

**ZUMBA NIGHT AT NABBY!!! TUESDAY, AUGUST 6th FROM 6:30 TO 7:30!!!**
**PARENTS...WANT TO PARTY?  
WANT TO WORKOUT?**

**How about both at the same time?** Come join us Tuesday night as Rikki leads us in a high intensity cardio dance workout inspired by Latin music! Rikki led the counselors in a Zumba class last summer and it was truly a blast! Looking forward to seeing you all here at Nabby for a fun hour (or more???) of hip shaking dance moves!!!!

**COMING EVENTS - WEEK OF AUGUST 5TH:**

<b>Monday, August 5th</b>	<b>Yipes Stripes Day!</b>
<b>Tuesday, August 6th</b>	<b>Zumba Night 6:30 - 7:30PM</b>
<b>Wednesday, August 7th</b>	<b>Carnival Day</b>
<b>Thursday, August 8th</b>	<b>Belly Flop Contest (Staff Only!)</b>
<b>Friday, August 9th</b>	<b>Senior Camp Super Fun Day</b>

**WACKY SOX DAY!**

**THE WHITE TEAM WINS!  
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For the first time in recorded history of the Apache Relay Races at Camp Nabby, the **WHITE** team gets to put their name on the coveted silver trophy with a dramatic come from behind victory! After starting far behind the blue, red and green teams with the unwrapping of the baton, the **WHITE** team was in third place as the teams entered the last and most exciting portion of the race - the fire building! But, with their entire team cheering them on, the **WHITE** team "blazed" by their competitors and was awarded the first place trophy. The team was captained by counselors Kyle and Emily, assisted by Ronnie and camper Pat Patierno was the exhausted runner! Congrats to **WHITE**!!!





## MAGIC!!!

The Extreme Magic of Eric Show came to entertain Nabby on Thursday! The entire camp was captivated by numerous magic tricks that used camper volunteers as assistants. From a \$20.00 bill mysteriously appearing in a freshly cut lemon to various escape tricks, Eric (who has appeared on *America's Got Talent!*) had the campers cheering and wondering, "how did he DO that?"



## SELECTED STAFF BIOS:

**Emily Moskowitz** is the head counselor for the girls of **BARNARD**. This is Emily's 19th year at Camp Nabby and 5th year with Barnard. She can't imagine a summer without the excitement of camp! Emily graduated from Hartwick College in 2012 and presently attends Springfield College for her Masters in Social Work. In Emily's spare time she enjoys working out, going to country concerts and hanging out with her Nabby favorites, Rikki, Carly, Marisa and Connie! Emily is having such a great summer with her co-counselor Marissa that she just never wants summer to end!



The girls of Barnard have been having a wonderful summer! They LOVE that they are now in senior camp! The Barnard girls have been perfecting their skills in kickball, dodgeball and soccer. They have recently been introduced to lacrosse and softball which they are really excited about. The Barnard girls are getting pretty creative and playing new games such as 'The Hunger Games' and 'Whoopie!' All of Barnard thoroughly loves tennis and are perfecting their forehand and backhand skills everyday. The girls are having so much fun in the pool too! We even have a few girls on the swim team! We all can't wait for Carnival Day, Super Fun Day and Color Wars! Better watch out, Barnard's going Bonkers!!!



This is **Tom Adams'** 35th summer at Nabby!!! He has been the head counselor of **PRINCETON** group since 1979! That's before most of our staff was even born!!! He teaches 6th grade math in the Tarrytown school district and is an avid fan of five varsity sports - football, basketball, baseball, softball and volleyball.

## PRINCETON'S ANNUAL TUG-OF-WAR!

Last Friday, the 22 boys of Princeton battled their three counselors in a traditional contest that dates back to the last century! It took only 18.5 seconds for the boys to defeat their counselors, who fought valiantly! One can see why this years group has the nickname of the "Princeton Power"! Besides showing their strength and energy in the tug-of-war, the boys have demonstrated their power at the plate. In the first five weeks of camp, Princeton has scored exactly 239 runs in baseball! (Hmmm...only a counselor who is a math teacher would have that stat!) The first graders have learned a lot about the rules and strategies of baseball, as well as other sports such as basketball, hockey and dodgeball. They're eagerly looking forward to the next few weeks of camp!



This year the Penn boys have added cardio drills to games such as handball, steal the bacon, and manhunt. Their stamina and energy was apparent in this weeks Apache Relays, as the boys led the way as runners for their various teams! The effort the boys have put forth this summer in all the sports they play has been tremendous and their camaraderie and willingness to learn has been superb!

**Elissa Apar** is the head counselor of **VASSAR** for the second year in a row and absolutely loves it! She recently graduated from SUNY Oneonta in December with a childhood education degree. She will be attending CUNY Lehman this fall to work on completing her Master's degree in literacy and special education. This is her third summer at Nabby and her favorite activities are arts & crafts and playing mini soccer with her group. When Elissa isn't at Nabby she can be found working the front desk at Club Fit in Briarcliff. She enjoys running outside, soaking up the sun at the beach and hanging out with the best assistant counselors ever! (Elly and Alexis, of course.)



The summer of 2013 at Camp Nabby has proven to be one of the best summers thus far! For head counselor **Angelo Lamberti**, and assistant **Matt O'Connell**, the boys of Penn have been a real pleasure to work with. This year will be Angelo's fifth year at Nabby and his second year with the **PENN** group. When not at Nabby, Angelo works as a personal trainer in Montrose and a child care provider at a day care center. This will be Matt's 16th year at Nabby and his fourth as an assistant counselor. Outside of camp, Matt is in school studying biochemical engineering. Matt enjoys teaching baseball and playing the guitar.



**NABBY Riddle of the Week:** What starts with an "E", ends with an "E", and only has one letter in it?

*Last Week's Riddle: What is easy to get into, but hard to get out of? Answer: Trouble*



The Vassar girls are having a Vassarlicious summer! We have a very active group of first grade girls who love to climb to the top of the rock wall and beat their counselors in dodgeball. During our free time we go “gaga” for Gaga! We are very proud of the Vassar girls’ sportsmanship and encouragement seen during daily activities. They are always cheering on their friends and always willing to help each other out on the field. We are sad to see that the end of the camp season is near but the past 6 weeks have been filled with fun, laughter and smiles and we can’t wait for the end of the summer music show!

What says Camp Nabby more than the small, medium and big pools? Well, we found the **SWIM STAFF** and asked them to tell us all about themselves and their favorite parts of being on the Nabby team. Cory Perelman is the pool director and it’s his 5th year here at Nabby, but first year being in charge of Nabby’s swimming program. When asked what his favorite part of being pool director is, Cory enjoyed “being able to roam and spend a little time with every group”. Cory graduated from Horace Greeley High School in 2010 and is currently in his senior year at Lehigh University, majoring in chemical engineering and minoring in business. In his spare time, he studies, eats his vegetables and likes to hang out and have a good time with his friends.



The rest of this vivacious and waterlogged crew includes **Danielle, Stacy, Kirsten, Debbie, Sherene, Olivia, Foster, Alexa, Stephanie, Lindsay** and **Sara**. When asked what the swim staff enjoyed most about working at Nabby, the universal answer was “the people”! Danielle likes teaching swimming at Nabby because, “we get to see all the different age groups. As an instructor, it allows us to experience different ways of teaching and become well rounded instructors. It also benefits the children because they’re getting a mix of techniques.”

Olivia, who is a year round instructor likes teaching the butterfly. Kirsten, who has a sweet and joyous view of her job, says “all you need is a bathing suit, a ponytail and a smile!” Her favorite swim instruction includes “nose bubbles and getting that chin down into the water!” Another swim staffer, Alexa, enjoys teaching “the zipper drill, because I feel like it really helps the freestyle technique of getting their elbows up out of the water.” As a whole, the swim staff is very excited about the upcoming Belly Flop Contest, with a few aiming to be on the judging panel! Of course, we expect MOST of them to be participants... willing or otherwise!!! This year’s swim staff is having a great time teaching all the Nabby campers correct and effective swim techniques and are so glad to have met so many awesome people this summer!

**Bari-Morgan Allor** is in her second year at Nabby as the head coordinator to the High and Low Elements of the **CHALLENGE COURSE**. Some of these elements include the rock wall and the very popular zip line which now includes a basketball hoop! Bari just graduated with her B.S from SUNY Brockport in Physical Education and will be continuing her studies in the fall. She hopes to work with children with disabilities in a PE setting. Bari and her team - Brianna, Meryl, Robbie and Matt, work everyday to motivate and encourage young children to try to new activities and overcome obstacles that they may not be used to trying (zip line!). The part of camp that Bari and her team truly enjoy is making personal connections with campers and enjoying their accomplishments each day. As mentioned earlier, the zip line has a new special feature this year - a basketball hoop at the end of the line!

Each group is challenged to make baskets that will accumulate over the 8 weeks of camp. The team with the most baskets will have the opportunity to receive a token of achievement for the entire group. The kids are really enjoying this new competition!

