



#### 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!).*

**SPECIAL GUEST**  
John Allen: Seton Hall Basketball Star & International Pro!

**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**

#### 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 250<sup>th</sup> Birthday! Join in the celebration—festive red, white, and blue outfits encouraged!*

**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 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!  
INFLATABLE WATER SLIDE  
*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!

**IRON CAMPER CAMPWIDE RELAY**

**THURSDAY**  
SPECIAL GUEST  
Milt Thompson: Former Philadelphia Phillies Outfielder & World Series Champion Coach

**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**  
AQUA OLYMPICS

**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.).*

**SPECIAL GUEST:**  
Tim Petersen, Founder & Tim Myarick, Head Performance Coach: Top Player Performance

**THURSDAY**  
Fun skills activities & game play

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

**AWARDS CEREMONY**

**SEE YOU NEXT SUMMER!**