



SUMMER 365'S

GUIDE TO FINDING A WELL-ROUNDED SPORTS CAMP

The pressure to specialize in a single sport is reaching kids earlier than ever, with year-round training increasingly treated as the path to athletic success. But for young boys, more isn't always better. A well-rounded sports camp offers a different approach: high-quality instruction and meaningful competition alongside outdoor adventure, unstructured play, strong friendships, and all the fun of camp life. At Winaukee, boys have the freedom to focus deeply on their favorite sports, cross-train, try something new, and rediscover the simple joy of playing. The result is an environment that develops not just stronger athletes, but more confident, adaptable young men.

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summer 365

KEY FEATURES:

- High-level instruction and competition, balanced with classic camp activities and new experiences
- A welcoming community built on character
- A tech-free setting that fosters real connection

BENEFITS:

- Prevents burnout and overuse injuries through natural cross-training
- Builds resilience and grit in a supportive environment
- Develops leadership and sportsmanship: winning with class, losing with grace
- Fosters lasting friendships with peers from around the world

WORK BEST FOR CAMPER:

- Sports-loving boys wanting classic camp
- Families wanting flexibility
- Boys who enjoy being a part of a close-knit community
- Campers eager to try new things

PARENT QUESTIONS:

- How does camp balance elite instruction with classic fun?
- Can my son try new things as a beginner?
- How is character built on the field?
- How does this compare to other sports camps?

A TYPICAL DAY MIGHT INCLUDE:

- Morning baseball reps or tactical soccer drills
- Afternoon waterskiing, ropes course, or sailing
- Dock jumps into the lake with friends
- Evening campfires, traditions, or fierce Color War competitions



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Since 1920, Camp Winauke has welcomed boys to the shores of Lake Winnepesaukee for summers defined by community, growth, sportsmanship and fun. Our unique two-campus journey: a Mainland campus for boys ages 7-12 and an Island campus for ages 13-15, creates a close-knit community that intentionally grows with your son. Here, boys trade screens for real connection, outdoor adventure, lake life and high-level sports instruction from collegiate mentors.

At Winauke, character matters beyond the scoreboard; boys learn to compete hard while being great teammates. Through shared challenges and traditions, they build true resilience, coming home stronger, more grounded, and confident.

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THE WINAUKEE APPROACH:

- High-level instruction
- Multi-sport development
- A well-rounded, traditional experience
- Fun that keeps boys connected to the joy of playing

CHARACTER BEYOND THE SCOREBOARD:

- Be a great teammate, on and off the field
- Encourage others, especially when things get tough
- Growth through healthy competition, friendship and community

A TWO-CAMPUS JOURNEY:

- Mainland campus for boys ages 7-12
- Island campus for ages 13-15
- A camp that grows with your son
- One culture, shared values

UNPLUGGED BROTHERHOOD & OUTDOOR ADVENTURE

- Screens traded for real connection
- Lake Winnepesaukee and the White Mountains, New Hampshire
- Home sharper, stronger, more grounded

ELITE MENTORSHIP & DYNAMIC PROGRAM

- Counselors = your big brothers
- Collegiate athletes = top-notch instructors and live-in mentors
- Robust inter-campus schedule = plenty of competition
- Dynamic socials and exciting out-of-camp trips