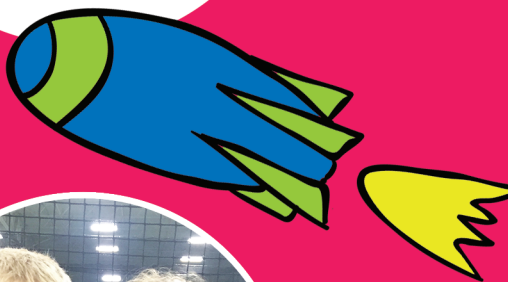




# Summer CAMP GUIDE 2018



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CRAFTS, EXPERIMENTS,  
SPORT INSTRUCTION,  
FIELD TRIPS, CLIP N' CLIMB,  
SWIMMING, & 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 instructors first-hand. We pride ourselves on providing programs for athletes of all ages and abilities in a clean, safe, family fun environment. Summer camps at The Nook are a great way to keep your children active and having fun all summer long.


This Camp Guide provides an outline of the summer camps we offer here. We have recreational camps, sports camps, adventure camps, and more for your child's enjoyment. I encourage you to look through the guide and use it as a tool to help plan some fun for your child this summer. If you are interested in a sport-specific camp, please contact that sport director. Contact information for our Directors can be found on page 3.

Click here  
to order a  
printed copy!

Please contact me 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  
*Birthday & Programming  
Manager*  
youthprograms@nooksports.com

## NKC25

 Register before March 1, 2018 and receive \$25 off per **Nook Kid's Camp** week! Use the code above.

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 **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 web address in each section to help you find the location of the camp information online.

# Important Info

Register at [www.nooksports.com/summer-camps](http://www.nooksports.com/summer-camps)

## 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)

### Adventure Camps

717.618.8519

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

### Baseball Camps

717.618.8516

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

### Basketball Camps

717.618.8520

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

### Cheer & Gymnastics Camps

717.618.8524

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

### Field Hockey Camps

717.618.8522

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

### Soccer/Futsal Camps

717.618.8565

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

### Softball Camps

717.618.8565

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

### Sports Performance & Fitness Camps

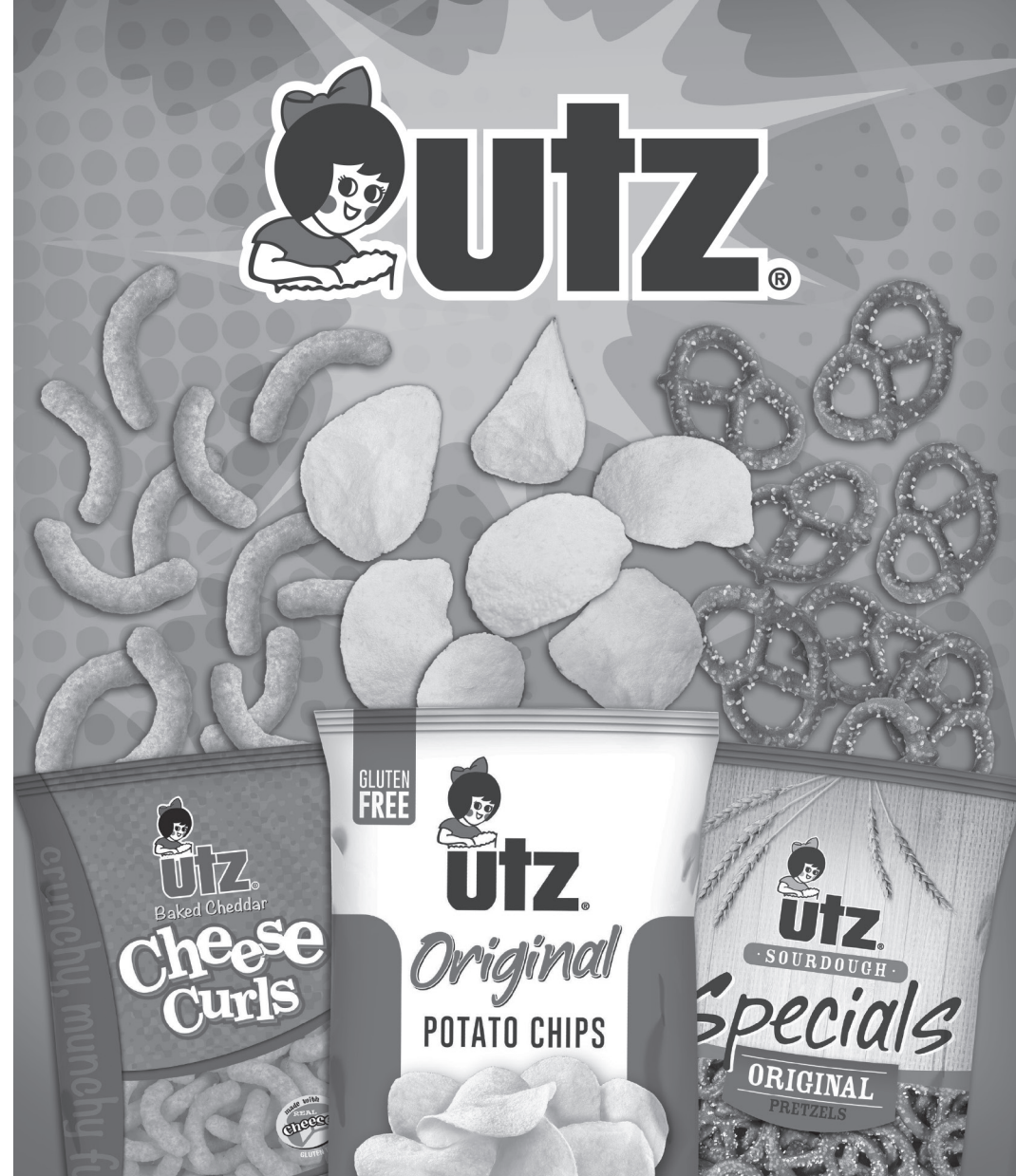
717.618.8546

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

### Volleyball Camps

717.618.8577

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



UTZ QUALITY FOODS, LLC., 900 HIGH STREET, HANOVER, PA 17331

1-800-FOR-SNAX |  | [GETUTZ.COM](http://GETUTZ.COM)



# 2018 CAMP SCHEDULE

Name of Camp (● indicates that the combo option is available.)	Ages	Gender	Days	Page
<b>Recreational</b>				
Bitty Ballet Camp	3-6	Coed	M-TH	28
Experience Camp	6-12	Coed	M-F	28
Future Leaders Camp	13-17	Coed	M-F	16
Jump Start Preschool Sports Camp	3-6	Coed	M-F	22
Nook Kid's Camp	Gr. K-12	Coed	M-F	25
Nookside Horse Adventure Camp	6-9	Coed	M-F	22
Nookside Horse Adventure Camp	10-12	Coed	M-F	25
<b>Baseball</b>				
Advanced Baseball Series Camp	13+	M	M-F	30
Baseball Camp ●	7-12	M	M-F	30
Performance Baseball Camp	Gr. 7-12	M	M-Th	13
<b>Basketball</b>				
All Star Boys	9-15	M	M-TH	19
All Star Girls	9-15	F	M-TH	19
Basketball Skills ●	8-17	Coed	M-F	19
Elementary Basketball Camp	Gr. 1-6	Coed	M-TH	19
Lamar Patterson Camp	7-17	Coed	M-TH	16
Rookies Lunch Bunch Camp	4-6	Coed	M-F	17
Performance Basketball Camp	14-17	Coed	M-TH	11
Shooting Camp	8-17	Coed	W-F	33
Shooting Camp	8-17	Coed	M-W	33
<b>Cheerleading</b>				
Summer Skills Camp	6-10	Coed	M-F	
<b>Gymnastics</b>				
Recreational Gymnastics Camp ●	4-14	Coed	M-W	
<b>Climbing</b>				
Adventure Camp ●	7-12	Coed	M-F	



## Combination Camp Option - Look for Champ!

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 camps.

6.11-6.15	6.18-6.22	6.25-6.29	7.2-7.6	7.9-7.13	7.16-7.20	7.23-7.27	7.30-8.3	8.6-8.10	8.13-8.17	8.20-8.24
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						X				
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# 2018 CAMP SCHEDULE

Name of Camp ( ● indicates that the combo option is available.)	Ages	Gender	Days	Page
<b>Field Hockey</b>				
Elementary Field Hockey Camp ●	Gr. K-6	F	M-F	28
Junior High Field Hockey Camp	Gr. 6-8	F	M-TH	16
High Intensity Team Camp (HITC)	Gr. 8-12	F	W-SA/ SU-W	26
<b>Soccer</b>				
Future Kickers Camp ●	5-8	Coed	M-F	29
World Cup Soccer Camp ●	9-14	Coed	M-F	29
<b>Softball</b>				
Academy Camp	8-16	F	M-TH	30
Fastpitch Skills Camp ●	7-13	F	M-F	29
Performance Softball Camp	Gr. 7-12	F	M-TH	29
<b>Sports Performance</b>				
Youth Sports Performance Camp ●	6-12	Coed	M-F	13
Sports Performance Camp	13-24	Coed	M-F	21
College Athletes Sports Performance	18-30	Coed	M-F	21
<b>Volleyball</b>				
All Skills Evening Camp	11-18	F	M-F	17
Positional Camp ●	11-18	F	M-F	17
FUNDamentals Camp ●	8-14	F	M-F	17
Middle School Volleyball Camp ●	10-14	F	M-F	17
Tryout Tune-Up Camp Series	11-18	F	M-F	16
Attack Express Camp	11-18	F	M-F	17
Serve/Pass Volleyball Camp	11-18	F	TH-F	12
Volleyball Performance Camp	12-18	F	M-TH	



## Combination Camp Option - Look for Champ!

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 camps.

6.11-6.15	6.18-6.22	6.25-6.29	7.2-7.6	7.9-7.13	7.16-7.20	7.23-7.27	7.30-8.3	8.6-8.10	8.13-8.17	8.20-8.24
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					X					



# RECREATIONAL

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

 [www.nooksports.com/summer-camps](http://www.nooksports.com/summer-camps)

## Nook Kid's Camp

Nook Kid's Camp is an exciting recreational summer camp for children who have completed kindergarten to twelve years old. Each week's activities are designed around a different theme. During each week, kids will get sport instruction, themed arts and crafts, experiments, field trips, Clip 'N Climb, arcade time, and trips to a local swimming pool! A morning snack, lunch, afternoon snack, and a tee shirt are included in the camp cost. Families have the option to choose the weeks that they want to come, and are not contracted to specific weeks! We also offer registration options that allow you to pick between 3 days or less, and 4 days or more per week. See you this summer!

### Full Day

7:00am - 6:00pm

4+ Days: \$230

1-3 Days: \$205

### Half Day

12:00pm-6:00pm

\$125 per week

Includes lunch followed by an afternoon of sports and fun activities. Drop off is from noon until 4:00pm. Pick up is until 6:00pm.



## June 11 - August 13

### 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



## 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. Daily lunch, 2 snacks, field trips, a weekly swimming trip, and a tee shirt are included in the cost of camp.

**Dates:** June 11 - August 13

**Times:** 7:00am - 6:00pm

**Ages:** 13-17

**Fee:** \$150 per week

New!

### Jumpstart Preschool Sports Camp

Geared towards kids ages 3-6, this camp will introduce your child to a variety of sports including soccer, basketball, lacrosse, baseball/softball, volleyball, flag football, and more! Games and activities will teach kids the basic rules and skills involved in a variety of sports, while encouraging teamwork, sportsmanship, and fun! Each day will focus on different sports and games. A tee shirt and daily snack are included in the registration fee.

**Dates:** June 25-29 & August 6-10

**Times:** 9:00am - 12:00pm

**Ages:** 3-6

**Fee:** \$125 per week



### 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!

**Dates:** July 23 - July 27

**Times:** 9:00am - 4:00pm

**Ages:** 6-12

**Fee:** \$225

### Bitty Ballet Camp

Bitty Ballet Camp is designed for preschool age children as an introduction to dance. Ballet is a wonderful stepping stone to encourage group participation, listening to an instructor, and a true love of dance and movement for these developing souls. Simple ballet positions and moves also encourage physical activity and controlled body movement in toddlers.

**Dates:** July 30 - August 2

**Times:** 10:00am - 11:30am

**Ages:** 3-6

**Fee:** \$80

### Nookside Horse Adventure Camp

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 the horse farm, how to take care of horses, beginner 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 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!

**Ages:** 6-9

**Dates:** June 18 - 22, July 9 - 13, July 16 - 20, July 23 - 27

**Times:** 7:00am - 6:00pm

**Fee:** \$300 per week

**Ages:** 10-12

**Dates:** July 25 - 29, August 6 - 10

**Times:** 7:00am - 6:00pm

**Fee:** \$300 per week



Go ahead and

**KICK. JUMP. SWIM. RUN.  
CATCH. SWING.  
DUNK. DRIBBLE.  
PEDAL. THROW.**

We'll take care of your  
**PULL. STRAIN. TEAR. FRACTURE.  
CRAMP. SPRAIN. OUCH!**



Patrick J. Moreno, MD,  
CAQSM, RMSK



Jennifer M. Payne, MD,  
CAQSM

A sports or overuse injury doesn't have to sideline you. You'll find non-surgical options for treating your injury at LG Health Physicians Sports Medicine. Dr. Patrick Moreno and Dr. Jennifer Payne, fellowship-trained in sports medicine, and their staff, provide expert diagnosis, treatment and management of your injury and collaborate with surgical specialists as needed. Both have worked with professional, college and Olympic sports teams. So go ahead, toss, run, tackle, jump. We're here for you.



NOW ACCEPTING NEW PATIENTS

Call 717-627-7675 for an appointment.

51 Peters Rd., Lititz, PA 17543

[LGHealthPhysicians.org/Sports](http://LGHealthPhysicians.org/Sports)



Penn Medicine  
**Lancaster General  
Health Physicians**  
Sports Medicine





# BASEBALL

Contact [baseball@nooksports.com](mailto:baseball@nooksports.com)  
CB [www.nooksports.com/baseball](http://www.nooksports.com/baseball)

## Baseball Camp

This popular camp is designed for the player 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. Players will be grouped after the first day on ability for a safe and productive camp.

**Dates:** June 11 - 15, June 25 - 29, July 16 - 20, July 30 - August 3  
**Times:** 9:00am - 12:00pm  
**Ages:** 7-12  
**Fee:** \$150

## Advanced Baseball Series

This clinic will take you beyond the basic hitting skills. Learn how to set an approach to hitting, hit the ball where it is pitched, get the most power you can and understand the absolutes of hitting. Our instructors will video tape the swing and sit down and evaluate it with your athlete. Limit to 25 players.

**Dates:** July 9 - 13  
**Times:** 10:00am - 12:00pm  
**Ages:** 13-21  
**Per Day Fee:** \$35  
**Full Week Fee (get 1 free day):** \$140

Monday: Hitting  
Tuesday: Pitching  
Wednesday: Fielding  
Thursday: Strength & Conditioning  
Friday: Arm Care



## Performance Baseball Camp

Learn the physical and mental advance skills for hitting, fielding and throwing. Athletes will be able to identify their strengths and improve their overall skills while training in preparation for next season. Each athlete will enjoy a well-rounded nutritious lunch. Following the lunch break, athletes will participate in performance sessions with our certified strength and conditioning coaches! These workouts will include strength training, plyometrics, speed/agility, flexibility and dynamic balance and will be tailored to baseball athletes.

**Dates:** July 23 - 26  
**Times:** 9:00am - 4:00pm  
**Ages:** Grades 7-12  
**Fee:** \$199



# BASKETBALL

Contact [basketball@nooksports.com](mailto:basketball@nooksports.com)  
CB [www.nooksports.com/basketball](http://www.nooksports.com/basketball)

## Nook Basketball Shooting Camp

These camps are for players looking to develop or perfect their shot through instruction, repetition, and practice. Players will be taught proper mechanics from shot readiness to shooting release/follow-through. The camp will be instructed by college basketball coaches.

**Dates:** June 13 - 15, July 23 - 25  
**Times:** 9:00am - 11:00am  
**Ages:** 8-17  
**Fee:** \$60

**Dates:** August 20 - 22  
**Times:** 6:00pm - 8:00pm  
**Ages:** 8-17  
**Fee:** \$60

## Spooky Nook/Lamar Patterson Basketball Camp

Join Professional Basketball Player Lamar Patterson and the Nook Basketball Department for a camp full of basketball experiences. The camp will focus on skill building through skill stations, competition, and a variety of game play. This camp traditionally sells out so register early! Lunch and a camp shirt will be provided.

**Dates:** June 18 - 21  
**Times:** 9:00am - 3:00pm  
**Ages:** 7-17  
**Fee:** \$225

## Basketball Skills Camp

This camp offers an environment for players to improve their overall skills (shooting, passing, ball handling, and defense). Camp will feature skill specific drills taught by successful high school and college coaches. Players will be separated based on gender and skill.

**Dates:** June 25 - 29  
**Times:** 9:00am - 12:00pm  
**Ages:** 8-17  
**Fee:** \$150

## Rookies Lunch Bunch Camp

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

**Dates:** June 25 - 29, July 23 - 27  
**Times:** 12:00pm - 1:00pm  
**Ages:** 4-6  
**Fee:** \$40

## All Star Boys & Girls Basketball Camp

Camp will feature skill specific drills taught by local college and high school coaches. Campers will participate in 2v2, 3v3, and 5v5 games daily. Lunch will be provided.

**Dates:** August 13 - 16  
**Times:** 9:00am - 3:00pm  
**Ages:** 9-15  
**Members Fee:** \$170  
**Fee:** \$195





### Elementary Basketball Camp

The camp is designed for players looking to improve their overall skills. Camp will feature skill specific drills taught by local college and high school coaches. Campers will participate in 2v2, 3v3, and 5v5 games daily. Players will be separated according to skill levels to ensure a positive learning experience.

**Dates:** August 13 - 16

**Times:** 9:00am - 3:00pm

**Grades:** 1-6

**Members Fee:** \$170

**Fee:** \$195

### Performance Basketball Camp

This camp will teach advanced skills for shooting, passing, ball handling, and court awareness. Following the lunch break, athletes will participate in Sports Performance sessions with our certified strength and conditioning coaches! These workouts will include strength training, plyometrics, speed/agility, flexibility and dynamic balance.

**Dates:** July 9 - 12

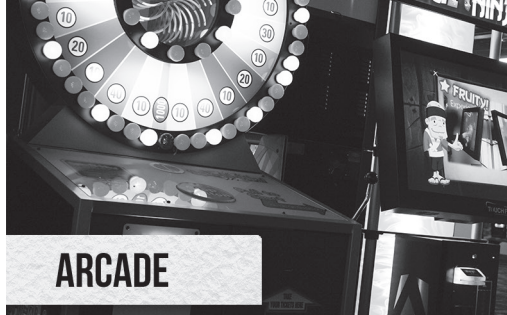
**Times:** 9:00am - 4:00pm

**Ages:** 14-17

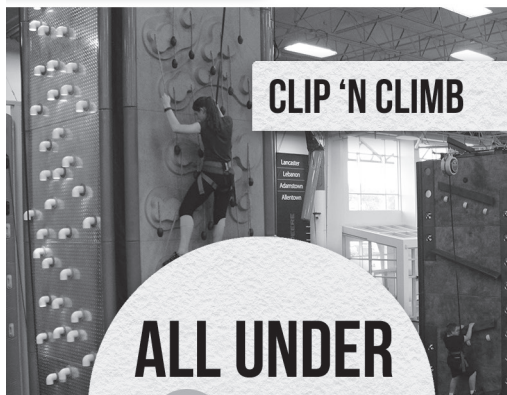
**Fee:** \$220



15 | Basketball



ARCADE



CLIP 'N CLIMB

ALL UNDER  
1 ROOF

WWW.NOOKSPORTS.COM



RESTAURANT



FITNESS

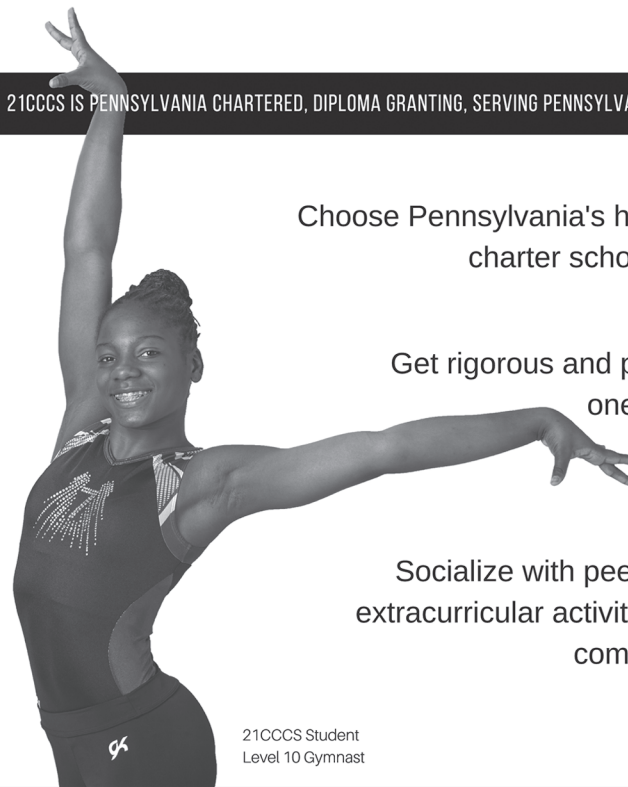
# It's school built around *you!*

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Socialize with peers by joining a variety of extracurricular activities, clubs, field trips and community outreach events.



21CCCS Student  
Level 10 Gymnast


**21<sup>ST</sup> CENTURY**  
CYBER CHARTER SCHOOL

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126 Wallace Ave. Downingtown, PA 19335

221 Blue Spruce Way, Murrysville, PA 15668

# How to Register for Camps Online

**1** Find your camp on the website. Website locations are listed above each section in this guide (ex. [www.nooksports.com/baseball](http://www.nooksports.com/baseball)). 

**2** Click on the name of your camp in the event listing at the top of the page.

HITTING/BASE RUNNING BASEBALL WORKSHOPS CLINIC	December 1, 2017-December 22, 2017	SEE DETAILS
INFIELD/PITCHING BASEBALL WORKSHOPS CLINIC	December 1, 2017-December 22, 2017	SEE DETAILS
BASEBALL ACADEMY TRIPOD	December 3, 2017	SEE DETAILS
WINTER WORKSHOPS	December 5, 2017-December 26, 2017	SEE DETAILS
RED LEAGUE PITCHING BASEBALL CLINIC	December 6, 2017	SEE DETAILS

**3** When inside the event, click Register Now.

If you have an existing account, click the top right of the page and enter your username and password.

BASEBALL CAMP

DATE/TIME

June 11 - June 15, 9:00am - 12:00pm

VENUE

Speedy Hawk Sports  
10 Champ Boulevard  
Mentzer, PA 17345

SPORT

Baseball

DESCRIPT

This popular camp is designed for the player to learn the fundamentals of the game and have fun at the same time. They will learn skills, field, throw, catch, pitch, slide and run the bases. Players will be grouped after the first day on ability for safe and productive camps.

REGISTER NOW

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** Once you have logged in, make sure you have chosen the correct date/time of the camp you want to register for. Click Add to Cart at the bottom of this page.

## Combo Camp Option

Make sure to select the Optional Fee of Combination Camp if you selected a half day camp and want your child to stay a full day. (Note: Not all camps are eligible for the Combination option.)

**5** Proceed with payment and you have finished! You will receive a confirmation to the email you provided.





## CHEER

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

 [www.nooksports.com/cheerleading](http://www.nooksports.com/cheerleading)

### Summer Skills Cheerleading Camp

Perfect your motions, improve jump height and flexibility, achieve new tumbling skills.

**Dates:** June 18 - 22, July 16 - 20

**Times:** 6:00pm - 8:00pm

**Ages:** 6-10

**Fee:** \$75

**Dates:** June 25 - 29, July 23 - 27

**Times:** 6:00pm - 8:00pm

**Ages:** 11-18

**Fee:** \$75



## GYMNASTICS

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

 [www.nooksports.com/gymnastics](http://www.nooksports.com/gymnastics)

### Recreational Gymnastics Camp

Nook's Recreational Gymnastics Camp is for any boy or girl who would like to broaden their gymnastics skills, strength, and flexibility.

They will get time to work in the above ground foam pit, work specific skills on each event based on their ability. Also, they will get time in Nook's arcade!

**Dates:** August 6 - 8

**Times:** 9:00am - 12:00pm

**Ages:** 4-14

**Fee:** \$150



## Penn State Children's Hospital Caring for Children in Lancaster County

For more than 25 years, Penn State Children's Hospital pediatricians and pediatric specialists have been caring for Lancaster County families. Today, the commitment to Lancaster County continues, with two locations providing pediatric care in the community.

### Pediatric Specialty Care

#### Penn State Children's Hospital Lancaster Outpatient

2170 Noll Drive, Suite 300  
Lancaster, PA 17603  
717-435-1000

### Family Medicine

#### Penn State Medical Group

201 Lefever Road  
Mount Joy, PA 17552  
717-653-2900



## PennState Health Children's Hospital

**inspired together**

[Childrens.PennStateHealth.org](http://Childrens.PennStateHealth.org)





## CLIMBING

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



### 6 Weeks Available!

June 11 - 15  
June 25 - 29  
July 16 - 20  
July 23 - 27  
August 6 - 10  
August 20 - 24

#### Adventure Camp

Adventure Camp will provide a fun, challenging, and diverse 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. Bring out your wild side at adventure camp. The first three days of camp will be spent at Spooky Nook from 9am - 12pm. Thursday and Friday will be full day field trip days from 9am - 4pm. Space is limited. Sign up today!  
**Times:** 9:00am - 4:00pm  
**Ages:** 7-12  
**Fee:** \$230 per week

Enjoy the great  
& wild outdoors!



## FIELD HOCKEY

Contact [fieldhockey@nooksports.com](mailto:fieldhockey@nooksports.com)  
www.nooksports.com/field-hockey

#### High Intensity Team Camp (HITC)

HITC is four days of intense field hockey training for teams to get an early start on their season. This camp has a rigorous schedule designed around teaching the game with competition throughout. Beth Anders' entrusts Camp Director, Katelyn Makovec, to use her perfected camp curriculum to give your team a competitive advantage this fall. Will your team take home winning the Camp Champion title?

**Dates:** July 18 - 21 & July 22 - 25

**Times:** 8:00am - 10:00pm

**Grades:** 8-12

**Fee:** \$550

### Register for HITC!

Contact Ashley at  
[ashleyr@nooksports.com](mailto:ashleyr@nooksports.com)



#### Jr. High Field Hockey Camp

This camp is a great opportunity to learn the game and improve your skills. Top quality instruction is provided by our experienced Nook Coaching Staff. Campers are trained in all fundamental areas of the game and camp activities include skill building drills, small game tactics, full field scrimmages and small group competitions. Our goal is to create an environment for players to improve their technique, develop an understanding of the game, increase confidence, and make new friends.

**Dates:** July 23 - 26

**Times:** 9:00am - 4:00pm

**Grades:** 6-8

**Members Fee:** \$345

**Fee:** \$360

#### Field Hockey Elementary Day Camp



Our Elementary Day Camp is designed to introduce players 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 from our experienced Nook coaching staff. Camp activities will include skill building drills, small game tactics and scrimmages.

**Dates:** July 23 - August 30

**Times:** 9:00am - 12:00pm

**Grades:** K-6

**Members Fee:** \$145

**Fee:** \$160





# FOOTBALL

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

 [www.nooksports.com/football](http://www.nooksports.com/football)

## Quarterback/Wide Receiver/Tight End Football School

This camp provides 5 hours of classroom instruction by the SVS staff. Camps are open to all quarterbacks, wide receivers & tight ends.

**Dates:** June 2

**Times:** 9:00am - 3:00pm

**Grades:** Up to 12th grade

**Fee:** \$100

## Football Camp

SVS One Day Camps are open to all quarterbacks, wide receivers, tight ends & defensive backs from youth through 12th grade. All players will be divided into groups based on age and ability. The camp includes:

- 5 hours of expert instruction from the SVS Staff (7-1 Ratio)
- Indoor Air-Conditioned facilities
- Lunch is provided
- Tech tee with your name on it (must register 2 weeks in advance of camp to have your name on the shirt)
- SVS Camp T-Shirt
- The best reps and ration in the country
- Video evaluation available for an additional \$25 Charge

**Dates:** July 27

**Times:** 9:00am - 3:00pm

**Grades:** Up to 12th grade

**Quarterback Fee:** \$190

**WR/TE Fee:** \$75

## Football Kicking Camp

This camp is open to novice and experienced kickers. It will assist both soccer and straight on kickers. Soccer players who never played football are welcome. The program ranges from fundamental drills to improve accuracy, proper techniques to add distance to your field goals, kickoffs and punts, to game situational kicking and punting, and addressing stressful game situations. The camp includes:

- 4 hours of expert instruction from the SVS staff
- Tech tee with your name on it

**Dates:** July 27

**Times:** 12:00pm - 4:00pm

**Grades:** Up to 12th grade

**Fee:** \$185



# SOCCER

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

 [www.nooksports.com/soccer](http://www.nooksports.com/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. Soccer balls are available for purchase for an additional charge.

**Dates:** June 18 - 22, July 23 - 27, August 13 - 17

**Times:** 9:00am - 12:00pm

**Ages:** 5-8

**Fee:** \$125



## World Cup Soccer Camp

This soccer skills camp is coached by former professional soccer player Gary "Rossi" Ross and the Nook Soccer coaching staff. 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 athletes to join us on the turf this summer. The full day option includes lunch. Soccer balls are available for purchase for an additional charge.

**Dates:** June 18 - 22

**Times:** 9:00am - 4:00pm, Half day 9:00am - 12:00pm

**Ages:** 9-14

**Full Day Fee:** \$250

**Half Day Fee:** \$125



## Pro Soccer Camp

This soccer skills camp is coached by former professional soccer player Gary "Rossi" Ross and the Nook Soccer coaching staff. Full day and half day options are available for soccer athletes to join us on the turf this summer. The full day option includes lunch.

**Dates:** July 23 - 27, August 13 - 17

**Times:** 9:00am - 4:00pm, Half day 9:00am - 12:00pm


**Ages:** 9-14

**Full Day Fee:** \$250

**Half Day Fee:** \$125



# SOFTBALL

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

## Fastpitch Skills Camp

This camp will focus on teaching fundamental fastpitch techniques and advanced concepts for athletes of all skill levels. Instruction and activities will include hitting, throwing, pitching, catching, fielding, live game situations, relay races, wiffle ball on the sand courts, and much more. 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 softball skill instruction as well as utilizing all of the fun resources that we have to offer at The Nook.

**Dates:** June 25 - 29, July 9 - 13, August 13 - 17

**Full Day:** 9:00am - 4:00pm

**Half Day:** 9:00am - 12:00pm

**Ages:** 7-13

**Full Day Fee:** \$250 per week

**Half Day Fee:** \$125 per week



## Softball 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 softball athletes. The camp will feature skill instruction in the following areas: fielding, hitting, pitching, catching, sliding, mental performance and more. Each day will include 30 minutes of speed and agility training at the end of the session. Academy camp will feature a preview of the level of training that our girls experience throughout the year on the Nook Softball academy 10U through 18U teams.

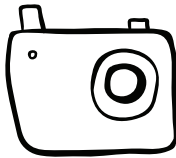
**Dates:** July 16 - 19

**Times:** 5:30pm - 8:30pm

**Ages:** 8-16

**Academy Athletes Fee:** \$100

**Non-Academy Athlete Fee:** \$125



## Performance Softball Camp

Learn the physical and mental advance skills for hitting, fielding and throwing. Athletes will be able to identify their strengths and improve their overall skills while training in preparation for next season. Each athlete will enjoy a well-rounded, nutritious lunch. Following the lunch break, athletes will participate in performance sessions with our certified strength and conditioning coaches! These workouts will include strength training, plyometrics, speed/agility, flexibility and dynamic balance and will be tailored to softball athletes.

**Dates:** July 23 - 26

**Times:** 9:00am - 4:00pm

**Ages:** Grades 7-12

**Fee:** \$199

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## SPORTS PERFORMANCE & FITNESS

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

[www.nooksports.com/sports-performance](http://www.nooksports.com/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, etc.



### College Athletes Sports Performance Camp

Stay in shape for your sport with strength, speed, balance, injury prevention, conditioning, flexibility and sports yoga. This camp is held all summer long.

**Dates:** May 15 - August 18

**Times:** Monday - Friday, 8:15am - 12:15pm

**Ages:** 18-30

**Fee:** \$1,099

### Sports Performance Camp

Stay in shape for your sport with strength, speed, balance, injury prevention, conditioning, flexibility and sports yoga. Choose from full summer, monthly, or weekly options.

**Dates:** June 4 - August 24

**Times:** Monday - Friday, 8:15am - 12:15pm

**Ages:** 13-24

**Full Summer Fee:** \$1,099

**Monthly Fee:** \$489 per month

**Weekly Fee:** \$169 per week

### Youth Sports Performance Camp



Stay in shape for your sport with strength, speed, balance, injury prevention, conditioning, flexibility and sports yoga. Choose from full summer, monthly, or weekly options.

**Dates:** June 4 - August 24

**Times:** Monday - Friday, 8:15am - 12:15pm

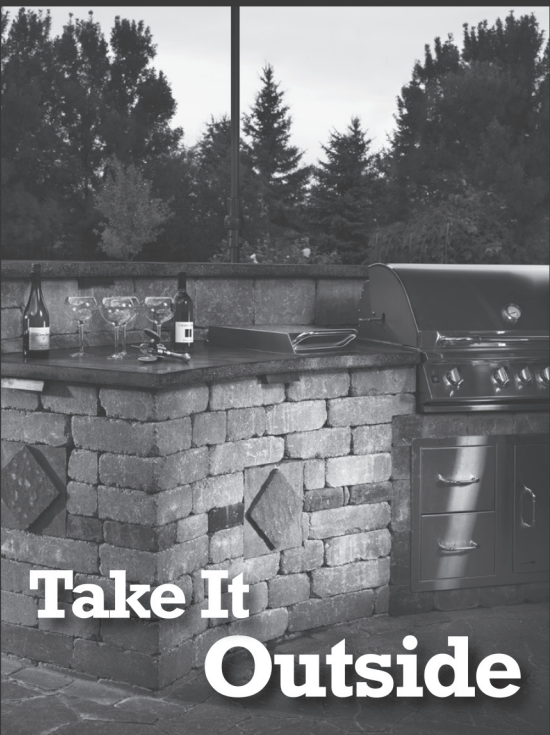
**Ages:** 6-12

**Full Summer Fee:** \$899

**Monthly Fee:** \$395 per month

**Weekly Fee:** \$125 per week





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## VOLLEYBALL

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

 [www.nooksports.com/volleyball](http://www.nooksports.com/volleyball)

### All Skills Evening Camp

This camp is for all skill levels. It doesn't matter if you are completely new to the sport, or have been playing for years; this camp will help you improve your skills. Our coaching staff is constantly finding ways to improve our training to make sure all athletes leave us better than when they entered our building.

**Dates:** July 16 - 20

**Times:** 6:00pm - 8:30pm

**Ages:** 11-18

**Fee:** \$200

### Positional Camp

We are pleased to offer a camp strictly for positional training! This camp is for athletes that would like to either learn a new position, or get specific positional training. We will focus on the following positions: Setter, Liberos, Middle Blockers, and Outside attackers. Sign up today to improve your skills right in time for fall tryouts.

**Dates:** July 30 - August 3

**Times:** 9:00am - 12:00pm

**Ages:** 11-18

**Fee:** \$200

### FUNDamentals Camp

The FUNDamentals program 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 25 - 29, August 13 - 17

**Times:** 9:00am - 12:00pm

**Ages:** 8-14

**Fee:** \$140

### Middle School Volleyball Camp



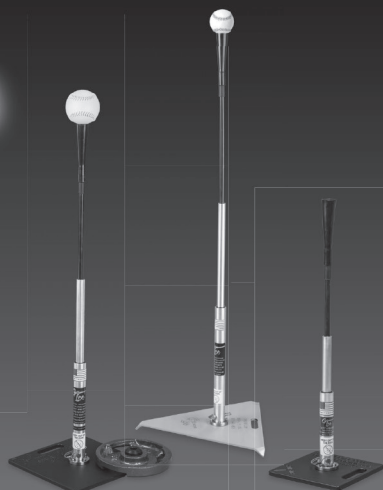
Join us for a volleyball camp geared towards developing middle school players. This camp is great for players new to the sport, and for kids that have some experience too. We will focus on the basic



Volleyball | 30



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skills of the game, as well as some team concepts too. Don't miss a great opportunity to improve your game jst in time for Middle School tryouts. Sign up today!

**Dates:** July 23 - 27

**Times:** 9:00am - 12:00pm

**Ages:** 10-14

**Fee:** \$200

### Tryout Tune-Up Camp Series

Join us for our tryout tune up series! Each evening is devoted to a different volleyball skill needed to play the game. Sign up for one or sign up for all! The week lineup is below. Gear up for the fall tryout season and tune up your skills!

Monday: Passing

Tuesday: Serving

Wednesday: Setting

Thursday: Attacking

Friday: Defense

**Dates:** August 6 - 10

**Times:** 6:00pm - 8:30pm

**Ages:** 11-18

**Fee:** \$35 per night

*Serving & passing:  
the most important  
volleyball skills!*

### Serve/Pass Volleyball Camp

It doesn't matter if you are completely new to the sport, or have been playing for years; this camp will help you improve your skills. The most important skills in volleyball are the first contacts of the game. Campers will learn the most current passing techniques, as well as learn different types of serving, and how to serve tough.

**Dates:** July 12 & 13

**Times:** 9:00am - 2:00pm

**Ages:** 11-18

**Fee:** \$100

*New!*

### Volleyball Performance Camp

Sign up today for the first Nook Volleyball Performance Camp! In the morning, athletes will receive high level volleyball instruction from our academy coaches. Following lunch, athletes will participate in Sports Performance sessions with our certified strength and conditioning coaches! These workouts will include strength training, plyometrics, speed/agility, flexibility and dynamic balance and will be tailored to volleyball athletes. You don't want to miss this camp. Sign up today!

**Dates:** July 16 - 19

**Times:** 9:00am - 4:00pm

**Ages:** 12-18

**Fee:** \$199

### Attack Express Volleyball Camp

Do you want to hit harder? Do you want to be the smartest attacker on the floor? Do you want to work to be a better all around offensive attacker? Well then look no further than Spooky Nook's first ever Attack Express Camp. This camp will focus on everything attacking, arm swing, core work, shots, hitting locations, and so much more. Don't miss out on a great opportunity to become a great attacker.

**Dates:** August 6 - 10

**Times:** 9:00am - 2:00pm

**Ages:** 11-18

**Fee:** \$100

31 | Volleyball

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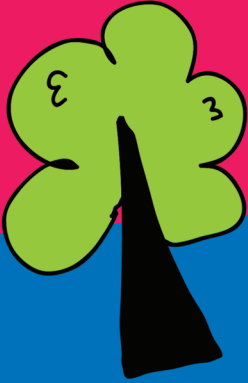
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