

NABBY NEWS



WEEK 5 - AUGUST 2ND, 2021

NABBY NINJAS AND SUPERHEROES!

WORLD RECORD HOLDER VISITS NABBY

Since we all loved the Ninja course activities this week, it was an extra special treat when a special guest "ninja" -- 2 time Guinness World Record Holder for the Box Jump - Chris Spellman visited camp on Tuesday. After our counselors impressed us with their vertical leap skills (Luke from Tulane wowed us by jumping 46 inches!), our guest Ninja Chris came on stage and leaped an incredible 60 inches with room to spare!!! Our campers were so excited and thrilled to meet the local athlete who attended Walter Panas High School and now has a personal training business. You can check out his record jumps at AgainstOddsAthletics.com.



NABBY NINJAS!

This week we had a special treat for all our campers thanks to our friends at Grit Ninja in Pleasantville. The Grit Ninja team set up daily outdoor Ninja course activities for our campers and each group participated in the program at least once during the week.

Activities included a rig with interchangeable obstacles including rings, ropes, pipe slider and a "broken bridge", a parkour speed course, balance challenge and the famed "warped wall". The activities were led by the Grit Ninja coaches, many of whom have competed on the popular tv show "American Ninja Warrior" - Henry - 3 times, Yancy - 5 times and Cara who will be on the show this August!! The course tested our camper's upper body strength, speed, balance and agility and we were so impressed that everyone gave it their all. As Ninja coach Yancy told us at the conclusion of the week, "We had an amazing week at Nabby and we can tell you that the Nabby campers were strong and full of grit!" We agree!!!



THE WEEK AHEAD...

WEEK OF AUGUST 2ND - AUGUST 6TH

TUESDAY, AUGUST 3RD

DISNEY DAY!

Wear your favorite Disney apparel!

WEDNESDAY, AUGUST 4TH

APACHE RELAY

Senior Camp **EPIC** Event of the Summer!

THURSDAY, AUGUST 5TH

JESTER JIM

Laughs, songs and juggling!

FRIDAY, AUGUST 6TH

PIRATE DAY

Arrrrgggg matey! Wear your swashbuckling attire and get ready to walk the plank!

* BE SURE TO CHECK YOUR NABBY CALENDAR THROUGHOUT THE SUMMER FOR MORE FUN EVENTS

NABBY CELEBRATES 5 AND 10 YEAR CAMPERS

The ceremonies continued this week to honor more 5 year campers and the remarkable 10-year group of campers. Our 10 year campers received custom red Nabby sweatshirts with "10" on the back, along with their photo in a framed plaque. A duplicate plaque will also be displayed in the Dining Room along with our other long-time campers. Special congratulations to this year's distinguished group!!



Ten year campers proudly wear their 10 year camper sweatshirts!
(l to r) Alec Tangredi, Ava Coulson, Luke Trombetta, Matthew Strom



Additional 5 year campers received their 5 year jerseys this week

WHITE TEAM B WINS THE GREAT CHASE RACE!

No other Epic competition allows campers to do everything from dancing, to hula hooping, playing Pictionary and answering trivia questions than the Great Chase Race. This fun-filled, activity based competition is unique to Nabby and our senior campers have such a great time with all the many activities that earn each team points. Congratulations to the White Team B - led by Grant and Maureen - for their ability to master the skills and win the Great Chase Race!



LIP SYNC BATTLE HEATING UP!

The Nabby Counselor Lip Sync Competition continued this week with boy and girl band songs as the theme. First up was Chloe from the pool staff who squeaked out a close 1 vote victory over Gemma from Skidmore. The girls were challenged with the song "Bye Bye Bye" by NSYNC and both totally rocked it!

Next up were the boys singing the Spice Girls hit, "Wanna Be". Oh boy did this get spicy! The duo of Matt from Tufts and Eli from Princeton went up against Satchel from Dartmouth and Logan from Williams and both were extremely entertaining. But the blond wigs and the cartwheel finish locked up the victory for Satchel and Logan as they moved into the semi-finals.

Our campers really enjoyed the performances and all of our counselors are in it to win it!!



SUPERHEROES RULE AT NABBY!

On Friday we celebrated SuperHero Day at Nabby and our campers came ready to rule the galaxy! In addition to seeing the world's most famous Superheroes on the Nabby stage in the morning...Superman saved the day when he saved Camp Director Joe from Pizza Girl and Hot Dog Man! We also had a special visit by our local heroes from the Mohegan Lake Volunteer Fire Department who met our campers and gave them a tour of their truck.



**CUBS AND PUPS**

We had the best time ever hiking on the Nature Trail with Ranger Rick. The best part was when we stopped to roast and eat yummy marshmallows!

**SMITH**

The Smith girls have discovered Gaga! They love playing this form of dodgeball every chance they get.

**CORNELL**

We had a blast in gymnastics this week. We loved climbing the crazy ropes and doing cartwheels!

**VASSAR**

We worked hard this week on our baseball skills by learning the right way to throw and catch a baseball. We also loved our Grit Ninja adventure!

**SKIDMORE**

We experimented playing silent dodgeball this week... We also cheered our counselors on as they climbed the Grit Ninja warped wall.

**WELLS**

We played hockey for the first time this week and loved it! We're proud of a lot of our girls getting their blue bands in swimming.

**BATES**

We were introduced to a new fun game this week...Steal the Bacon.

**BRYN MAWR**

We really fell in love with lacrosse this week!

**BARNARD**

The Barnard girls rocked the pool this week. They did 530 laps to support the Project Morry fundraiser.

**RADCLIFFE**

We had such fun this week participating in The Great Chase Race and climbing the warped wall with the Grit Ninja team.

**DOUGLASS**

The highlight of week for the girls of Douglass??? Easy! The return of Chipwich ice cream cookie sandwiches! These girls know their desserts!

**JACKSON**

We had fun at the Great Chase Race this week and really swam hard for the Project Morry fundraiser. One of our girls swam 66 laps!

**YALE**

The boys of Yale have joined the rest of the Nabby campers this summer in their love of Gaga! Also, some of the Yale boys even got to jump in and swim in the middle pool this week during instructional swim.

**COLGATE**

The Colgate boys were super excited for Super Hero Day! They've created such fun "super hero saves the city!" projects in Arts and Crafts this week.

**PRINCETON**

The Princeton boys are getting ready for the PGA tour - they've reached 35 holes in one on the mini golf course. Not only do they excel on the putting greens, but they also are amazing swimmers!

**STANFORD**

The Stanford boys mastered the Grit Ninja course so well that they forced the Ninja masters to take notes on their skills! They also mastered the art of the bunt in baseball this week.

**BROWN**

The Brown boys decided to take on the Ninja Speed course this week and they blazed through it!

**HARVARD**

The Harvard boys took on the Brown boys in dodgeball this week for their first head to head competition. We'll need to wait to see the winner as they split their games and are at a 1 to 1 tie so far.

**TUFTS**

This week the Tufts boys had a bunny filled nature class. They loved how soft their fur was! They also participated in a Home Run Derby and showed their batting prowess.

**DARTMOUTH**

Dartmouth enjoyed playing handball this week, but their highlight was cheering on counselor Satchel to victory in the Lip Sync Contest!

**WILLIAMS**

The Williams boys got really loud rooting for their talented counselors this week. Richie made it to the last three contestants in the Ninja high jump competition and Logan was a Spice girl in the Lip Sync Battle.

**COLUMBIA**

The boys pushed themselves in the pool to benefit the Project Morry swim-a-thon and left it all on the field in their first Great Chase Race Epic event this week.

**DUKE**

The Duke boys were in awe as they watched how high our guest Ninja jumped during morning announcements and the 20 pull ups produced by counselor Vinnie during the Great Chase Race!

**TULANE**

Hockey was a first time sport for Tulane this week and it was a huge success! They also had a lot of the group reach the top of the warped wall on the Grit Ninja course.

**PENN**

We discovered the game of Newcomb this week and really enjoyed it. Our white team claimed first place in the Great Chase Race!

