

SPOOKY
NOODLE
SPORTS™

Summer Camps

2020

Recreational Camps,
Sports Camps,
Outdoor Camps,
Horseback Riding Camps,
and more!



Kid's Camp
discount
inside!

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.



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
Youth Programming Manager
youthprograms@nooksports.com



 Register before March 1, 2020 and receive \$25 off per Nook Kid's Camp, Preschool Sports Camp, Future Leaders, or Experience 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. 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

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 or contact the department of the camp you would like to attend.

Lunches & Snacks

Most full day camps include lunch. Visit 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

Baseball Camps

717.618.8516
baseball@nooksports.com

Basketball Camps

717.618.8564
basketball@nooksports.com

Climbing Camps

717.618.8519
adventure@nooksports.com

Field Hockey Camps

717.618.8522
fieldhockey@nooksports.com

Fitness Camps

717.618.8546
fitness@nooksports.com

Gymnastics Camps

717.618.8524
gymnastics@nooksports.com

Soccer Camps & Softball Camps

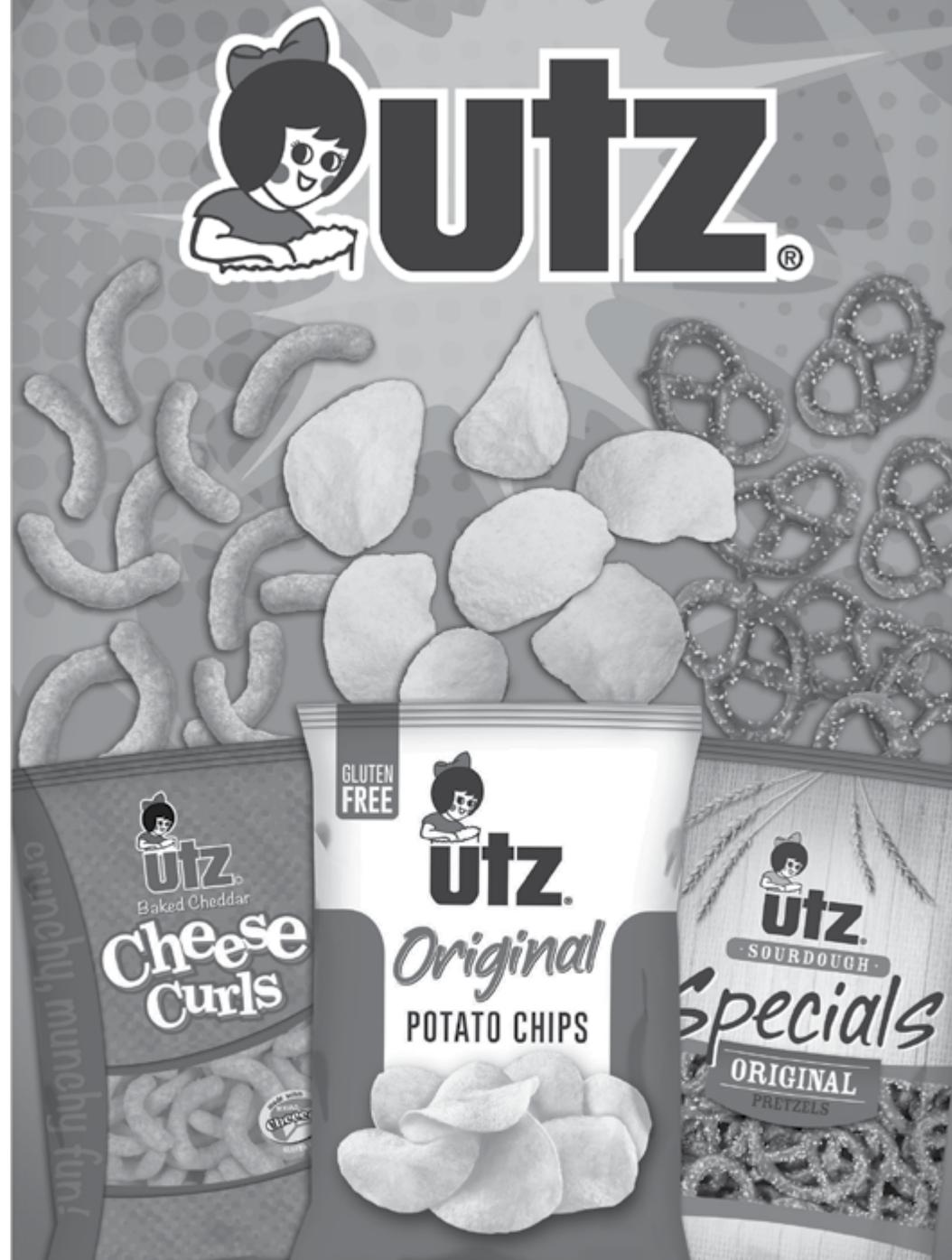
717.618.8565
soccer@nooksports.com
softball@nooksports.com

Sports Performance/Fitness Camps

717.618.8546
sportsperformance@nooksports.com

Volleyball Camps

717.618.8577
volleyball@nooksports.com





2020 CAMP SCHEDULE

Name of Camp	Ages	Gender	Days	Page
Youth Programming				
Experience Camp	6-12	Coed	M-F	14
Future Leaders Camp	13-17	Coed	M-F	14
Jump Start Preschool Sports Camp	3-6	Coed	M-F	14
Nook Kid's Camp	6-12	Coed	M-F	12-13
Nookside Horse Adventure Camp	10-12	Coed	M-F	15
Nookside Horse Adventure Camp	6-9	Coed	M-F	15
Climbing and Ninja Warrior				
Adventure Camp 	7-12	Coed	M-F	21
Ninja Warrior Camp 	8-13	Coed	M-F	22
Ultimate Adventure Camp	10-14	Coed	M-F	22
Baseball				
Baseball Skills Camp (Full & Half Day Available) 	7-14	M	M-TH	18
Baseball Overnight Camp	11U-15U	M	M-TH	18
Nook Baseball Academy Camp	8-14	M	M-F	18
Basketball				
All Star Girls Camp	Gr. 4-9	F	M-TH	19
All Star Boys Camp	Gr. 4-9	M	M-F	19
Basketball 5v5 Classic Hoops Camp 	Gr. 5-9	M	M-TH	20
Basketball Shooting Camp	Gr. 3-12	M	W-F	19
Basketball Shooting Camp	Gr. 3-9	M/F	M-W	19
Basketball Skill Session 1 	Gr. 3-9	M	M-W	18
Basketball Skill Session 1	Gr. 3-9	F	M-TH	18
Basketball Skill Session 2 	Gr. 3-9	M	M-TH	18
Basketball Skill Session 2	Gr. 3-9	F		18



Combination Camp Option - Look for this icon!

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.

6.8-6.12	6.15-6.19	6.22-6.26	6.29-7.3	7.6-7.10	7.13-7.17	7.20-7.24	7.27-7.31	8.3-8.7	8.10-8.14	8.17-8.21
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2020 CAMP SCHEDULE

Name of Camp	Ages	Gender	Days	Page
Coach Kerry "I'm Possible Wolf Pack" 	Gr. 4-12	Coed	M-TH	19
Elementary Basketball Camp	Gr. 1-6	Coed	M-TH	20
Field Hockey				
Elementary Field Hockey Camp 	Gr. K-6	F	M-F	23
High Intensity Team Camp 1	Gr. 8-12	F	F-SU	23
High Intensity Team Camp 2	Gr. 8-12	F	SU-TU	23
Nook Field Hockey Jr High Day Camp	Gr. 6-8	F	M-TH	23
LANCO and Gymnastics Camps				
Gymnastics Combo Camp 	Gr. 4-12	Coed	M-F	24
LANCO Flag Football Skills Camp	7-14	Coed	M-TH	24
LANCO Gymnastics Recreational Camp	8-12	Coed	M-W	24
LANCO Bitty Ballet Camp	3-6	Coed	M-TH	24
Soccer and Futsal				
Nook Soccer Boys Overnight Camp	U12-U15	M	SU-W	25
Nook Soccer Girls Overnight Camp	U12-U15	F	SU-W	25
Pro Soccer Camp (Full & Half Day Available) 	5-14	Coed	M-F	25
Softball				
Fastpitch Softball Camp (Full & Half Day Available) 	7-14	F	M-F	26
Nook Softball Academy Camp	8-16	F	M-TU	26
Nook Softball Overnight Camp	12U-16U	F	SU-W	27
Sports Performance				
College Sports Performance Camp	18-24	Coed	M-F	28
Sports Performance Camp	14-18	Coed	M-F	28
Youth Sports Performance Camp 	8-14	Coed	M-F	28



Combination Camp Option - Look for Champ!

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6.8-6.12	6.15-6.19	6.22-6.26	6.29-7.3	7.6-7.10	7.13-7.17	7.20-7.24	7.27-7.31	8.3-8.7	8.10-8.14	8.17-8.21
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2020 CAMP SCHEDULE

Name of Camp	Ages	Gender	Days	Page
Volleyball				
All Skills Evening Camp	11-18	F	TH-F	30
Attack Express Camp	12-18	F	M-TU	30
Fundamentals Volleyball Camp 	7-13	Coed	M-W	30
Middle School Volleyball Camp 	10-14	F	M-TH	31
Serve/Pass Camp	12-18	F	TH-F	31
Setting School Camp	12-18	F	TH-F	31
Tryout Tune Up Series: Attacking	11-18	F	TH	30
Tryout Tune Up Series: Defense	11-18	F	F	30
Tryout Tune Up Series: Passing	11-18	F	M	30
Tryout Tune Up Series: Serving	11-18	F	TU	30
Tryout Tune Up Series: Setting	11-18	F	W	30
Volleyball Performance Camp	12-18	Coed	M-TH	31



Combination Camp Option - Look for Champ!

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6.8-6.12	6.15-6.19	6.22-6.26	6.29-7.3	7.6-7.10	7.13-7.17	7.20-7.24	7.27-7.31	8.3-8.7	8.10-8.14	8.17-8.21
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RECREATIONAL

Contact youthprograms@nooksports.com
www.nooksports.com/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 11 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. We offer registration options that allow 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. Pick and choose your camp days at the time of registration!

June 8 - August 21, 2019

Full Day 7:00am - 6:00pm 4+ Days: \$240 1-3 Days: \$205	Half Day 12:00pm-6:00pm \$130 per week
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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.

Special Payment Option

You can pay a \$50 deposit for your kid's camp registration! If you register more than two weeks in advance, you can make a non-refundable deposit for each camp week rather than pay in full at the time of registration. This opportunity is only available through our on-line registration site. Once you sign up on-line and complete the registration information, click the "Automatic Payment Schedule" payment option. After the camp week is added to your shopping cart and you are ready to check out, the deposit for each week will be charged to your account and the remaining balance will be charged to the same account two weeks prior to each camp week. The deposit will be applied to the total cost of camp. (For example: The remaining payment for the week of June 8th camp will be automatically deducted via credit card Monday, May 25.)

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

Weekly Themes

- June 8-12: Summer Kickoff
- June 15-19: Under the Sea!
- June 22-26: Spirit Week!
- June 29-July 3: Stars & Stripes!
- July 6-10: Super Sports!
- July 13-17: Backwards & Bizarre!
- July 20-24: Wet, Wild & Wacky!
- July 27-July 31: Olympic Week!
- August 3-7: Nature Unleashed!
- August 10-14: Under the Big Top!
- August 17-21: Peace Out, Summer!



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 8 - August 17

Times: 7:00am - 6:00pm

Ages: 13-17

Fee: \$150 per week



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. Campers must be potty trained. A daily snack and tee shirt are included in the registration fee.

Dates: June 22-26, July 6-10, & July 27-31

Times: 9:00am-12:00pm

Ages: 3-6

Fee: \$135 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 13 - July 17

Times: 9:00am - 4:00pm

Ages: 6-12

Fee: \$225 per week



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 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. Lunch and afternoon snack are provided! Drop Off and Pick Up are located at Spooky Nook Sports with our Nook Kids Camp

Dates: June 15 - 19, July 13 - 17, July 20 - 24, August 10 - August 14

Ages: 6-9

Dates: June 22 - 26, August 3 - 7

Ages: 10-12

Times: 7:00am - 6:00pm

Fee: \$300 per week

An advertisement for Kegels Produce. The text is centered on a background of various fruits and vegetables. At the top, it says "Kegels Produce" in a large, stylized font, with "LANCASTER, PENNSYLVANIA" in smaller letters below it. The main text reads "Supplying fresh FRUITS and VEGETABLES since 1948!". Below this, it lists the regions served: "Central & Eastern Pennsylvania", "Southern New Jersey", "Delaware", and "Northern Maryland". At the bottom, it provides the website "www.Kegels.com", the phone number "800-53-KEGEL", and the address "2851 Old Tree Drive, Lancaster PA 17603".

Kegels Produce
LANCASTER, PENNSYLVANIA

Supplying fresh
FRUITS and VEGETABLES
since 1948!

Central & Eastern Pennsylvania
Southern New Jersey
Delaware
Northern Maryland

www.Kegels.com
800-53-KEGEL
2851 Old Tree Drive, Lancaster PA 17603

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). 

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



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.



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

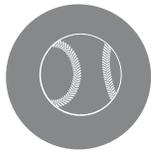
Make sure to select the Optional Fee of Combination Camp if you selected a half day camp and want your child to stay a full day. (Note: Not all camps are eligible for the Combination option.)



Look for Champ to find camps eligible for the Combo option.

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





BASEBALL

Contact baseball@nooksports.com

www.nooksports.com/baseball

Baseball Skills Camp



This camp will focus on teaching fundamental baseball 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. 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 baseball skill instruction as well as utilizing all of the fun resources that we have to offer at The Nook.

Dates: June 22 - 26, June 19 - July 2, July 6 - 10, July 27 - July 31, August 10 - 14

Half day: 9:00am - 12:00pm

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

Ages: 7-14

Half Day Fee: \$125

Full Day Fee: \$250

Nook Baseball Academy Camp

Learn from the best coaching staff in the region! Our academy camp is coached by a variety of Nook Baseball coaches and instructors. The camp will feature skill instruction in the following areas:

18 \\\

fielding, hitting, pitching, catching, sliding, mental performance and more. Both days will include a 30 minute speed and agility warmup, led by Nook Sports Performance trainers. Academy camp will feature a preview of the level of training that our boys experience throughout the year on the Nook Baseball academy teams. All athletes will receive an academy camp t-shirt.

Dates: July 22 - 23

Times: 5:30pm-8:00pm

Ages: 8-14

Academy Player Fee: \$50

Non-Academy Player Fee: \$60

Nook Baseball Overnight Camp

This overnight camp offering at Spooky Nook Sports will provide a unique comprehensive baseball camp experience in our world class facility. Athletes will be housed in the Warehouse Hotel at the Nook. The camp will include advanced instruction, sports performance speed and agility training, mental performance, team building, scrimmages, and catered meals. The camp will be offered for current 11U through 15U baseball athletes.

Dates: July 12 - 15

Times: 5:30pm-8:00pm

Ages: 11-16

Fee: \$325 per week



BASKETBALL

Contact basketball@nooksports.com

www.nooksports.com/basketball

Coach Kerry "I'm Possible Wolf Pack" Camp



The Coach Kerry & "I'm Possible Wolf Pack" Skills Camp will offer an environment for players to improve their overall basketball skills and Game Enhancement Training. Camp will be directed by Kerry Glover (Columbia HS/SpookyNook Technical Basketball Director).

Dates: June 15 - 18

Times: 9:00am - 12:00pm

Grades: 4-12

Fee: \$200 per athlete

Spooky Nook Basketball Shooting Camps (Boys Camps & Girls Camps)

The Nook Basketball Shooting 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 and everything in between. The camp will be instructed by High School and College Basketball Coaches.

CAMP 1

Dates: June 15 - 17

Boys Times: 9:00am - 11:00pm

Girls Times: 1:00pm - 3:00pm

Grades: 3-12

Members Fee: \$55

Non-Members Fee: \$65

CAMP 2

Dates: July 20 - 22

Boys Times: 1:00pm - 3:00pm

Girls Times: 9:00am - 11:00pm

Grades: 3-12

Members Fee: \$55

Non-Members Fee: \$65

CAMP 3

Dates: August 17 - 19

Boys Times: 6:00pm - 8:00pm

Girls Times: 6:00pm - 8:00pm

Grades: 3-12

Members Fee: \$55

Non-Members Fee: \$65

All Star Boys & All Star Girls Basketball Camps

Join Nook Basketball for our week long All Star 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. Lunch will be provided.

Dates: August 3 - 6

Times: 9:00am - 3:00pm

Grades: 4-9

Members Fee: \$175

Non-Members Fee: \$195



Spooky Nook Basketball Skill Sessions (Boys Sessions & Girls Sessions)

The Nook Basketball Skill Camps offer 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 grade and skill.

SESSION 1

Dates: June 22 - 26

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

Girls Times: 1:00pm - 4:00pm

Grades: 3-9

Members Fee: \$125

Non-Members Fee: \$150



SESSION 2

Dates: July 13 - 17

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

Girls Times: 1:00pm - 4:00pm

Grades: 3-9

Members Fee: \$125

Non-Members Fee: \$150



SESSION 3

Dates: August 17 - 21

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

Grades: 3-9

Members Fee: \$125

Non-Members Fee: \$150

Spooky Nook Elementary Basketball Camp

Join Nook Basketball for our Basketball Elementary 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. Lunch will be provided.

CAMP 1

Dates: June 29 - July 2

Times: 9:00am - 3:00pm

Grades: 1-6

Members Fee: \$178

Non-Members Fee: \$195

CAMP 2

Dates: August 10 - 14

Times: 9:00am - 3:00pm

Grades: 1-6

Members Fee: \$178

Non-Members Fee: \$195

Basketball 5v5 Boys Classic Hoops Basketball Camp

The Spooky Nook Boys 5v5 Basketball Camp is a camp designed to allow the boys to play the game of basketball in a 5v5 and 4v4 game atmosphere. Each day the boys will have the opportunity to play pick-up basketball games. Players will be divided into teams and given the chance to compete in supervised full court 5v5 and 4v4 games. Basketball jerseys will be provided to each participant. Mid-morning snack will be provided.

Dates: June 20 - June 24

Times: 9:00am - 12:00pm

Grades: 5-9

Members Fee: \$178

Non-Members Fee: \$195



CLIMBING & NINJA WARRIOR

Contact adventure@nooksports.com

www.nooksports.com/climbing

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, 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-12:00pm Mon-Wed | 9:00am-4:00pm Thurs-Fri

Ages: 7-12

Fee: \$260 per week

8 Weeks Available!

June 8 - 12

June 22 - 26

July 6 - 10

July 20 - 24

August 3 - 7

August 17 - 21



Enjoy the great
& Wild outdoors!

Ultimate Adventure Camp

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. Campers will test their skills climbing outside! We will paddle down the Susquehanna River, go hiking, swimming, and more. Snacks and Lunches provided daily. Join us for an action packed experience you will never forget! Space is limited. Sign up today!

Dates: June 15 - 19, June 29 - July 3, July 13 - 17, July 27 - 31, August 10 - 14

Times: 9:00am - 4:00pm

Ages: 10-14

Fee: \$360



Ninja Warrior Summer Camp



Ninja Warrior camp will challenge athletes through a fun, exciting, and vigorous Ninja Warrior training program. Athletes will push themselves physically and mentally as they complete numerous obstacles on our custom built Ninja rig. Space is limited. Sign up today!

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.

Please dress to workout. Sneakers, shorts, and a t-shirt. Bring a water bottle and light snacks (fruit, granola, veggies, sandwich, etc) to eat at breaks during the camp.

Dates: June 8 - 12, June 15 -19, June 22 - 26, June 29 - July 3, July 6 - 10, July 13 - July 17, July 20 - 24, July 27 - 31, August 3 - 7, August 10 - 14

Times: 9:00am - 12:00pm

Ages: 8-13

Members Fee: \$199

Non-Members Fee: \$215



FIELD HOCKEY

Contact fieldhockey@nooksports.com

 www.nooksports.com/field-hockey

HITC Sessions

Session 1: July 17 - 19

Session 2: July 19 - 21

High Intensity Team Camp

HITC is a team based overnight camp for players to learn team skills for their upcoming Field Hockey Season. Players can come with school teams or register to be placed on our Free Agent Team. Lodging for the program will be in the Warehouse Hotel at The Nook and all food will be catered on site.

To register your team, please contact Paige Stuppy at paiges@nooksports.com. Teams are responsible for a \$300 team deposit to hold your spot.

Grades: 8-12

Fee: \$475 per player

Elementary Field Hockey 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 27 - July 31

Times: 9:00am - 12:00pm

Grades: K-6

Members Fee: \$145

Members Fee: \$160

Junior High Field Hockey Camp

Our Jr. High Day Camp is designed for players in grades 6-9 who are interested in taking their game to the next level. 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 20 - 23

Times: 9:00am - 4:00pm

Grades: 6-8

Members Fee: \$345

Members Fee: \$365



LANCO & GYMNASTICS CAMPS

Contact fitness@nooksports.com

 www.nooksports.com/fitness

Gymnastics Combo Camp

Each week will include games, activities, crafts, and of course gymnastics! Camp kids will enjoy fun on bars, beams, spring floor, trampolines, rope swing and above ground foam pit! In the morning we will escort campers from The Nook to LANCO for gymnastics programming. We will then transport your camper back to The Nook for the remaining part of the day. Pick up is at The Nook between 4pm and 6pm.

Dates: June 15 - 19, July 20 - 24, August 10 - 14

Ages: 5-12

Times: 7:00am - 6:00pm

Fee: \$300 per week

LANCO Flag Football Skills Camp



The Flag Football Skills Camp is coached by highly trained Spooky Nook Football coaches. This camp is for athletes ages 7-14 of all skill levels to improve their football skills. Athletes will learn skills like passing, catching, flag pulling, blocking, and football formations at camp each day. This camp will include a snack every day and a t-shirt for each participant.

Dates: June 29 - July 2, August 3 - August 6

Times: 9:00am - 12:00pm

Ages: 7-14

Fee: \$150 per camper, \$25 discount for registrations before June 1

LANCO 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: June 29-July 2

Times: 10:00am - 11:30am

Ages: 3-6

Fee: \$80 per week

LANCO Gymnastics Recreational Camp

Get ready for some summer fun with LANCO Gymnastics Recreational Camp! The week will include games, activities, crafts, and of course tons of gymnastics! Camp kids will enjoy fun on our bars, beams, spring floor, trampolines, rope swing and above ground foam pit! They will learn basic gymnastics on all the events and have tons of fun with friends!

Dates: August 3 - 5

Times: 9:00am - 12:00pm

Ages: 4-12

Fee: \$150 per week



SOCCER

Contact soccer@nooksports.com

 www.nooksports.com/soccer

Pro 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 ages and skill levels to improve their game at the Nook. A half day camp option is available for 5-8 and 9-14 year olds (9am-12pm). A full day camp option is available for 9-14 year old athletes only and includes lunch each day as well (9am-4pm). Athletes will learn skills like dribbling, passing, shooting/scoring, and defending/goalkeeping.

Dates: June 22 - 26, July 27 - 31, August 10 - 14

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

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

Ages: 5-14

Full Day Fee: \$250

Half Day Fee: \$125



Nook Soccer Overnight Camp (Boys Camp & Girls Camp)

This overnight camp at Spooky Nook Sports will provide a unique comprehensive soccer camp experience in our world class facility. Athletes will be housed in the Warehouse Hotel at The Nook (3-4 athletes per room). The camp will be led by Nook Sports Technical Director, Gary Ross (aka Rossi) and will include advanced instruction, speed and agility training, team building, scrimmages, and catered meals. The camp will be offered for U12, U13, U14, and U15 soccer athletes.

GIRLS CAMP

Dates: June 28 - July 1

Ages: 11-16

Fee: \$325

BOYS CAMP

Dates: July 12 - July 15

Ages: 11-16

Fee: \$325





SOFTBALL

Contact softball@nooksports.com
www.nooksports.com/softball

Fastpitch Softball 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. 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 softball skill instruction as well as utilizing all of the fun resources that we have to offer at The Nook.

Dates: June 15 - 19, June 22 - 26, July 6 - 10, July 27 - 31, August 10 - 14

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

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

Ages: 7-14

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 who have graduated our program. The camp will feature skill instruction in the following areas: fielding, hitting, pitching, catching, sliding, mental performance and more. Each day will include a 30 minute Speed & Agility warmup, led by Nook Sports Performance trainers. 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 Gold teams.

Dates: July 20 -21

Times: 5:30pm - 8:00pm

Ages: 8-14

Academy Athletes Fee: \$50

Non-Academy Athlete Fee: \$60

Nook Softball Overnight Camp (12U/14U/16U)

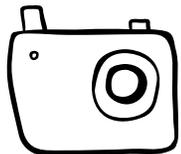
This overnight camp offering at Spooky Nook Sports will provide a unique comprehensive softball camp experience in our world class facility. Athletes will be housed in the Warehouse Hotel at The Nook. The camp will include advanced instruction, sports performance speed & agility training, mental performance, team building, scrimmages, and catered meals. The camp will be offered for 12U, 14U, and 16U travel softball athletes.

Dates: June 28 - July 1

Times: 9:00am - 4:00pm

Grades: 11-16

Fee: \$325





SPORTS PERFORMANCE

Contact sportsperformance@nooksports.com
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.

Sports Performance Camp

Our sports performance training programs are specially designed to help you demolish your goals, learn new skills and shatter your personal records. Every movement, exercise and stretch we use during training is designed to enhance your athletic abilities, pack more power into your personal talents and strengthen areas of weakness. Train for your sport with strength, speed, balance, injury prevention, conditioning and flexibility. Choose from full-summer, monthly or weekly options. Contact Kyle McMinn for more details at kylem@nooksports.com
Dates: June 1 - August 21
Times: 8:30am - 12:30pm
Ages: 13-24
Weekly Fee: \$199
Monthly Fee: \$450
Full Summer Fee: \$975

College Athletes Sports Performance Camp

Choose from full summer, monthly, or weekly options. Contact Kyle McMinn for more details at kylem@nooksports.com.
Dates: May 11 - August 14
Times: 10:00am - 12:30pm
Ages: 18-24
Weekly Fee: \$199
Monthly Fee: \$450
Full Summer Fee: \$975

Youth Sports Performance Camp



Choose from full summer, monthly, or weekly options.
Dates: June 8 - August 21
Times: 9:00am - 12:00pm
Ages: 8-14
Weekly Fee: \$230
Monthly Fee: \$520
Full Summer Fee: \$975



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Jennifer M. Payne, MD, CAQSM



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Penn Medicine
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VOLLEYBALL

Contact volleyball@nooksports.com
www.nooksports.com/volleyball

All Skills Evening Volleyball Camp

Join us for our all skills camp at Spooky Nook. This camp is for all skill levels and for girls ages 11-18. 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 23 - 24
Times: 6:00pm - 8:30pm
Ages: 11-18
Fee: \$120 per camper

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, 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: June 29 - 30
Times: 9:00am - 2:00pm
Ages: 12-18
Fee: \$120

Fundamentals Volleyball Camp



The FUNdamentals program is for girls and boys from 8-14 years of age. Girls and boys will be separated for training. Camp 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 16 - 17, August 10 - 12
Times: 9:00am - 12:00pm
Ages: 7-13
Fee: \$165

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 3 - 7
Times: 6:00pm - 8:30pm
Ages: 11-18
Fee: \$40 per session

Middle School Volleyball Camp



Join us for a Volleyball Camp geared towards developing middle school players. This camp is designed for girls and boys ages 10-14. Girls and boys will be separated for training. This camp is great for players new to the sport, and for kids that have some experience too. We will focus on the basic skills of the game, as well as some team concepts too. Don't miss a great opportunity to improve your game just in time for Middle School tryouts.
Dates: July 27 - July 30
Times: 9:00am - 12:00pm
Ages: 10-14
Fee: \$200

Serve/Pass Volleyball Camp

Join us for our Serve/Pass Camp at Spooky Nook Sports. This camp is for all skill levels and for girls ages 11-18. 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, which is why we devoted a camp for these skills only. Campers will learn the most current passing techniques, as well as learn different types of serving, and how to serve tough.
Dates: July 9 - 10
Times: 9:00am - 2:00pm
Ages: 12-18
Fee: \$120

Volleyball Performance Camp

Sign up today for the first Nook Volleyball Performance Camp! From 9am-12pm, athletes will receive high level volleyball instruction from our academy coaches. From 12pm-1pm there will be a lunch break. Athletes will then have afternoon performance sessions with our certified strength trainers! These workouts will be tailored to volleyball specific training. You do not want to miss out on this opportunity to be a more well rounded player, and get a one up on your competition!
Dates: July 1-3
Times: 9:00am - 12:00pm
Ages: 12-18
Fee: \$199

Volleyball Setting School Camp

Setting is a skill that all volleyball players should be comfortable with. Join our Nook coaching staff for a two day setting school! This camp is for anyone that wants to improve their basic setting skills and for experience setters to get some extra reps. Camp will focus on proper setting footwork, hand placement, setting location and speed, and so much more.
Dates: June 11 - 12
Times: 6:00pm - 8:30pm
Ages: 12-18
Fee: \$120



2020 Summer Camps

www.nooksports.com/summer-camps