



# HIGHLIGHTS CALENDAR • SUMMER FUN 2022

AT THE EPISCOPAL ACADEMY • 610-688-3298



9 WEEKS  
OF AWESOME  
UA SPORTSLAB



## WEEK 1 JUNE 20-24

MONDAY

VIRTUE OF THE WEEK:  
RESPECT

WELCOME TO SPORTSLAB  
*LEARN MORE, PLAY MORE, BE MORE*

UNDER ARMOUR

INTRO TO UNDER ARMOUR  
FITNESS TRAINING

*RISE READY: WIN THE MORNING, WIN THE DAY*

*MOVE BETTER!*

TUESDAY

Skills development & technical instruction

WEDNESDAY

MLB JERSEY DAY

*Wear your favorite baseball team's gear to camp (hat, t-shirt, jersey or more!)*

Fun skills activities and game play

THURSDAY  
SPORTSLAB FINALS

ACC & BIG 10  
Flag Football & Soccer

IVY & BIG EAST  
Basketball & Baseball

FRIDAY  
SPORTSLAB FINALS

RED VS. BLUE COMPETITION

ACC & BIG 10  
Basketball, Baseball & Team Handball

IVY & BIG EAST  
Flag Football, Soccer & Team Handball

AWARDS CEREMONY

## WEEK 2 JUNE 27-JULY 1

MONDAY

VIRTUE OF THE WEEK:  
KINDNESS  
Perform a Random Act of Kindness Each Day!

UNDER ARMOUR

FITNESS TRAINING  
*MOVE FASTER!*

TUESDAY  
Skills development & technical instruction

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!*

Fun skills activities and game play

THURSDAY  
SPORTSLAB FINALS

ACC & BIG 10  
Flag Football & Soccer

IVY & BIG EAST  
Basketball & Baseball

FRIDAY  
SPORTSLAB FINALS

ACC & BIG 10  
Basketball, Baseball & Team Handball

IVY & BIG EAST  
Flag Football, Soccer & Team Handball

AWARDS CEREMONY

## WEEK 3 JULY 5-8

MONDAY

NO CAMP  
Happy 4th of July

TUESDAY

VIRTUE OF THE WEEK:  
POSITIVITY  
 UNDER ARMOUR

FITNESS TRAINING  
*MOVE STRONGER!*

Skills development & technical instruction

WEDNESDAY

RED, WHITE & BLUE DAY  
*Come to camp dressed in red, white and blue. Stars and Stripes too!*

Fun skills activities and game play

THURSDAY  
SPORTSLAB FINALS

ACC & BIG 10  
Flag Football & Soccer

IVY & BIG EAST  
Basketball & Baseball

FRIDAY  
SPORTSLAB FINALS

ACC & BIG 10  
Basketball, Baseball & Team Handball

IVY & BIG EAST  
Flag Football, Soccer & Team Handball

AWARDS CEREMONY

## WEEK 4 JULY 11-15

MONDAY

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

UNDER ARMOUR

FITNESS TRAINING  
*MOVE LONGER*

Skills development & technical instruction

TUESDAY

WORLD LEAGUE COMPETITION  
KICK OFF!

PEP RALLY  
Your team color is LIGHT BLUE.  
*Show your team spirit and wear LIGHT BLUE to camp today!*

WEDNESDAY

WORLD LEAGUE COMPETITION

TEAM PHOTOS  
*Wear your camp t-shirt today!*

THURSDAY

WORLD LEAGUE COMPETITION

FRIDAY  
SPORTSLAB FINALS

ACC & BIG 10  
Basketball, Baseball & Team Handball

IVY & BIG EAST  
Flag Football, Soccer & Team Handball

AWARDS CEREMONY

## WEEK 5 JULY 18-22

MONDAY

VIRTUE OF THE WEEK:  
TRUSTWORTHINESS

UNDER ARMOUR

FITNESS TRAINING  
*TRAIN THOSE CHARACTER MUSCLES*

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

TUESDAY  
*#CampKindnessDay*

UA OBSTACLE COURSE  
Compete on an obstacle course custom designed around campus.

AQUA OLYMPICS  
Presented by Aquatics  
(For Big 10 & ACC Campers only)

WEDNESDAY

WORLD SOCCER JERSEY DAY  
*Wear your favorite soccer's teams gear to camp (hat, t-shirt, jersey or more.)*

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

THURSDAY

IRON CAMPER APACHE  
RELAY

FRIDAY

PARKOUR BOOT CAMP

SPORTSLAB FINALS

ACC & BIG 10  
Basketball, Baseball & Team Handball

IVY & BIG EAST  
Flag Football, Soccer & Team Handball

AWARDS CEREMONY

## WEEK 6 JULY 25-29

MONDAY

VIRTUE OF THE WEEK:  
RELILIENCY

UNDER ARMOUR

FITNESS TRAINING  
*SPRING BACK INTO PLAY*

Skills development & technical instruction

TUESDAY

WORLD LEAGUE COMPEITION  
FINALS KICK-OFF!

PEP RALLY  
*Your team color is LIGHT BLUE. Show your team spirit and wear LIGHT BLUE to camp today*

WEDNESDAY

WORLD LEAGUE  
CHAMPIONSHIP FINALS

THURSDAY

WORLD LEAGUE  
CHAMPIONSHIP FINALS

FRIDAY  
SPORTSLAB FINALS

ACC & BIG 10  
Basketball, Baseball & Team Handball

IVY & BIG EAST  
Flag Football, Soccer & Team Handball

AWARDS CEREMONY

## WEEK 7 AUGUST 1-5

MONDAY

VIRTUE OF THE WEEK:  
COMMUNITY

UNDER ARMOUR

FITNESS TRAINING  
*CELEBRATE THE TALENTS, ACCOMPLISHMENTS OF EACH OTHER*

TUESDAY

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

Skills development & technical instruction

WEDNESDAY

TEAM SPIRIT DAY  
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 and game play

THURSDAY  
SPORTSLAB FINALS

ACC & BIG 10  
Flag Football & Soccer

IVY & BIG EAST  
Basketball & Baseball

FRIDAY  
SPORTSLAB FINALS

ACC & BIG 10  
Basketball, Baseball & Team Handball

IVY & BIG EAST  
Flag Football, Soccer & Team Handball

ULTIMATE GAMES CLOSING  
CEREMONIES

AWARDS CEREMONY

## WEEK 8 AUGUST 8-12

MONDAY

VIRTUE OF THE WEEK:  
EFFORT

UNDER ARMOUR

FITNESS TRAINING  
*GIVE YOUR BEST EFFORT*

TUESDAY

Skills development & technical instruction

WEDNESDAY

SPORTS FANATIC DAY  
It's a Fan Frenzy!  
*Wear your favorite Collegiate team's gear to camp! (Hat, T-shirt, jersey, or more!)*

Fun skills activities and game play

THURSDAY  
SPORTSLAB FINALS

ACC & BIG 10  
Flag Football & Soccer

IVY & BIG EAST  
Basketball & Baseball

FRIDAY  
SPORTSLAB FINALS

RED VS. BLUE COMPETITION

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AWARDS CEREMONY

## WEEK 9 AUGUST 15-19

MONDAY

VIRTUE OF THE WEEK:  
RESPECT

UNDER ARMOUR

FITNESS TRAINING  
*RESPECT YOUR YOURSELF, YOUR TEAM MATES & YOUR ENVIRONMENT*

TUESDAY

Fun skills activities and game play

WEDNESDAY

NFL JERSEY DAY  
*Wear your favorite Football team's gear to Camp (Hat, T-shirt, jersey, or more!)*

Fun skills activities and game play

THURSDAY  
SPORTSLAB FINALS

ACC & BIG 10  
Flag Football & Soccer

IVY & BIG EAST  
Basketball & Baseball

FRIDAY  
SPORTSLAB FINALS

ACC & BIG 10  
Basketball, Baseball & Team Handball

IVY & BIG EAST  
Flag Football, Soccer & Team Handball

FINAL AWARDS CEREMONY

*SEE YOU NEXT SUMMER!*

\*Calendar of events is subject to change.