



### JUNE 15-18 WEEK 1

MONDAY  
VIRTUE OF THE WEEK:  
COMMUNITY & TEAMWORK

WELCOME TO SPORTS CAMP!  
ONE TEAM, ONE COMMUNITY

Skills development & technical instruction

TUESDAY  
Fun skills activities & game play

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

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

AWARDS CEREMONY

FRIDAY  
NO CAMP  
Juneteenth Holiday



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 22-26 WEEK 2

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

Fun skills activities & game play

FRIDAY  
RED VS. BLUE  
COMPETITION  
Wear your team color to camp.

AWARDS CEREMONY

### JUNE 29 - JULY 2 WEEK 3

MONDAY  
VIRTUE OF THE WEEK:  
POSITIVITY

GOOD ATTITUDE = GREAT ATHLETE

TUESDAY  
Skills development & technical instruction

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.

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

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

THURSDAY  
Fun skills activities & game play

AWARDS CEREMONY

FRIDAY  
NO CAMP  
Happy 4th of July

### JULY 6-10 WEEK 4

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

THURSDAY  
TEAM PHOTOS  
Wear your camp t-shirt today.

Fun skills activities & game play

FRIDAY  
RED VS BLUE  
COMPETITION  
Wear your team color to camp.

SPECIAL EVENT  
DIY CAMP CARNIVAL  
Hosted by Senior Camp

AWARDS CEREMONY

### JULY 13-17 WEEK 5

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!

CELEBRATING NATIONAL CAMP KINDNESS DAY

THURSDAY  
Fun skills activities & game play

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

AWARDS CEREMONY

ULTIMATE GAMES CLOSING CEREMONIES

### JULY 20-24 WEEK 6

MONDAY  
VIRTUE OF THE WEEK:  
TRUSTWORTHINESS

DO THE RIGHT THING. CHARACTER COUNTS

Skills development & technical instruction

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

PEP RALLY  
Show your team spirit!

WEDNESDAY  
WORLD LEAGUE GAMES

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

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

FRIDAY  
RED VS BLUE  
COMPETITION  
Wear your team color to camp.

AWARDS CEREMONY

### JULY 27-31 WEEK 7

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.

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.

TUESDAY  
Fun skills activities & game play

AQUA OLYMPICS

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!

THURSDAY  
INTERNATIONAL DAY OF FRIENDSHIP  
Meet a new teammate today!

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

FRIDAY  
IRON CAMPER  
CAMPWIDE RELAY

AWARDS CEREMONY

### AUGUST 3-7 WEEK 8

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 & gear to camp or come representing your local leagues (ie. Little League, Travel Soccer, etc.)

SUMMER SPLASH WATER PARK WITH INFLATABLE WATER SLIDE  
Bring an extra bathing suit and towel

THURSDAY  
SUMMER SPLASH WATER PARK WITH INFLATABLE WATER SLIDE  
Bring an extra bathing suit and towel

Fun skills activities & game play

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

AWARDS CEREMONY

SEE YOU NEXT SUMMER!