

NABBY NEWS



WEEK 1 JUNE 30TH - JULY 3RD

A SPIRITED START TO SUMMER!

STARS, STRIPES, AND SMILES!

Nabby celebrated the 4th of July holiday all week long — from colorful firecrackers, glasses, pillows, and hats in Arts & Crafts to bomb pops for treats and festive flag cake in Cooking!



Red, White & Blue Day wrapped up Week 1 with a fun-filled, holiday-themed counselor scavenger hunt, while the sounds of camp favorites like “Firework” and “Party in the USA” kept campers moving and grooving in Music. Campers and counselors showed off their patriotic spirit in red, white, and blue — with tutus, face paint, and headbands adding to the dress-up day fun!



THE WEEK AHEAD...



WEEK OF JULY 7TH - JULY 11TH

GRIT NINJA WEEK!

Our campers will enjoy classes testing their agility, speed & balance - just like the famous Ninja Warriors!



MONDAY, JULY 7TH

10-YEAR CAMPER CEREMONY!

Just us in celebrating our amazing 10-year campers!



TUESDAY, JULY 8TH

WACKY SOCKS & POLKA DOTS!

Have fun getting dressed with your wacky socks and/or polka dots!



JESTER JIM SHOW!

A Nabby favorite juggling & beat box show!



WEDNESDAY, JULY 9TH

SENIOR CAMP EPIC: CAPTURE THE FLAG!

Red vs White in a Nabby classic competition!



FRIDAY, JULY 11TH

WESTERN DAY!

Time to circle the wagons for a Rootin' tootin' good time!

BE SURE TO CHECK OUT OUR FULL EVENT SCHEDULE IN OUR MOBILE APP!

THE FACES OF NABBY!

Meet the faces of Nabby! Each week, we're featuring campers and counselors as they share their favorite moments and memories from around camp.

First up: What was your favorite activity at camp this week?



Roxy - Head Counselor, Amherst
"Watching one of my girls overcome her fear and going on the zipline. I did it too!!"



Ezra - Princeton
"EVERYTHING!!"



Amelia - Pups
"Walking down the step of the little pool, into the water!"



Cian - Duke
"Playing with my friends at free swim!"



Lucy - Wells
"Going on the zipline at aerial adventure"



Vivienne - Bryn Mawr
"Playing gaga and going to gymnastics!"



Asher - Yale
"Playing gaga and dodgeball with my group!"



Jeremy - Dartmouth
"Climbing the rock wall at aerial adventure!"



Eleanor - Bryn Mawr
"Meeting my counselors for the first time and making new friends!"



Brian - Tennis Counselor
"Meeting all our campers & giving out high-fives!"



Oliver & William - Tulane
Oliver - "Going off the diving board and slide"
William - "Playing three ball in basketball!"



Have a suggestion for next week's question?

Send your ideas to
jeanie@campnabby.com

PASSING THE TORCH: SPORTS SPECIALISTS BUILD SKILLS, CONFIDENCE, AND FUN

Physical education has always been at the heart of Nabby's summer experience. When Frank and Flo Bertino purchased Camp Nabby in 1970, Frank — then the athletic director and head football coach at Riverdale Country School — reshaped the camp's program to emphasize teamwork, cooperation, athletic development, and social skills. These values remain the foundation of Nabby's mission today.

With more than 35 years as a physical education teacher and swim coach, their son Joe continues that legacy, making fitness and skill development a key part of every camper's day.

This summer, we're proud to welcome three dynamic sports specialists who bring a passion for physical education, a deep understanding of youth development, and a love of the game to our program. Their focus: building skills, boosting confidence, and always keeping it fun.

Vinny and Steve, new to Nabby this summer, are leading the way in our Junior Camp. Their goal is to support gross motor skill development through structured activities and play.

Vinny, a physical education teacher at a charter school, discovered Nabby through our very own Senior Camp Program Director — his former high school football coach, Joe C! He's also enjoying life as a Nabby parent, with both of his young sons enrolled. After just one day, one of his sons told him: "I can't wait to go to sleep so I can wake up and go to Nabby!"

Steve, who lives in Yorktown and has been teaching Physical Education in Pelham for over 24 years, also coaches football, basketball, and lacrosse. With experience at a variety of summer camps, he brings a well-rounded coaching style and a deep love for teaching: "It's easy to work here — the counselors are so wonderful with the campers, and the kids have been listening and excited to learn."

This summer, junior campers are learning the fundamentals of basketball (dribbling, passing, shooting) and baseball (hitting off a tee, base running, throwing, and fielding). "There are lots of future basketball and baseball stars here," Steve adds.

Returning for her second summer at Nabby is Cassandra, a full-time physical education and health teacher at The Hackley School and a coach for girls soccer and lacrosse. This summer, Cassandra is working with third grade and senior campers, creating full-season activity and progression plans that keep sports instruction fresh and developmentally appropriate.

Before camp began, all three specialists led training sessions during staff orientation, giving group counselors the tools to run engaging and instructional games with their campers.

Together, their shared goal is simple but powerful: help campers build skills, develop a love for sports, and — above all — have fun!



From left to right - Steve, Cassandra and Vinny.



Cassandra running a soccer game with Douglass.



Vinny and Steve sharing laughs with the Skidmore girls!

2025 EPIC GAMES START OFF WITH RELAY RACES!

Each year the Senior Camp at Nabby participates in exciting, summer long EPIC games. Last Wednesday, the entire Senior camp and their counselors were divided into Red and White teams for the first EPIC event of the summer - **The Relay Races**.

The **Red** and **White** counselor teams were ready to compete for the first points for their teams, only to be surprised by a “spoiler” team consisting of members of the Aerial Adventure and Sport Specialists Staff. Despite the campers cheering loudly for their respective counselor teams, the newly comprised spoiler team won the event with no points earned by either Red or White!

Using various sports equipment (balls, bats, agility ladders) and props (buckets, hippity hops, pizzas and sponges!) for the very creative relays, the campers began their quest for a victory.

The **White** team jumped off to a big lead early in the afternoon and after the initial Relay Races, they held a 600 to 200 lead. The **Red** team looked towards the event ending Tug of War competition to try and earn valuable points in order to catch the White team.

The **Red** team made up enough ground with their first Tug of War team to have the EPIC event come down to an epic ending! The counselor Tug of War was the last event of the day. If the **Red** team won, there would be a tie, but the **White** counselors out muscled their Red counterparts for a convincing victory, thereby sealing the overall win for the **White** team.



😄 SILLY SNAPS SEEN AROUND CAMP! 😄



😬 Vinny from Tulane trying his very best to stay upright in the Tug Of War battle between Red vs White team counselors!!



Amherst girls living their best life on Day 1 of camp!



Anthony from Aerial Adventure showing us how he enjoys a float in the pool!



Our friends from the Yorktown police coming to say hello at Nabby and enforcing the speed zone at our Trike path!!



PATRIOTIC BERRY CHEESECAKE

INGREDIENTS:

MAKES 1 SERVING

- 2 Tablespoons unsalted butter, melted
- ½ cup graham cracker crumbs (about 3 graham crackers)
- 3 oz cream cheese (softened)
- 3 large spoonfuls of Cool Whip
- ¼ cup powdered sugar
- ¼ tsp lemon juice

EQUIPMENT:

- Spoon
- Mallet
- Mixing Bowl
- ¼ cup measuring cup
- ¼ tsp measuring spoon
- Plastic Cups & Lids
- Mini Flags

DIRECTIONS:

- **Crust:** Crush graham crackers in a Ziplock bag with a mallet. Be careful not to overcrush and rip the bag!
- Melt the butter in the microwave in a medium heat-proof bowl (this will already be done for you!). Stir in the graham cracker crumbs and use a spoon to mix well. The mixture will resemble wet sand. Spoon a big spoonful into the bottom of each cup. Set cup aside.
- **Filling:** In a large bowl, mix softened cream cheese, cool whip, powdered sugar, and lemon juice until very smooth. Make sure there are no large lumps of cream cheese. If there are lumps, keep mixing until smooth.
- Layer a few large spoonfuls of filling on top of the crust in the jars. Make sure to leave room for the topping.
- Top with blueberry or strawberry topping (or a mixture of both!)
- Garnish with American flag!



APPLE PIE IN A JAR

INGREDIENTS:

MAKES 1 SERVING

- 3 graham crackers
- 2 TBSP butter, melted
- ½ cup apple pie filling
- Whipped Cream
- Cinnamon Sugar Mix

EQUIPMENT:

- Small bowl
- ½ cup measuring cup
- Mixing spoons
- Mallet

DIRECTIONS:

- Place graham crackers into zip lock bag, seal, and crush with mallet. Graham cracker crumbs should be very fine.
- Dump graham cracker crumbs into melted butter. The mixture will resemble wet sand.
- Spoon mixture into the bottom of your cup and set cup aside.
- Spoon ½ cup of apple pie filling into cup.
- Spray layer of whipped cream on top of apple pie filling.
- Top with cinnamon sugar mixture!