**Dates:** June 26-30, July 10-14

### **Lamar Patterson Boys Week Long Camp**

Join the NBA's Lamar Patterson at the Boys Week Long Camp. The camp will focus on building fundamentals through teaching, practice, and repetition. Skill stations, competition, and games

will make up a full day of camp excitement. Lunch and camp shirt provided.

**Dates:** June 19-22

### **★ Nook Basketball Shooting Camp**

The Nook Shooting Camps are for players looking to perfect their shot through instruction, repetition, and practice. Players will be taught proper mechanics from shot readiness to shooting release, follow through, and everything in between. This camp will be instructed by successful high school and college coaches.

**Dates:** July 24-26

### **Premier College Prospect Camp**

Compete with and against some of the best college prospects across the Mid-Atlantic. You will have the opportunity to showcase your skills and compete in "Skill Factory Sessions" along with 5-on-5 play. This will be a premier exposure event during the "NCAA Live Period" attended by college coaches, recruiting, and media services. Don't miss this opportunity. Lunch/Dinner provided on Wednesday. Lunch provided on Thursday. Hotel/ Restaurant on site.

**Dates:** July 19-20



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# CHEER & GYMNASTICS

Contact [cheerleading@nooksports.com](mailto:cheerleading@nooksports.com) or  
[gymnastics@nooksports.com](mailto:gymnastics@nooksports.com)

 Sports > Cheer & Sports > Gymnastics

## ★ Cheer & Tumble Camp

Cheer & Tumble is for boys and girls ages 6-12 who want to get the full experience of All-Star cheer leading and tumbling! Our experienced instructors will lead a fun-filled morning of stunting, strength, flexibility, and tumbling for beginners through advanced!

**Dates:** Aug. 2-4

## ★ Tumble Tots Camp

Tumble Tots is for boys and girls ages 4-7 who want to learn or improve their tumbling skills! We will work on everything from basic tumbling skills, flexibility, strength, and more advanced tumbling! It's great for all stages of tumblers!

**Dates:** June 26-28, Aug. 14-16

## ★ Gymnastics & Cheer Camp

Gymnastics & Cheer camp is for boys and girls ages 3-7. Campers will get gymnastics instruction as well as cheer instruction. We will focus on basics to more advanced skills while learning team building, individual goals, strength, and flexibility!

**Dates:** July 17-21

## ★ Tumble 101

Tumble 101 is for boys and girls ages 6-7 who want to learn or improve their tumbling skills! We will work on everything from basic tumbling skills, flexibility, strength, and more advanced tumbling! It's great for all stages of tumblers!

**Dates:** June 26-30



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# FIELD HOCKEY

Contact [fieldhockey@nooksports.com](mailto:fieldhockey@nooksports.com)

 Sports > Field Hockey

## High Intensity Team Camp

Beth Anders brings her 30 years of coaching experience and perfected camp curriculum to The Nook. High Intensity Team Camp is designed to give your team four days of intense field hockey training in a competitive team format. If your team wants great competition and a rigorous curriculum to prepare for the fall season this is the camp for you.

**Dates:** July 19-22 & July 23-26

Train with Coach  
Beth Anders!



## Field Hockey Jr. High Day Camp

Our Jr. High Day Camp is designed for players who are interested in taking their game to the next level. This camp, created by Director of Field Hockey, Matt Soto, is a great opportunity to learn the game and improve your skills. Drills and scrimmages are implemented to help take your game to the next level!

**Dates:** July 24-27

## ★ Field Hockey Elementary Day Camp

Our Elementary Day Camp is designed to introduce children entering grades K-6 to the game of field hockey. This camp is for girls and boys and is a great opportunity to learn the game and improve your skills. Playing on our water-based and indoor turf fields, campers will learn introductory field hockey skills leading up to scrimmages!

**Dates:** July 31 - Aug. 4



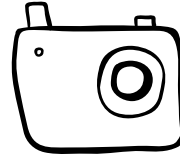


# LACROSSE

Contact [lacrosse@nooksports.com](mailto:lacrosse@nooksports.com)

 Sports > Lacrosse

Each camper will be provided a positive, enjoyable experience while teaching building blocks for success. All ability levels are welcome as camp stresses the fundamentals of lacrosse while introducing new strategies and skills. Check [www.nooksports.com/lacrosse](http://www.nooksports.com/lacrosse) to find more details about camps! Boys & Girls Youth Camps, Grades 3-8  
Boys & Girls Elementary Camps, Grades 1-3



# SOCCER & FUTSAL

Contact [soccer@nooksports.com](mailto:soccer@nooksports.com)

 Sports > Soccer

## ★ Future Kickers Camp

This morning camp will develop confidence and motor skills in our youngest athletes. Shooting, dribbling, and passing games will be taught in a fast-paced, high-energy environment with Coach Rossi and other Nook Soccer coaches.

Dates: June 19-23, July 31-Aug. 4, Aug. 7-11



## Twilight Futsal Camp

Futsal is an indoor game that focuses on finesse and ball skills. Athletes in this camp will learn about the fast-paced game from futsal academy technical director, Gary "Rossi" Ross. This evening week-long camp will feature futsal games and skill work, and will be played on the sport court at The Nook.

Dates: June 19-23,

## ★ Twilight Soccer Camp

Beat the heat and come indoors for this summer evening soccer camp with Coach Rossi and his professional staff! Athletes in this camp will learn and build their ball skills through fun drills and activities for all skill levels. This evening week-long camp will feature small sided games and skill work, and will be played on the indoor turf fields at the Nook.



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### ★ Pro Soccer Camp

This advanced camp is coached by former professional soccer player Gary “Rossi” Ross and will feature a guest appearance each week by a professional soccer player. This camp is for athletes of all skill levels to improve their game at the Nook. Full day and half day options are available for soccer players to join us on the turf this summer. The full day option includes lunch.

**Dates:** June 26-30, July 24-28



### ★ Futsal Camp

This camp has half day and full day options for athletes to learn about the game of futsal in a fun environment from Coach Rossi. Athletes will play games and tournaments on the sport court at The Nook. The full day camp includes lunch each day.

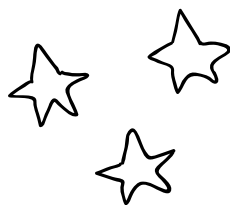
**Dates:** July 10-14



## SOFTBALL

Contact [softball@nooksports.com](mailto:softball@nooksports.com)

 Sports > Softball



### ★ Fastpitch Skills Camp

This skills camp will focus on teaching fundamental fastpitch techniques and advanced concepts for athletes of all skill levels. Instruction and activities will include the hitting, throwing, pitching, catching, fielding, live game situations, relay races, wiffle ball on the sand courts, and much more. This camp will combine fun and




learning in an active environment at the Nook Baseball & Softball training center. We now have a full day option as well that includes lunch and twice the fun! The afternoons for the full day camp will include some classroom style learning and utilizing other resources that we have to offer at the Nook. Need care for your athlete after camp? We have a combo camp option that includes lunch, afternoon snack and activities for your child with extended pick up until 6pm each day.

**Dates:** June 19-23, Aug. 14-18

### Academy Camp

Learn from the best coaching staff in the region! Our academy camp is coached by a variety of Nook Softball coaches and current college athletes. The camp will feature skill instruction in the following areas: fielding, hitting, pitching, catching, sliding, speed & agility, mental performance and much more. The camp will also feature a preview of the level of training that our girls experience throughout the year on the Nook Softball academy 10U through 18U teams.

**Dates:** July 17-20



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# SPORTS PERFORMANCE & FITNESS

Contact [sportsperformance@nooksports.com](mailto:sportsperformance@nooksports.com)

 Sports > Sports Performance

All athletes in Sports Performance Camps will be baseline tested and Functional Movement Screened on their first day of training. Goals will be established and a training program will be customized for each athlete to ensure they meet their goals. Corrective Exercise Prescription will also be included in the training program to help correct any areas of weakness, flexibility problems.

## ★ Day Camps

Day camps are for youth from age 6 to college students up to age 24. Camps will cover strength, speed, balance, injury prevention, conditioning, flexibility and sports yoga.

**Youth Dates:** June 5-Aug. 25

**College Dates:** May 15-Aug. 18

## Evening Camps

Evening camps are for youth from age 6 to college students up to age 24. Camps will cover strength, speed, balance, injury prevention, conditioning, flexibility and sports yoga.

**Dates:** June 19-22, July 10-13, July 24-28, July 31-Aug. 3



## ★ Ninja Warrior Camp

Ninja warrior camp will challenge athletes through a fun, exciting, and vigorous Ninja Warrior training program. Curriculum and training will be developed and implemented by Chad Riddle, who appeared on Season 6 of NBC's hit TV show "American Ninja Warrior". Athletes will push themselves physically and mentally as they complete numerous obstacles on our custom built ninja rig. Athletes will also receive a t-shirt and camp photo! Need care for your athlete after camp? We have a combo camp option that includes lunch, afternoon snack and activities for your child with extended pick up until 6pm each day.

**Dates:** June 12-16, June 26-30, July 17-21, Aug. 7-11





# VOLLEYBALL

Contact [volleyball@nooksports.com](mailto:volleyball@nooksports.com)

 Sports > Volleyball

## ★ All Skills Camp

We want all of our athletes to be well rounded volleyball players. We will cover two skills each day, and end each session with live play. Need care for your athlete after camp? We have a combo camp option that includes lunch, afternoon snack and activities for your child with extended pick up until 6pm each day.

**Dates:** July 24-28

## All Skills Evening Camp

Join us for our first ever Nook All Skills evening camp from 5:30-8:00pm! We will focus on two skills per evening finishing every night with 6 on 6 live play.

**Dates:** July 10-14

## Boys All Skills Camp

We are offering an all skills volleyball evening camp for boys only! Each session will have a specific skills focus, with the last half hour of each session being a live play session. One session will include sports performance training with one of our own Nook trainers.

**Dates:** June 26-30, Aug. 14-18

## ★ Positional Camp

This is a camp geared toward specific position training. We will focus on specific movement and skills required by each individual position. Need care for your athlete after camp? We have a combo

camp option that includes lunch, afternoon snack and activities for your child with extended pick up until 6pm each day.

**Dates:** Aug. 7-11

## Serve/Pass Camp

The two most important skills for a volleyball player to possess are serving and passing. We are offering a two day express camp for athletes that want to work on these two skills only.

**Dates:** July 13 & 14



### **Express Camp**

We are pleased to offer our first ever two day express camp. This a high intensity camp, with lots of touches and constant movement. We will be going over the basic volleyball skills in game-like drills, and as much 6 on 6 live play as possible. This camp is designed to make you work hard! Don't miss an opportunity to get better.

**Dates:** June 29 & 30

### **★ Middle School Camp**

We want all of our athletes to be well rounded volleyball players. We will cover two skills each day, and end each session with live play. We want athletes to get as many touches as possible and to train them correct way. This camp will accomplish both! Need care for your athlete after camp? We have a combo camp option that includes lunch, afternoon snack and activities for your child with extended pick up until 6pm each day.

**Dates:** July 24-28

### **★ FUNDamentals Camp**

The FUNDamentals program is for kids from 8-14 years of age. It will help kids develop their skills in a positive and encouraging environment, while also learning to work hard to accomplish a goal. We believe that we can teach great technique and work ethic in a fun and positive way. Our goal is to instill the love of the game and prepare them for a life filled with fun and volleyball!

**Dates:** June 26-30, Aug. 14-18

## Learn with the Nook Volleyball Academy

### **Volleytots Camp**

The Volleytots program is for kids from 3-7 years of age. It will help kids develop their skills in a positive and encouraging environment. We believe that we can teach great technique and have fun at the same time! Our goal is to instill the love of volleyball and prepare them for a life filled with fun and volleyball!

**Dates:** June 26-28, Aug. 14-16

### **Tune-Up Camp Series**

We want every athlete to feel confident going into their middle school or high school tryouts. Join us in our first ever tryout tune-up series! Shake off the rust and get back into the swing of volleyball with our skills sessions. Each night will focus on a specific skill, with live play for the last half hour. If you sign up for all four sessions, get the fifth session free! Sessions will cover passing, serving, setting, attacking, and defense.

**Dates:** Aug. 7-11



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# NOOKSIDE HORSE ADVENTURE CAMP

Contact [youthprograms@nooksports.com](mailto:youthprograms@nooksports.com)

 Family Fun > Youth Programs

Nookside Horse Adventure camp takes you on a learning adventure at Nookside Stables, which is right next door to Spooky Nook Sports! Campers will learn about a horse farm, how to take care of horses, western riding basics, and direct a horse through our one of a kind Adventure Obstacle Course just for this camp! Campers will also engage in fun activities that help build motor skills and teach team building. Mornings (9am-12pm) will be spent at Nookside Stables and the rest of the day at Nook Kid's Camp. Drop off and pick up are located at Spooky Nook Sports. Registration is limited so sign up early!

**Dates:** June 19 - Aug. 11

Learn to ride &  
care for horses!



# How to Register for Camps Online

Every person who registers for a program online, both members and non-members, must have a Spooky Nook Sports account. It is FREE to create an account.



1. Go to [www.spookynook-sports.com](http://www.spookynook-sports.com).
2. **If you have an existing account**, click “Login” at the top right of the page and enter your username and password.

**If you do not have an account**, click “Register” at the top right of the page.

3. Be sure to remember your username and password so that you do not need to create a new account in the future. Record your login information below to make it easier to remember.

Username: \_\_\_\_\_

Password: \_\_\_\_\_

4. After creating an account and entering your information, make sure you are in the “Browse for Programs” page. Choose your “Activity Type” in the drop down menu in the middle of the page.
5. Click on your program in the list of activities. Be sure you choose the correct date.
6. Click register at the bottom of the program description.
7. Enter your registration information, choose a fee and click “Add to Cart.”

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