



HIGHLIGHTS CALENDAR • SUMMER FUN 2022

AT THE ACADEMY OF THE HOLY CROSS • 301-493-2525



8 WEEKS OF AWESOME UA SPORTSLAB



WEEK 1 JUNE 20-24	WEEK 2 JUNE 27-JULY 1	WEEK 3 JULY 5-8	WEEK 4 JULY 11-15	WEEK 5 JULY 18-22	WEEK 6 JULY 25-29	WEEK 7 AUGUST 1-5	WEEK 8 AUGUST 8-12
<p>MONDAY</p> <p>VIRTUE OF THE WEEK: RESPECT</p> <p>WELCOME TO SPORTSLAB <i>LEARN MORE, PLAY MORE, BE MORE</i></p> <p>UNDER ARMOUR</p> <p>INTRO TO UNDER ARMOUR FITNESS TRAINING</p> <p><i>RISE READY: WIN THE MORNING, WIN THE DAY</i></p> <p><i>MOVE BETTER!</i></p> <p>TUESDAY Skills development & technical instruction</p> <p>WEDNESDAY</p> <p>MLB JERSEY DAY <i>Wear your favorite baseball team's gear to camp (hat, t-shirt, jersey or more!)</i></p> <p>Fun skills activities and game play</p> <p>THURSDAY SPORTSLAB FINALS</p> <p>ACC & BIG 10 Flag Football & Soccer</p> <p>IVY & BIG EAST Basketball & Baseball</p> <p>FRIDAY SPORTSLAB FINALS</p> <p>RED VS. BLUE COMPETITION</p> <p>ACC & BIG 10 Basketball, Baseball & Team Handball</p> <p>IVY & BIG EAST Flag Football, Soccer & Team Handball</p> <p>AWARDS CEREMONY</p>	<p>MONDAY</p> <p>VIRTUE OF THE WEEK: KINDNESS Perform a Random Act of Kindness Each Day!</p> <p>UNDER ARMOUR</p> <p>FITNESS TRAINING <i>MOVE FASTER!</i></p> <p>TUESDAY Skills development & technical instruction</p> <p>WEDNESDAY</p> <p>GET YOUR GLOW ON! IT'S NEON DAY <i>Wear as much NEON to camp as possible - the more fluorescent the better! It's gonna be bright! Silly Sunglasses recommended!</i></p> <p>Fun skills activities and game play</p> <p>THURSDAY SPORTSLAB FINALS</p> <p>ACC & BIG 10 Flag Football & Soccer</p> <p>IVY & BIG EAST Basketball & Baseball</p> <p>FRIDAY SPORTSLAB FINALS</p> <p>ACC & BIG 10 Basketball, Baseball & Team Handball</p> <p>IVY & BIG EAST Flag Football, Soccer & Team Handball</p> <p>AWARDS CEREMONY</p>	<p>MONDAY</p> <p>NO CAMP Happy 4th of July</p> <p>TUESDAY</p> <p>VIRTUE OF THE WEEK: POSITIVITY</p> <p>UNDER ARMOUR</p> <p>FITNESS TRAINING <i>MOVE STRONGER!</i></p> <p>Skills development & technical instruction</p> <p>WEDNESDAY</p> <p>RED, WHITE & BLUE DAY <i>Come to camp dressed in red, white and blue. Stars and Stripes too!</i></p> <p>Fun skills activities and game play</p> <p>THURSDAY SPORTSLAB FINALS</p> <p>ACC & BIG 10 Flag Football & Soccer</p> <p>IVY & BIG EAST Basketball & Baseball</p> <p>FRIDAY SPORTSLAB FINALS</p> <p>ACC & BIG 10 Basketball, Baseball & Team Handball</p> <p>IVY & BIG EAST Flag Football, Soccer & Team Handball</p> <p>AWARDS CEREMONY</p>	<p>MONDAY</p> <p>VIRTUE OF THE WEEK: GRATITUDE What are you grateful for?</p> <p>UNDER ARMOUR</p> <p>FITNESS TRAINING <i>MOVE LONGER</i></p> <p>Skills development & technical instruction</p> <p>TUESDAY</p> <p>WORLD LEAGUE COMPETITION KICK OFF!</p> <p>PEP RALLY <i>Your team color is GREY. Show your team spirit and wear GREY to camp today!</i></p> <p>WEDNESDAY</p> <p>WORLD LEAGUE COMPETITION</p> <p>TEAM PHOTOS <i>Wear your camp t-shirt today!</i></p> <p>THURSDAY</p> <p>WORLD LEAGUE COMPETITION</p> <p>FRIDAY SPORTSLAB FINALS</p> <p>ACC & BIG 10 Basketball, Baseball & Team Handball</p> <p>IVY & BIG EAST Flag Football, Soccer & Team Handball</p> <p>AWARDS CEREMONY</p>	<p>MONDAY</p> <p>VIRTUE OF THE WEEK: TRUSTWORTHINESS</p> <p>UNDER ARMOUR</p> <p>FITNESS TRAINING <i>TRAIN THOSE CHARACTER MUSCLES</i></p> <p>SPORTSLAB IRON CAMPER TRAINING CAMP WEEK The exciting, action-packed week includes daily teambuilding events in the areas of strength, fitness, and endurance.</p> <p>TUESDAY <i>#CampKindnessDay</i></p> <p>THE UNDER ARMOUR WAY COMBINE A FUN set of skills challenging your agility, mobility, and speed.</p> <p>AQUA OLYMPICS Presented by Aquatics (For Big 10 & ACC Campers only)</p> <p>WEDNESDAY</p> <p>WORLD SOCCER JERSEY DAY <i>Wear your favorite soccer's teams gear to camp (hat, t-shirt, jersey or more).</i></p> <p>IRON CAMPER APACHE RELAY</p> <p>THURSDAY</p> <p>UA OBSTACLE COURSE Compete on an obstacle course custom designed around campus.</p> <p>FRIDAY</p> <p>PARKOUR BOOT CAMP</p> <p>SPORTSLAB FINALS</p> <p>ACC & BIG 10 Basketball, Baseball & Team Handball</p> <p>IVY & BIG EAST Flag Football, Soccer & Team Handball</p> <p>AWARDS CEREMONY</p>	<p>MONDAY</p> <p>VIRTUE OF THE WEEK: RELIENCY</p> <p>UNDER ARMOUR</p> <p>FITNESS TRAINING <i>SPRING BACK INTO PLAY</i></p> <p>Skills development & technical instruction</p> <p>TUESDAY</p> <p>WORLD LEAGUE COMPETITION FINALS KICK-OFF!</p> <p>PEP RALLY <i>Your team color is GREY. Show your team spirit and wear GREY to camp today.</i></p> <p>WEDNESDAY</p> <p>WORLD LEAGUE CHAMPIONSHIP FINALS</p> <p>THURSDAY</p> <p>WORLD LEAGUE CHAMPIONSHIP FINALS</p> <p>FRIDAY SPORTSLAB FINALS</p> <p>ACC & BIG 10 Basketball, Baseball & Team Handball</p> <p>IVY & BIG EAST Flag Football, Soccer & Team Handball</p> <p>AWARDS CEREMONY</p>	<p>MONDAY</p> <p>VIRTUE OF THE WEEK: EFFORT</p> <p>UNDER ARMOUR</p> <p>FITNESS TRAINING <i>GIVE YOUR BEST EFFORT</i></p> <p>TUESDAY</p> <p>ULTIMATE GAMES WEEK Blue vs. Green...Who will be this year's champion?</p> <p>Skills development & technical instruction</p> <p>WEDNESDAY</p> <p>TEAM SPIRIT DAY <i>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!</i></p> <p>Fun skills activities and game play</p> <p>THURSDAY SPORTSLAB FINALS</p> <p>ACC & BIG 10 Flag Football & Soccer</p> <p>IVY & BIG EAST Basketball & Baseball</p> <p>FRIDAY SPORTSLAB FINALS</p> <p>ACC & BIG 10 Basketball, Baseball & Team Handball</p> <p>IVY & BIG EAST Flag Football, Soccer & Team Handball</p> <p>AWARDS CEREMONY</p> <p><i>SEE YOU NEXT SUMMER!</i></p> <p>ULTIMATE GAMES CLOSING CEREMONIES</p> <p>AWARDS CEREMONY</p>	<p>MONDAY</p> <p>VIRTUE OF THE WEEK: COMMUNITY</p> <p>UNDER ARMOUR</p> <p>FITNESS TRAINING <i>CELEBRATE THE TALENTS, ACCOMPLISHMENTS OF EACH OTHER</i></p> <p>TUESDAY</p> <p>Skills development & technical instruction</p> <p>WEDNESDAY</p> <p>SPORTS FANATIC DAY It's a Fan Frenzy! <i>Wear your favorite Collegiate team's gear to camp! (Hat, T-shirt, jersey, or more!)</i></p> <p>Fun skills activities and game play</p> <p>THURSDAY SPORTSLAB FINALS</p> <p>ACC & BIG 10 Flag Football & Soccer</p> <p>IVY & BIG EAST Basketball & Baseball</p> <p>FRIDAY SPORTSLAB FINALS</p> <p>ACC & BIG 10 Basketball, Baseball & Team Handball</p> <p>IVY & BIG EAST Flag Football, Soccer & Team Handball</p> <p>AWARDS CEREMONY</p>

*Calendar of events is subject to change.