



SPORTS CAMP

POWERED BY UNDER ARMOUR
AT THE EPISCOPAL ACADEMY | 2019

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JUNE	10	11	12	13	14
WEEK 1	SPORTSLAB IS NOT IN SESSION THE WEEK OF JUNE 10TH - 14TH				
JUNE	Virtue of the Week RESPECT 17	18	19	SPORTSLAB FINALS 20	SPORTSLAB FINALS 21
WEEK 2	WELCOME TO SPORTSLAB Learn MORE, Play MORE, BE MORE INTRO TO UNDER ARMOUR FITNESS TRAINING UNDER ARMOUR GIVE YOUR BEST EFFORT	SKILLS DEVELOPMENT AND TECHNICAL INSTRUCTION	FUN SKILLS ACTIVITIES & GAME PLAY	ACC & BIG 10 Flag Football & Soccer IVY & BIG EAST Basketball & Baseball	ACC & BIG 10 Basketball, Baseball & Team Handball IVY & BIG EAST Flag Football, Soccer & Team Handball AWARDS CEREMONY
JUNE	Virtue of the Week KINDNESS 24	25	26	SPORTSLAB FINALS 27	SPORTSLAB FINALS 28
WEEK 3	UNDER ARMOUR FITNESS TRAINING UNDER ARMOUR MOVE BETTER	FUN SKILLS ACTIVITIES & GAME PLAY	TEAM SPIRIT DAY It's time for Fan Fever! Wear your favorite Pro or Collegiate team's gear to camp! (Hat, T-shirt, jersey, or more!)	ACC & BIG 10 Flag Football & Soccer IVY & BIG EAST Basketball & Baseball	RED VS. BLUE COMPETITION ACC & BIG 10 Basketball, Baseball & Team Handball IVY & BIG EAST Flag Football, Soccer & Team Handball AWARDS CEREMONY
JULY	Virtue of the Week POSITIVITY 1	2	3	4	SPORTSLAB FINALS 5
WEEK 4	UNDER ARMOUR FITNESS TRAINING UNDER ARMOUR MOVE FASTER	SKILLS DEVELOPMENT & TECHNICAL INSTRUCTION	MASTER COACH APPEARANCE SCOTT ROURKE FITNESS & SPORTS PERFORMANCE PROFESSIONAL POWERED BY UNDER ARMOUR RED, WHITE & BLUE DAY Come to camp dressed in red, white and blue... Stars and Stripes too!	NO CAMP HAPPY 4TH OF JULY!	ACC & BIG 10 Basketball, Baseball & Team Handball IVY & BIG EAST Flag Football, Soccer & Team Handball AWARDS CEREMONY
JULY	Virtue of the Week GRATITUDE 8	9	SPORTSLAB FINALS 10	11	SPORTSLAB FINALS 12
WEEK 5	UNDER ARMOUR FITNESS TRAINING UNDER ARMOUR MOVE STRONGER	FUN SKILLS ACTIVITIES & GAME PLAY TEAM PHOTO DAY Wear your SportsLab Under Armour performance T-shirt!	ACC & BIG 10 Flag Football & Soccer IVY & BIG EAST Basketball & Baseball	 WORLD LEAGUE DAY EPISCOPAL, CHESTNUT HILL AND MONTGOMERY VS MAIN LINE AT THE EPISCOPAL ACADEMY Your team color is LIGHT BLUE. Show your team spirit and wear something LIGHT BLUE today!	ACC & BIG 10 Basketball, Baseball & Team Handball IVY & BIG EAST Flag Football, Soccer & Team Handball AWARDS CEREMONY
JULY	Virtue of the Week TRUSTWORTHINESS 15	16	17	SPORTSLAB FINALS 18	SPORTSLAB FINALS 19
WEEK 6	SPORTSLAB IRON CAMPER CHALLENGE WEEK The exciting, action-packed week includes daily team events in the areas of strength, fitness, and endurance. POWERED BY UNDER ARMOUR TRAIN THOSE CHARACTER "MUSCLES"	THE EPISCOPAL ACADEMY OBSTACLE COURSE Compete on an obstacle course custom designed around EA's unique campus.	THE UNDER ARMOUR WAY COMBINE UNDER ARMOUR A FUN set of skills challenging your agility, mobility, and speed!	SPORTSLAB IRON CAMPER AQUA OLYMPICS Presented by Aquatics (For Big 10 & ACC Campers only)	EXTREME RUSH GREAT INFLATABLE RACE Conquer the Iron Camper Inflatable and record your best time. ACC & BIG 10 Basketball, Baseball & Team Handball IVY & BIG EAST Flag Football, Soccer & Team Handball AWARDS CEREMONY
JULY	Virtue of the Week RESILIENCY 22	23	24	SPORTSLAB FINALS 25	SPORTSLAB FINALS 26
WEEK 7	UNDER ARMOUR FITNESS TRAINING UNDER ARMOUR SPRING BACK INTO PLAY	MASTER COACH APPEARANCE RICK JACOBS SPORTSLAB MASTER COACH AND NATIONALLY RECOGNIZED SOCCER COACH POWERED BY UNDER ARMOUR SKILLS DEVELOPMENT & TECHNICAL INSTRUCTION	 WORLD LEAGUE DAY EPISCOPAL, CHESTNUT HILL AND MONTGOMERY VS MAIN LINE AT THE HAVERFORD SCHOOL Your team color is LIGHT BLUE. Show your team spirit and wear something LIGHT BLUE today!	NBA JERSEY DAY wear your favorite basketball team's gear to camp (hat, t-shirt, jersey or more!)	ACC & BIG 10 Basketball, Baseball & Team Handball IVY & BIG EAST Flag Football, Soccer & Team Handball AWARDS CEREMONY
AUGUST	Virtue of the Week EFFORT 29	30	31	SPORTSLAB FINALS 1	SPORTSLAB FINALS 2
WEEK 8	UNDER ARMOUR FITNESS TRAINING UNDER ARMOUR ULTIMATE GAMES WEEK Blue vs. Green...Who will be this year's champion? MOVE LONGER	MASTER COACH APPEARANCE RICK JACOBS SPORTSLAB MASTER COACH AND NATIONALLY RECOGNIZED SOCCER COACH POWERED BY UNDER ARMOUR FUN SKILLS ACTIVITIES & GAME PLAY	WORLD SOCCER JERSEY DAY Wear your favorite soccer team's gear to Camp (Hat, T-shirt, jersey, or more!)	ACC & BIG 10 Flag Football & Soccer IVY & BIG EAST Basketball & Baseball	ACC & BIG 10 Basketball, Baseball & Team Handball IVY & BIG EAST Flag Football, Soccer & Team Handball AWARDS CEREMONY
AUGUST	Virtues of the Week COMMUNITY & TEAMWORK 5	6	7	SPORTSLAB FINALS 8	SPORTSLAB FINALS 9
WEEK 9	UNDER ARMOUR FITNESS TRAINING UNDER ARMOUR CELEBRATE THE AMAZING TALENTS, ACCOMPLISHMENTS, AND EFFORTS OF EACH OTHER	SKILLS DEVELOPMENT & TECHNICAL INSTRUCTION	NFL JERSEY DAY Wear your favorite football team's gear to Camp (Hat, T-shirt, jersey, or more!) SPECIAL EVENT WACKY WATER SPORTS CHALLENGES Ivy League, Big East, & Big Ten only	ACC & BIG 10 Flag Football & Soccer IVY & BIG EAST Basketball & Baseball	RED VS. BLUE COMPETITION ACC & BIG 10 Basketball, Baseball & Team Handball IVY & BIG EAST Flag Football, Soccer & Team Handball AWARDS CEREMONY
AUGUST	Virtue of the Week RESPECT 12	13	14	SPORTSLAB FINALS 15	SPORTSLAB FINALS 16
WEEK 10	UNDER ARMOUR FITNESS TRAINING UNDER ARMOUR FAMILY FLING 6:30 PM RESPECT YOURSELF, YOUR TEAMMATES & YOUR ENVIRONMENT	FUN SKILLS ACTIVITIES & GAME PLAY	MLB JERSEY DAY Wear your favorite baseball team's gear to Camp (Hat, T-shirt, jersey, or more!)	ACC & BIG 10 Flag Football & Soccer IVY & BIG EAST Basketball & Baseball	ACC & BIG 10 Basketball, Baseball & Team Handball IVY & BIG EAST Flag Football, Soccer & Team Handball AWARDS CEREMONY

Schedule subject to change.

Other ESF Camps at The Episcopal Academy



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