



SIGNATURE

SPORTS CAMPS

LOCATED IN: FLORIDA | TENNESSEE | NEW YORK | NEW ENGLAND

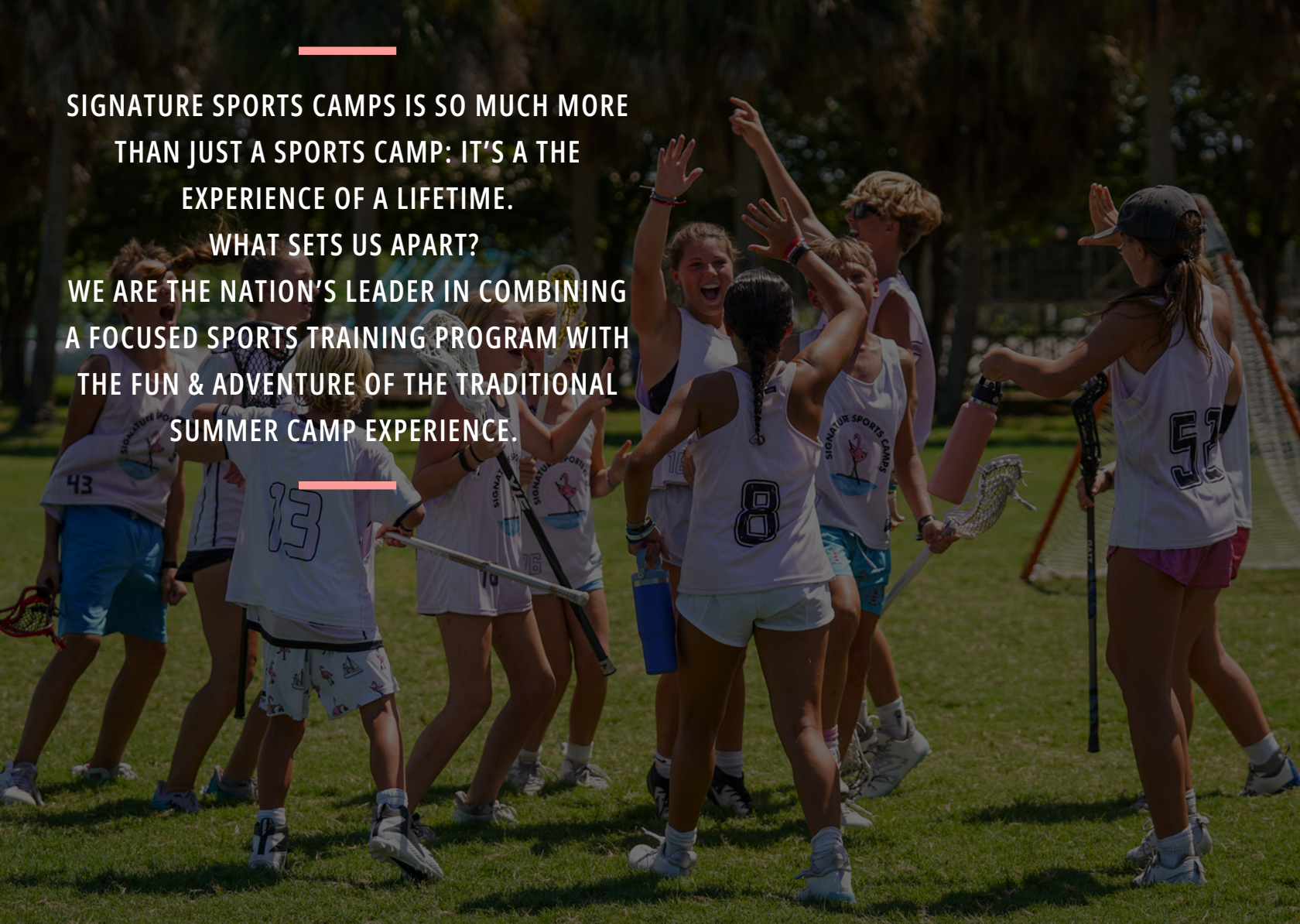
overnightsportscamps.com

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SIGNATURE SPORTS CAMPS IS SO MUCH MORE
THAN JUST A SPORTS CAMP: IT'S A THE
EXPERIENCE OF A LIFETIME.

WHAT SETS US APART?
WE ARE THE NATION'S LEADER IN COMBINING
A FOCUSED SPORTS TRAINING PROGRAM WITH
THE FUN & ADVENTURE OF THE TRADITIONAL
SUMMER CAMP EXPERIENCE.



WELCOME TO SIGNATURE SPORTS CAMPS

Where traditional overnight summer camp meets sports camp.

On the field, boys & girls ages 8-17 get coached by the Professional Athletes you watch on ESPN, alongside the Signature Resident Coaches, who are college players and alumni. Off the field, campers enjoy the full summer camp experience with excursions, camp games, and leadership development.

AGES 8-17





THE SIGNATURE SPORTS CAMP DIFFERENCE

The Signature Sports Overnight Summer Camp Series has three staples: our Schedule, our Coaches, and our Locations. Pretty simple right? Let's dive in to learn what makes each of these elements so unique:

Our Locations: Where Adventure Awaits

Each campus is safe, up-to-date, and small with a central feel to cultivate the “camp community” setting. Beyond the facilities, every sports camp location ties us to the “Great Outdoors” by giving us access to what’s unique about that region: whether that’s the lake, a waterfall, or access to the beach.

Our Schedule: Dive into the Action

On the field, campers grow their confidence, advance their skillset in their sport – lacrosse, soccer, flag football, volleyball, or field hockey, and walk away inspired by our coaching staff. Off the field, adventure awaits! From hiking to waterfalls, to s’mores on the beach at sunset, each camper has the opportunity to unplug and connect with new friends in nature.

Our Coaches: The Best Roles Models

Meet our Signature Resident Coaches: Activators, Leaders, and Experts. Signature Coaches get everyone involved, inspire future leaders, and bring expertise to the field from high-level collegiate play. Our Coaches are background & reference checked, and often return year after year.





LOCATIONS

Live your best life at our unique overnight summer camps across the USA, each tailored to deliver specialized athletic training.

Florida's sun-kissed shores are the perfect backdrop for our lacrosse camp, volleyball camp, flag football camp and soccer camp, offering intensive skill development alongside the summer breeze and beach views.

In **Tennessee**, our lacrosse camp invites players to immerse themselves in their sport while exploring the natural wonders of our campus, including a swimming hole and waterfall hikes.

Upstate New York is the proud home of our lacrosse camp and field hockey camp, where athletes can train vigorously while taking advantage of lake access for swimming and paddle boarding.

And don't forget about **New England**: A true "sleepaway camp experience" with cabins, a beach, lake swimming, and perfect sports fields set up for lacrosse training.

Each camp is designed to foster growth, skill enhancement, and a love for the game in a picturesque setting.



— RESIDENT COACHES / CAMP STAFF —

A pillar of Signature Sports Camps' programming is our [coaches](#). Resident Coaches are coaches who specialize in each position of the sports track (remember, we offer sports tracks in [Lacrosse](#), [Soccer](#), [Volleyball](#), [Flag Football](#) & [Field Hockey](#)). These coaches are college players, college coaches, & alumni who are passionate about not only teaching aspects of the sport but also a camper's built-in role model. Resident Coaches double as Camp Counselors, staying on campus day and night and trained in supervision, safety, & our Signature programming.

All staff members undergo background checks and receive extensive training and mentoring. They are selected for their individual skills and their ability to connect with and inspire our campers! They support every camper and ensure they have an incredible camp experience year after year!



CAMP DIRECTOR

Our Camp Director is Maddie Soviero, founder of Signature Sports Camps. Maddie specializes in the camp experience: averaging a 9 out of 10 rating on post-camp surveys, taking Signature Sports Camps from 0-300 campers in just 3 years, and leading the ACA Accreditation Process for our camps. Maddie handles all staffing, training, and operations for Signature Sports Camps. She goes to each location every summer to ensure a proper kickoff.

In addition to Signature Sports Camps, Maddie oversees the growth of lacrosse in the Tampa Bay Area of Florida. She founded a travel program, manages recreational programs, and serving as the FGCLL League President. In her efforts in Tampa Bay alone, Maddie provides sports programming for over 1,000+ athletes in a typical year.



SPORTS TRACKS

Lacrosse
Field Hockey
Soccer
Volleyball
Flag Football



ON THE FIELD

Youth, Middle School, & High School athletes choose Signature for their off-season sports training. Why? Well, our Resident Coaches come from collegiate and club playing experience – ready to pour into our campers on the field. Not only do our Resident Coaches coach, but they also jump into the drills, demonstrate, and actively critique each athlete to enhance fundamentals, push their comfort zone, and teach new concepts that elevated each camper’s creativity on the field.

Campers are divided by gender, age, and skill level on the field. With this approach to thoughtful grouping, we can cater to beginner, intermediate, and advanced skill levels. We see athletes in their first year of the sport AND athletes who’ve been playing club ball for years. Each athlete is placed in the skills group that is appropriate for their experience.

TEACHING LIFE LESSONS
THROUGH SPORTS





— LACROSSE TRACK —

In our Lacrosse track, athletes can expect targeted training delivered by a distinguished team of seasoned Resident Coaches alongside our Headlining PLL, NLL, Team USA, or otherwise Professional Coaches.

Resident Coaches have extensive collegiate playing experience and are experts in their respective positions, including specialty roles such as goalie and face-off/draw.

To maximize the development of each player, we meticulously organize athletes into groups based on their gender, age, and skill level. Athletes can expect position-specific drills, IQ development through hands-on coaching & demos, our famous end-of-session tournaments, and so much more.





— SOCCER TRACK —

Our Soccer track works hand-in-hand with the Eckerd College DII Soccer Program. The curriculum is developed by Eckerd College's accomplished Head Coach, Luke Sheekey. In addition to Luke, expect to find Resident Coaches specializing in each position from all over the world.

As for the pros, we with the Tampa Bay Rowdies & Tampa Bay Sun Professional Clubs to bring in the stars your athlete watches on ESPN.

We split our players into groups on the field to guarantee that every athlete benefits from an elite level of training specifically designed to enhance their skill set in their chosen specialty, fostering significant growth in their abilities.





— VOLLEYBALL TRACK —

In our Volleyball track, athletes can expect elite-level training led by a distinguished team of Resident Coaches alongside our Headlining NCAA, USA Volleyball, and Professional Coaches.

Resident Coaches bring extensive collegiate playing and coaching experience and are experts across every position on the court — from setters and hitters to liberos and defensive specialists.

To maximize the growth of each athlete, players are thoughtfully grouped by age, skill level, and experience.

Athletes can expect position-specific drills, tactical IQ development through hands-on coaching and demonstrations, team-building competitions, and our signature end-of-session tournament — all designed to elevate their game and ignite their love for volleyball.





— FLAG FOOTBALL TRACK —

In our Flag Football track, athletes can expect dynamic, high-energy training led by a standout team of Resident Coaches alongside Headlining NCAA, National Flag, and Professional Coaches.

Resident Coaches bring years of collegiate playing and/or coaching experience and are experts across all positions.

To maximize player development, athletes are strategically grouped by age, skill level, and experience. Participants can expect position-specific drills, offensive and defensive IQ sessions, game simulations, team competitions, and our signature end-of-session championship tournament — all designed to build skill, confidence, and a lifelong love for the game.





— FIELD HOCKEY TRACK —

Our field hockey program works hand-in-hand with Keuka College's Field Hockey program and staff. Together, we implement a curriculum that challenges each player while reinforcing fundamentals and game IQ.

Field Hockey players are divided into groups based on skill level and age for instructional stations, gameplay, demonstrations, and Q&A's. Resident Coaches are experts in each position and trained to implement the Signature programming, while Professional Field Hockey players from Team USA headline select sessions throughout Camp.



— MEET THE PROS —

Introducing our Professional Athlete Headliners: these are the athletes that campers look up to and watch on ESPN.

These athletes play the sport at the highest level and come to camp to “Headline” our sports sessions for a few select sessions to reinvigorate and inspire our players. Headliners lead sports sessions, provide a group demo on a special skill, lead a Q&A on their sports journey, and then end with autographs and pictures.

PAST HEADLINERS

Each year our Headlining Professional Athletes change, so here’s a look into a few of our headliners in the past.

Signature Sports Camps has welcomed over 30+ Professional Athletes to headline camp sessions.



Dhane Smith (Lacrosse)

- Professional Lacrosse Player in the PLL, NLL, & Team Canada
- In the last 4 years, Dhane has won 4 Championships in the Field & Box game.
- Dhane is the '23 NLL League MVP & '23 & '24 NLL Champion on the Buffalo Bandits.
- 3x Team Canada Gold Medalist

Dhane has headlined the Florida, Tennessee, & New York camp locations.

Nicky Law (Soccer)

- Professional Soccer player in the English Premier League, English League One, & Scottish Premiership (2005- 2021)
- Professional Soccer player in the North American Soccer League (2021- 2023)
- Interim Head Coach for the Tampa Bay Rowdies (2023-)

Nicky Law Headlined the Soccer Camp in Florida in 2024.



Danielle Grega (Field Hockey)

- Professional Field Hockey player on Team USA Women’s National Team (2017-2018)
- FIH Pro League (2019-2024): Earning 2 Silver medals, 1 Bronze medal, and 8 championship appearances.
- Played DI Field Hockey at Old Dominion University, where she was named a 2x All-Big East Selection.

Danielle Grega Headlined the Field Hockey Camp in New York in 2024.

THESE ARE JUST A FEW EXAMPLES: WE’VE WELCOMED OVER 50+ PRO ATHLETES



SOME OF OUR FAVORITE CAMP ACTIVITIES

S'mores & Campfires

Beach Dance Party

Pool and/or Lake

Paddle boarding

Kayaking

Beach Games

Canteen Games

Camp Kickball

Medicine Man

Movie Night

Game Trucks

Shark Tank

Lake-front Games

Hikes & Swimming in

Waterfalls

End of Camp BBQ

Jumps off the

Floating Dock

Karaoke Nights

Pontoon Boat Rides



"THE ENTIRE SIGNATURE SPORTS CAMP EXPERIENCE WAS OUTSTANDING. THE GENUINE CARING AND SUPPORT OFFERED BY THE ENTIRE TEAM – FROM PRE-CAMP JITTERS TO HAPPY DEPARTURE DAY – WAS REASSURING AND SET OUR MIND AT EASE WITH OUR CAMPER AWAY FROM HOME. THE SKILLS AND TECHNIQUES OUR SON CAME HOME WITH WERE TOP-LEVEL AND INSPIRATIONAL. WE'RE LOOKING FORWARD TO GOING BACK!"



EXCURSIONS

Each location boasts a taste of adventure that connects our campers to the elements that are unique to the region.



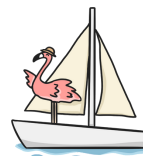
TENNESSEE: FOSTER FALLS
WATERFALL HIKE & SWIM



NEW YORK: WATKINS GLEN STATE
PARK HIKE: GORGES & WATERFALLS



FLORIDA: PADDLE BOARDING
THROUGH THE MANGROVES



NEW ENGLAND: TUBING &
BOAT RIDES THROUGH THE LAKE

TAKING "SPORTS CAMP" TO
A WHOLE NEW LEVEL!





CROSSOVER WEEKENDS

Is your camper planning on doing two sessions at camp this year? Select locations ([Florida](#) & [Tennessee](#)) have a weekend between sessions of overnight sports camp. Parents can opt-in to have their camper stay for a “Crossover Weekend” - which means your camper is cared for between sessions and automatically checked into the next session.

Crossover weekends are geared towards recovery. Campers can expect a holistic wellness approach and education on crossover weekends, including programming like:

- Yoga & mobility sessions
- Cold plunges
- Sports Psychology seminars
- Wellness seminars: nutrition, etc.
- Speed & Agility sessions
- Small Group Training sports sessions

Crossover weekends still bring the programming, excitement, and fun that is “Signature Sports Camps”, just at a slower pace so campers can rest and prepare for our next session. Crossover weekends are reserved for campers ages 12+. Campers younger than 12 are still welcome to do multiple sessions; however, we ask parents to check campers out of Session I and back into Session II after a few days of rest at home.



FRIENDSHIPS THAT
LAST A LIFETIME



FOOD

Campers rave about our food! Each location is a little different, however, all camps boast lots of options, buffet/ food court style (grab as much as you can eat!), and a friendly dining staff that'll point you in the right direction if you have questions.

We accommodate food allergies, restrictions, and picky eaters.

All locations serve a variety of options for breakfast, lunch, and dinner (*well, and dessert!*).



HEALTH & SAFETY

Signature Sports Camps provides a Health & Wellness staff at each camp location, including: a Camp Nurse, Athletic Trainers, and Health Director.

Signature Sports Camps is also a member of the Alliance for Camp health. The Alliance for Camp Health is the experts in the industry and reviews all Signature Health & Wellness policies and training.





CONTACT US

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