



JUNE 22-26 WEEK 1

MONDAY
VIRTUE OF THE WEEK: RESPECT
RESPECT EACH OTHER. RESPECT THE GAME.

TUESDAY
Skills development & technical instruction

WEDNESDAY
NBA DAY
Wear your favorite Basketball team's gear to Camp (Hat, T-shirt, jersey, or more!)

THURSDAY
Fun skills activities & game play

FRIDAY
SPECIAL EVENT: WATER WARRIORS FIELD CHALLENGE
Pack an extra set of dry clothes.

RED VS. BLUE COMPETITION
Wear your team color to camp

AWARDS CEREMONY

Throughout the Summer, World-Class Guest Coaches & Athletes will visit camp to conduct instructional sessions and clinics. Stay tuned for more details coming soon!

JUNE 29 - JULY 2 WEEK 2

MONDAY
VIRTUE OF THE WEEK: POSITIVITY
GOOD ATTITUDE = GREAT ATHLETE

TUESDAY
Skills development & technical instruction

SPECIAL EVENT: FOAM PARTY
Don't forget an extra bathing suit and goggles!

WEDNESDAY
SPECIAL EVENT: PATRIOTIC WATER BALLOON BONANZA DAY
Pack an extra set of dry clothes and get ready for some crazy & colorful water balloon tosses, relays and more.

HOORAY FOR THE USA!
Celebrate America's 250th Birthday! Join in the celebration—festive red, white, and blue outfits encouraged!

Fun skills activities & game play

THURSDAY
AWARDS CEREMONY

FRIDAY
NO CAMP
Happy 4th of July

JULY 6-10 WEEK 3

MONDAY
VIRTUE OF THE WEEK: GRATITUDE
What are you grateful for?

SHOW APPRECIATION FOR YOUR COACHES AND TEAMMATES

Skills development & technical instruction

WORLD LEAGUE COMPETITION KICK OFF!

TUESDAY
Fun skills activities & game play

NHL DAY
Wear your favorite Hockey team's gear to Camp (Hat, T-shirt, jersey, or more!)

PEP RALLY
Show your team spirit!

WEDNESDAY
WORLD LEAGUE GAMES

WORLD LEAGUE COMPETITION
Academy of the Holy Cross Sports Camp travels to Gilman School in Baltimore, MD for a fun-filled day of spirited competition with ESF/Gilman Sports Camp!

THURSDAY
SPECIAL EVENT: WATER PARK DAY!
Bring an extra bathing suit and towel!

FRIDAY
TEAM PHOTOS
Wear your camp t-shirt today.

AWARDS CEREMONY

JULY 13-17 WEEK 4

MONDAY
VIRTUE OF THE WEEK: KINDNESS
Perform a random act of kindness each day!

KIND WORDS MAKE STRONG TEAMS

ULTIMATE GAMES WEEK
Blue vs. Green...Who will be this year's champion?

TUESDAY
Skills development & technical instruction

WEDNESDAY
LET'S PAINT THE CAMP BLUE AND GREEN!
Wear your Ultimate Games Team color to camp (hats, ribbons, tops, shorts, and socks)! Parents, decorate your car in your child's team color!

Fun skills activities & game play

THURSDAY
CELEBRATING NATIONAL CAMP KINDNESS DAY!

SPECIAL EVENT: COLOR FUN RUN
Wear a white shirt! Bring a change of clothes and goggles.

FRIDAY
RED VS BLUE COMPETITION
Wear your team color to camp

ULTIMATE GAMES CLOSING CEREMONIES

AWARDS CEREMONY

JULY 20-24 WEEK 5

MONDAY
VIRTUE OF THE WEEK: TRUSTWORTHINESS
DO THE RIGHT THING. CHARACTER COUNTS

Skills development & technical instruction

TUESDAY
SPECIAL EVENT: WATER PARK DAY!
Bring an extra bathing suit and towel!

PEP RALLY
Show your team spirit!

WEDNESDAY
WORLD LEAGUE GAMES

WORLD LEAGUE COMPETITION
The Academy of the Holy Cross hosts ESF/Gilman Sports Camp for a fun-filled day of spirited competition!

THURSDAY
WORLD CUP DAY
Wear your favorite Soccer team's gear to Camp (Hat, T-shirt, jersey, or more!)

FRIDAY
Fun skills activities & game play

SPECIAL EVENT
DIY CAMP CARNIVAL
Hosted by Senior Camp

AWARDS CEREMONY

JULY 27-31 WEEK 6

MONDAY
VIRTUE OF THE WEEK: RESILIENCY
DON'T GIVE UP. BOUNCE BACK STRONGER. KEEP TRYING. YOU CAN DO IT.

SPORTS CAMP IRON CAMPER TRAINING CAMP WEEK
The exciting, action-packed week includes daily team building events in the areas of strength, fitness, and endurance.

THE COMBINE
A FUN set of skills challenging your agility, mobility, and speed.

TUESDAY
INFLATABLE OBSTACLE COURSE
Compete on an obstacle course custom designed around campus. Highlights include an inflatable challenge course.

WEDNESDAY
GET YOUR GLOW ON! IT'S NEON DAY
Wear as much NEON to camp as possible - the more fluorescent the better! It's gonna be bright! Silly Sunglasses recommended!

INTERNATIONAL DAY OF FRIENDSHIP
Meet a new teammate today!

Fun skills activities & game play

AQUA OLYMPICS

THURSDAY
IRON CAMPER CAMPWIDE RELAY

SPECIAL EVENING EVENT!!!
FAMILY FLING, 6:30PM Join us for an unforgettable evening of fun, family and friends, as we celebrate the Summer of 2026.

FRIDAY
RED VS BLUE COMPETITION
Wear your team color to camp

AWARDS CEREMONY

AUGUST 3-7 WEEK 7

MONDAY
VIRTUE OF THE WEEK: EFFORT
EFFORT OVER OUTCOME

TUESDAY
Skills development & technical instruction

WEDNESDAY
SPORTS FANATIC DAY
It's a Fan Frenzy! Wear your favorite Collegiate Team's jersey and gear to camp or come representing your local leagues (ie. Little League, Travel Soccer, etc.)

THURSDAY
Fun skills activities & game play

FRIDAY
RED VS BLUE CHAMPIONSHIP
Wear your Team color to Camp!

AWARDS CEREMONY

SEE YOU NEXT SUMMER!