

Summer Camps

2022

SPOOKY
NORWALK
SPORTS™



Kid's Camp
discount
inside!



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



Welcome

Hello Nook Camp Families,

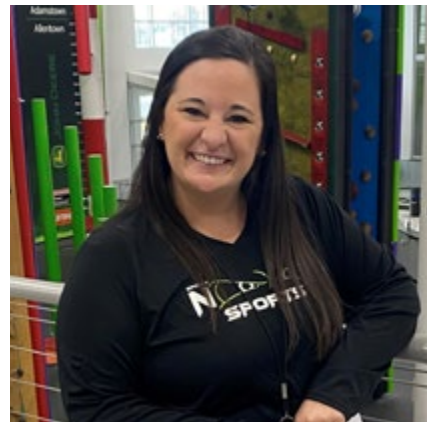
We are excited for another awesome summer camp season to begin! Our directors are already busy planning creative, fresh, flexible programming that is sure to motivate your kids to play, train, and compete with us.

We have one-of-a-kind offerings for kids beginning as young as 4 years old, all the way through teen years. Whether its learning fundamentals as a beginner athlete, trying a new activity like horseback riding, or taking your skills to the next level in one of our advanced camps, we have something that will fit your child's interests and abilities!

Take a few moments to review our options in this guide and feel free to reach out to one of our directors with any questions!

We look forward to seeing all your happy campers soon!

Sincerely,
Andrea Konas
Director of Programming Operations
youthprograms@nooksports.com



NKC10

📄 Register before April 1, 2022 and receive 10% off your camp fees for Nook Kid's Camp, Preschool Sports Camp, Nookside Horse Camp, Experience Camp, and Future Leaders Camp. Please note, the deposit is excluded from the discount. 1 coupon code per purchase.

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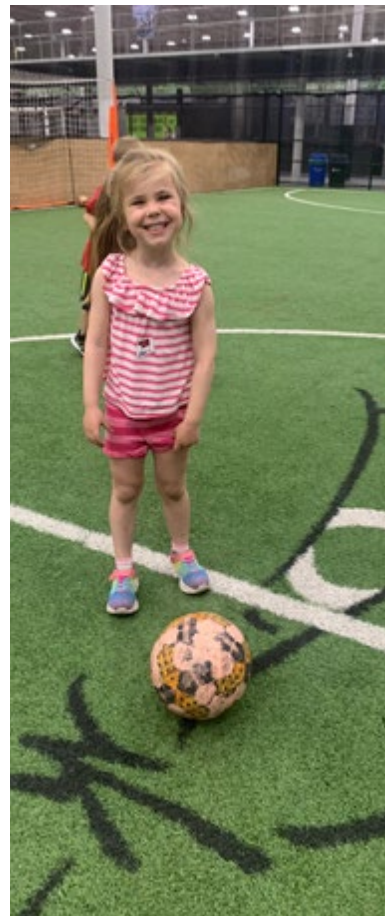
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Look for the mouse symbol to learn more online.

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



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.

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

We understand that things come up and you may need to cancel your registration. If you cancel 2 weeks prior to the start of the camp session, then you will receive a full refund or credit to your in-house account. A cancellation within 1 week of the start of camp can result in a full credit to your account OR a 50% refund. Any cancellations less than a week before the start of camp will receive a 50% credit to your family account.

Medical Reason for Cancellation

We understand that medical issues may arise before your child can attend camp. We ask that you submit a doctor's note to receive a full refund or credit for the registration if your child can no longer participate. If your child becomes ill or sustains an injury during the camp week, we will refund or credit you for the remainder of camp.

Contact Information

Recreational & Horseback Camps

717.618.8563

youthprograms@nooksports.com

Baseball Camps

717.618.8510

baseball@nooksports.com

Basketball Camps

717.618.8520

basketball@nooksports.com

Climbing Camps

717.618.8566

adventure@nooksports.com

Field Hockey Camps

717.618.8571

fieldhockey@nooksports.com

Gymnastics Camps

717.618.8524

gymnastics@nooksports.com

Soccer Camps

717.618.8516

soccer@nooksports.com

Softball Camps

717.618.8510

softball@nooksports.com

Sports Performance Camps

717.618.8558

sportsperformance@nooksports.com

Volleyball Camps

717.618.8577

volleyball@nooksports.com



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2022 CAMP SCHEDULE

Name of Camp	Ages	Gender	Days	Page
Recreational				
Experience Camp	7-12	Coed	M-F	14
Jump Start Preschool Sports Camp	4-6	Coed	M-F	14
Nook Kid's Camp	5-12	Coed	M-F	12-13
Future Leaders Camp	12-17	Coed	M-F	15
Nookside Horse Adventure Camp	6-12	Coed	M-F	15
Baseball				
Baseball Skills Camp 	7-13	Coed	M-F	18
Rookies Baseball Camp 	4-6	Coed	M-F	18
Basketball				
Basketball Shooting Camp	8-15	Coed	M-F	19
Basketball Skills Camp 	8-15	Coed	M-F	19
Basketball All Star Camp	8-15	Coed	M-TH	19
Climbing				
Adventure Camp	7-11	Coed	M-F	20
Ultimate Adventure Camp	10-15	Coed	M-F	20
Ninja Warrior Camp 	10-16	Coed	M-F	21
Field Hockey				
Field Hockey Camp 	5-12	F	M-F	21



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 lunch and an afternoon snack. Combination Camp is only available with select camps.

6.6-6.10	6.13-6.17	6.20-6.24	6.27-7.1	7.5-7.8	7.11-7.15	7.18-7.22	7.25-7.29	8.1-8.5	8.8-8.12	8.15-8.19
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Continued ...



2022 CAMP SCHEDULE

Name of Camp	Ages	Gender	Days	Page
LANCO				
LANCO Flag Football Skills	7-14	Coed	M-TH	23
LANCO Gymnastics Rec. Camp	4-14	Coed	M-W	23
Soccer				
Advantage Soccer Camp	8-14	Coed	M-F	24
Advantage Soccer Camp (Half Day)	5-14	Coed	M-F	24
LANCO Advantage Soccer Camp	8-14	Coed	M-F	24
LANCO Advantage Soccer Camp (Half Day)	5-14	Coed	M-F	25
Pre-Season Prep Soccer Camp	8-14	Coed	M-F	25
Strikers and Goalkeepers Soccer Camp	8-14	Coed	M-TH	25
Softball				
Fastpitch Skills Camp	7-12	F	M-F	26
Sports Performance				
Youth Sports Performance Camp	6-12	Coed	M-F	27
Sports Performance Camp	13-24	Coed	M-F	26
Sports Performance Combo Training	8-24	Coed	M-F	27
P3 Speed & Conditioning	8+	Coed	M-TH	27
Volleyball				
Volleyball Camp	8-18	F	M-F	29
Volleyball Attack Express Camp	11-18	F	F	29
Volleyball Block and Defend Camp	11-18	F	T	29
Volleyball Serve Pass Camp	11-18	F	T	30
Volleyball Serve Pass Camp 2	11-18	F	M	30
Volleyball Setting School Camp	11-18	F	W	30



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 lunch and an afternoon snack. Combination Camp is only available with select camps.

6.6-6.10	6.13-6.17	6.20-6.24	6.27-7.1	7.5-7.8	7.11-7.15	7.18-7.22	7.25-7.29	8.1-8.5	8.8-8.12	8.15-8.19
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RECREATIONAL

Contact youthprograms@nooksports.com

nooksports.com/summer-camps



Nook Kid's Camp

Nook Kids Camp is an exciting recreational style camp geared towards kids ages 6-12. This camp runs 11 weeks out of the summer from 7am-6pm each day with flexible drop off and pick up windows. Each week's activities are designed around a specific theme. During each week, campers will get sport instruction, arts and crafts, experiments, and field trips. Weekly Clip N' Climb time and arcade play are also incorporated. Lunch, snacks, and a tee shirt (seasonal) are all included in the camp fee. We offer registration options that allow you to choose between 3 days or less per week, or 4 days or more per week. Weekly field trips and swimming trips are also included in the camp fee for full day campers. (Days may vary) See you this summer!

June 6 - August 19, 2022

Full Week

7:00am - 6:00pm

4+ Days: \$300

Part Time

7:00am - 6:00pm

1-3 Days: \$240

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 6th camp will be automatically deducted via credit card Monday, May 23.)

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 6-10: Aloha Summer

June 13-17: Game of Games

June 20-24: Animal Planet

June 27-July 1: Slash-tacular

July 4-8: All-Star Week

July 11-15: Imagination Station

July 18-22: Nook Spirit Week

July 25-29: Slime and Grime

August 1-5: Under the Sea

August 8-12: Beat the Heat

August 15-19: Summer Send Off



Experience all The Nook has to offer!

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 ages 7-12 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: August 8 - August 12

Times: 9:00am - 4:00pm

Ages: 7-12

Fee: \$275 per week



Jumpstart Preschool Sports Camp

Geared towards kids ages 4-6, 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 daily snack and tee shirt are included in the registration fee.

Dates: June 20-24, June 27-July 1, & August 1-5

Times: 9:00am-12:00pm

Ages: 4-6

Fee: \$150 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. For Nookside Horse Adventure Camp, the drop off window is any time between 7am and 8:30am. Campers will be escorted by our camp staff over to Nookside Stables at 8:45am, and spend the morning from 9am-12pm at the stables. At 12pm, the campers are escorted back to Spooky Nook and join in with Nook Kids Camp from 12pm-4pm for the structured day. Pick up is then any time between 4 and 6pm.

Dates: June 13-17, June 20-24, June 27-July 1, July 25-29, August 1-5, August 8-12

Ages: 6-12

Times: 7:00am - 6:00pm

Fee: \$325 per week

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

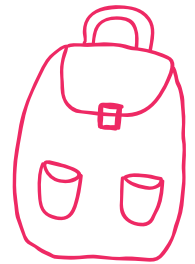
of being a camp counselor. The remaining time will be spent utilizing free time, group games, court and turf time, and weekly Clip N Climb time. Daily Lunch, 2 snacks, field trips, weekly swimming trip, and a tee shirt are included in the cost of camp. See you this summer!

Dates: June 6-10, June 13-17, June 20-24, June 27-July 1, July 5-8, July 11-15, July 18-22, July 25-29, August 1-5, August 8-12, August 15-19

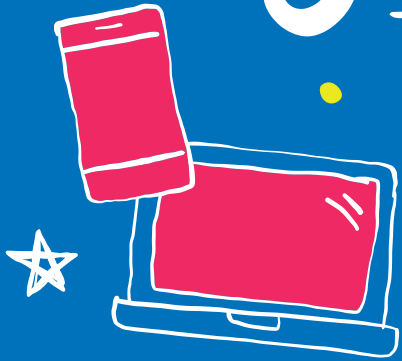
Ages: 12-17

Times: 9:00am - 4:00pm

Fee: \$175 per week



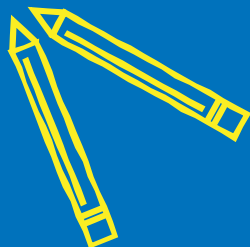
register today!



Follow the Steps

① Visit Our Website
and head to the calendar page.

② Find Your Camp
and click **REGISTER NOW**. You will be redirected to our registration website called ACTIVE Network.



③ Click "Enroll Now" and sign in to your account.

- Existing customers that have already accessed their ACTIVE Net account can sign in regularly.
- Existing customers that have not already accessed their new account will choose "Forgot Password" and follow the instructions.
- NEW customers will click "Join" to create their new account.

④ Continue to Enrollment!

NEW this year _____

You will be able to add multiple weeks of the same camp to your shopping cart. Just select all the weeks you wish to sign up for and click "Add To Cart"!



Let the fun begin!



BASEBALL

Contact baseball@nooksports.com
 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, and much more. This camp will combine fun and learning in an active environment at The Nook Baseball & Softball training center. Add the Combo Camp registration option to your shopping cart and you'll get Before Care from 7am-9am, lunch, snacks, and PM Care from 12-6pm.

Dates: June 6-10, June 13-17, June 20-24, June 27-July 1, July 5-8, July 11-15, July 18-22, July 25-29, August 1-5, August 8-12, August 15-19
Time: 9:00am - 12:00pm
Ages: 7-13
Fee: \$195



Rookies Baseball Camp



This camp will focus on the introduction of fundamental baseball techniques, learning proper mechanics and FUN for athletes ages 4-6. Instruction and activities will include hitting, throwing, pitching, catching, fielding, relay races, and much more. This camp will combine fun and learning in an active environment at the Nook Baseball & Softball training center.
Dates: June 13-17, June 27-July 1, July 11-15, July 25-29, August 8-12
Time: 9:00am - 12:00pm
Ages: 4-6
Fee: \$175



BASKETBALL

Contact basketball@nooksports.com
 nooksports.com/basketball

Basketball Shooting Camp

The Spooky 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.
Dates: June 6-10, June 13-17, June 20-24, August 1-5, August 8-12, August 15-19
Time: 1:00pm - 3:00pm
Ages: 8-15
Fee: \$125 per week

Basketball Skills Camp



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 Basketball Coaches.
Dates: June 6-10, June 13-17, June 20-24, August 1-5, August 8-12, August 15-19
Time: 9:00am - 12:00pm
Ages: 8-15
Fee: \$175 per week



Basketball All Star Camp

Join Spooky Nook Basketball for our (4) Day All Star Full Day 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: June 27-July 1, July 11-14
Time: 9:00am - 3:00pm
Ages: 8-15
Fee: \$225 per week





CLIMBING

Contact adventure@nooksports.com
 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. Campers will learn the fundamentals of climbing in the climbing gym Monday, Wednesday, and Friday from 9am-12pm and from Noon-4pm will experience the fun and excitement of Nook Combo camp. Tuesday and Thursday will be off-site adventures rock climbing, hiking, and swimming from 9am-4pm. Snacks and lunch will be provided daily.
Times: 9:00am-4:00pm
Ages: 7-11
Fee: \$350 per week

11 Weeks Available!

June 6-10	July 18-22
June 13-17	July 25-29
June 20-24	August 1-5
June 27-July 1	August 8-12
July 5-8	August 15-19
July 11-15	

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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. Tuesday and Thursday will be spent at the Nook adventure areas developing and practicing basic climbing skills. Monday, Wednesday, and Friday will be spent outside on various field trips in the area. Campers will test their skills climbing outside! Campers will also get to go kayaking/ canoeing, 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 6-10, June 13-17, June 20-24, June 27-July 1, July 5-8, July 11-15, July 18-22, July 25-29, August 1-5, August 8-12, August 15-19
Times: 9:00am - 4:00pm
Ages: 10-15
Fee: \$450 per week



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 expert climbing and ninja warrior staff. Athletes will push themselves physically and mentally as they develop the speed, agility, balance, body awareness, strength, and self-confidence required to be a ninja warrior. 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.
Times: 9:00am - 12:00pm
Ages: 10-16
Fee: \$250



11 Weeks Available!

June 6-10	July 18-22
June 13-17	July 25-29
June 20-24	August 1-5
June 27-July 1	August 8-12
July 5-8	August 15-19
July 11-15	



FIELD HOCKEY

Contact fieldhockey@nooksports.com
 nooksports.com/field-hockey



Field Hockey Summer Camp



Field hockey camp for athletes entering kindergarten through 7th grade in the fall.
Dates: June 27-July 1, July 25-29, August 1-5, August 8-12
Times: 9:00am - 12:00pm
Ages: 5-12
Fee: \$185 per athlete

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U.S. News

RANKED IN 5 SPECIALTIES 2021-22



PennState Health
Children's Hospital



LANCO CAMPS

Contact gymnastics@nooksports.com | bradene@nooksports.com

nooksports.com/gymnastics | nooksports.com/flag-football

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. This camp will take place at Spooky Nook Lanco (1901 Miller Rd. East Petersburg).

Dates: June 27-30, August 1-4

Times: 9:00am - 12:00pm

Ages: 7-14

Fee: \$185

LANCO Gymnastics Recreational Camp

Nook Lanco Recreational Gymnastics Camp is for all boys & girls ages 4-12 who would like to broaden their gymnastics skills, strength, and flexibility. Participants will get to work on specific skills on each event based on their ability, and will have the opportunity to use all of the gymnastics equipment including trampolines and above ground foam pit! 9:00-10:30 - Gymnastics 10:30-10:45 - Snack Break (Snack such as pretzels, goldfish, and/or animal crackers will be available) 10:45-12 - Games, activities, and more gymnastics!

Dates: June 13-15, July 11-13, August 8-10

Times: 9:00am - 12:00pm

Ages: 4-14


Fee: \$150





SOCCER

Contact soccer@nooksports.com

 nooksports.com/soccer

Advantage Soccer Camp

This camp is for athletes of all skill levels to improve their game in a fun and energetic setting. Campers will be grouped with players of similar age & playing ability. A full day camp option is available for 8-14 year old athletes only and includes lunch each day (9am-4pm). Athletes will learn technical skills including dribbling, passing, receiving, moves & shooting and will also work on the principles of attacking, defending & goalkeeping.

Dates: June 13-17, July 25-29

Time: 9:00am - 4:00pm

Ages: 8-14

Fee: \$300

Half Day Advantage Soccer Camp



This half day camp option is available for 5-8 and 8-14 year olds (9am-12pm). Athletes will learn technical skills including dribbling, passing, receiving, moves & shooting and will also work on the principles of attacking, defending & goalkeeping.

Dates: June 13-17

Time: 9:00am - 12:00pm

Ages: 5-14

Fee: \$175

LANCO Advantage Soccer Camp

This camp is for athletes of all skill levels to improve their game in a fun and energetic setting. Campers will be grouped with players of similar age & playing ability. A full day camp option is available for 8-14 year old athletes only. This camp does not include lunch, full day campers must pack their own lunch. (9am-4pm). The 8-14 year old full day camp will be held indoors at Lanco & outdoors at EP Fields (opposite Nook Lanco). Athletes will learn technical skills including dribbling, passing, receiving, moves & shooting and will also work on the principles of attacking, defending & goalkeeping.

Dates: August 8-12

Time: 9:00am - 4:00pm

Ages: 8-14

Fee: \$250



LANCO Half Day Advantage Soccer Camp

This half day camp option is available for 5-8 and 8-14 year olds (9am-12pm). The 5-8 year olds half day camp will be held indoors at Nook Lanco. Athletes will learn technical skills including dribbling, passing, receiving, moves & shooting and will also work on the principles of attacking, defending & goalkeeping.

Dates: July 25-29, August 8-12

Time: 9:00am - 12:00pm

Ages: 5-14

Fee: \$175

Pre-Season Prep Soccer Camp

This is a new-look camp and the focus will be on developing technical ability and game awareness in intense sessions that will be designed to prepare all players for their upcoming preseason, whether it be for club or high school ball. Each grouping will have their specific set of exercises, game-like situations, and small-sided games best suited for their level. This is the perfect camp to finish out the summer and arrive for preseason in peak form.

Dates: July 18-22

Times: 8:00am - 12:00pm

Ages: 8-14

Fee: \$175

Strikers and Goalkeepers Soccer Camp

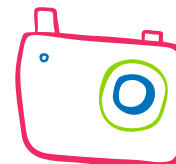
Strikers will work on all aspects of scoring goals. First half hour each day, the warm up will be solely technical for skills sharpening: from the proper technique of striking a soccer ball with different surfaces, to timing runs in the box, volleys, headers, and the anticipation of second chances. Repetition with and without pressure will be the philosophy. This type of training environment will help improve each player's confidence in front of the goal, which is an important psychological factor to mold the efficient goal scorer. Each day will end with game situations with goalkeepers in goal. Goalkeepers will work many aspects of their position including both the physical (fast footwork, agility, strength), as well as proper techniques (catching, punching, angle play and decision making). Pressure and game like situations to conclude each day.

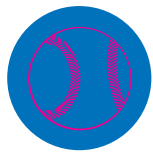
Dates: June 20-24, July 4-8

Times: 9:00am-12:00pm

Ages: 8-14

Fee: \$125





SOFTBALL

Contact softball@nooksports.com
 nooksports.com/softball

Fastpitch Softball Skills Camp




This camp will focus on teaching fundamental softball 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, and much more. This camp will combine fun and learning in an active environment at the Nook Baseball & Softball training center.

Dates: June 6-10, June 20-24, July 5-8, July 18-22, August 1-5, August 15-19
Times: 9:00am - 12:00pm
Ages: 7-12
Fee: \$195



SPORTS PERFORMANCE

Contact sportsperformance@nooksports.com
 nooksports.com/sports-performance

Sports Performance Camp

Sports performance training is different from your summer camp. Campers will train to perform at a certain level for a specific sport. 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.

Dates: June 13-17, June 20-24, June 27-July 1, July 5-8, July 11-15, July 18-22, July 25-29, August 1-5, August 8-12, August 15-19
Times: 9:00am - 12:00pm
Ages: 13-24
Fee: \$199

Youth Sports Performance Camp



Sports performance training is different from your summer camp. Campers will train to perform at a certain level for a specific sport. 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.

Dates: June 13-17, June 20-24, June 27-July 1, July 5-8, July 11-15, July 18-22, July 25-29, August 1-5, August 8-12, August 15-19
Times: 9:00am - 12:00pm
Ages: 6-12
Fee: \$149

Sports Performance Combo Training

Nook Sport Performance Combo Training is a new summer combo package that allows athletes to receive 60-minute training sessions Monday-Friday from 7:45am-8:45am. The 60-minute training sessions are designed to work on athletic performance through performance programming, field movement techniques, plyometric & exercise prescription techniques, and speed & agility training. This combo package will give each athlete the ability to experience elite training pre their summer camp and help develop a solid foundation in sport performance training.

Dates: June 7-11, June 14 - 18, June 21- 25, June 28 - July 2, July 26 - July 30, August 2 - 6, August 9 - 13
Times: 7:45am - 8:45am
Ages: 8-24
Fee: \$50

P3 Speed & Conditioning

The Physical Performance Preparatory Camp (P3) is designed to prepare any athlete for their upcoming season through 6-Weeks of Speed & Conditioning training. Athletes will receive pre & post performance testing to show their growth throughout the summer. P3: Speed & Conditioning will set up any athlete to have the edge and self-confidence to take on their competition.

Dates: June 13-July 28th, Monday-Thursday (excludes July 4th weekend)
Times: 6:00pm - 7:00pm
Ages: 8+
Fee: \$150



LIFE AT FULL SPEED

GO AHEAD AND KICK. HIT. RUN. JUMP. CATCH. SWIM. DRIBBLE.

At Lancaster General Health Physicians Sports Medicine, we'll take care of your pulls, sprains, tears and fractures. Our team provides expert diagnosis, treatment and management of your injury and collaborate with surgical specialists as needed. So go ahead, toss, run, tackle, jump. We're here for you.



Patrick J. Moreno, MD, CAQSM, RMSK



Jennifer M. Payne, MD, CAQSM



Ryan C. Wennell, DO, CAQSM



Keith Heck, DO



Laura M. DiPaolo, MD

Schedule an appointment online at LGHealth.org/SportsMed or call 717-627-7675.



Penn Medicine
Lancaster General Health Physicians



VOLLEYBALL

Contact volleyball@nooksports.com
nooksports.com/volleyball

Volleyball Camp



Join us for an all skills camp at Spooky Nook. This camp is for all skill levels and for girls ages 8-18. 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. Players will be separated based on age and ability. Each day of camp will focus on different skills and tactics. Get back in the gym with us at The Nook! Sign up today!

Dates: June 6-10, June 13-17, June 20-24, June 27-July 1, August 1-5, August 8-12

Times: 9:00am - 12:00pm

Ages: 8-18

Fee: \$225

2022 Volleyball Attack Express Camp - Single Day

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 NVA's 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, sign up today!

Dates: July 8, 2022

Times: 9:00am - 12:00pm

Ages: 11-18

Fee: \$115

2022 Volleyball Block and Defend Camp - Single Day

New to our 2022 summer camp lineup is our Block and Defend Camp! We will specialize in improving the athlete's technique in skills of defense on the floor and at the net. Emphasis will be on basic fundamentals of platform, foot work, blocking sequences, hand placement, transition, speed and agility. Come dig your guts out, and join our Block party at this intensive defense camp!

Dates: July 19, 2022

Times: 9:00am - 4:00pm

Ages: 11-18

Fee: \$115



2022 Volleyball Serve Pass Camp - Single Day

Join us for our Serve/Pass Camp at Spooky Nook Sports. This camp is for all skill levels of athletes 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 game! The most important skills in volleyball are the first contacts of the game, which is why we devoted a camp specifically for these skills. Campers will learn the most current passing techniques, as well as different types of serving, and how to serve tough. Sign up today!
Dates: July 5, 2022
Times: 9:00am - 4:00pm
Ages: 11-18
Fee: \$115

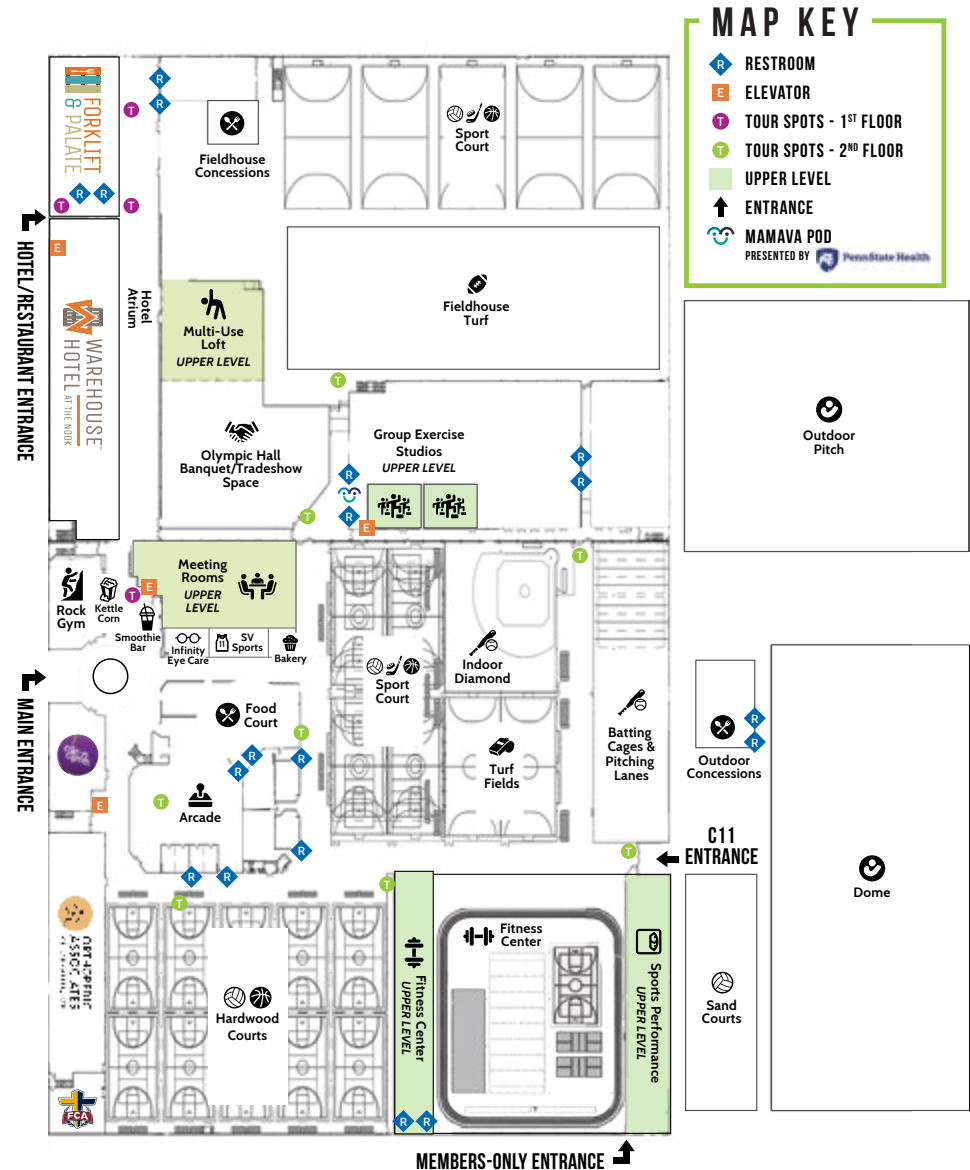
2022 Volleyball Serve Pass Camp 2 - Single Day

Join us for our Serve/Pass Camp at Spooky Nook Sports. This camp is for all skill levels of athletes 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 game! The most important skills in volleyball are the first contacts of the game, which is why we devoted a camp specifically for these skills. Campers will learn the most current passing techniques, as well as different types of serving, and how to serve tough. Sign up today!
Dates: July 18, 2022
Times: 9:00am - 4:00pm
Ages: 11-18
Fee: \$115

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2022 Volleyball Setting School Camp - Single Day

Setting is a skill that all volleyball players should be comfortable with. Join our Nook coaching staff for one full day of setting school! This camp is for anyone that wants to improve their basic setting skills and for experienced setters to get some extra reps. Camp will focus on proper setting footwork, hand placement, setting location and speed, and so much more. Make sure to register today to hold your seat in our setting school!
Dates: July 13, 2022
Times: 9:00am - 4:00pm
Ages: 11-18
Fee: \$115





2022 Summer Camps

www.nooksports.com/summer-camps