



HIGHLIGHTS CALENDAR • SUMMER FUN 2021

AT RIVERDALE COUNTRY SCHOOL • 718-432-1013



8 WEEKS OF AWESOME SPORTSLAB



WEEK 1 JUNE 21-25

MONDAY

VIRTUE OF THE WEEK: RESPECT

WELCOME TO SPORTSLAB LEARN MORE, PLAY MORE, BE MORE

UNDER ARMOUR

INTRO TO UNDER ARMOUR FITNESS TRAINING MOVE BETTER!

TUESDAY
Skills development & technical instruction

WEDNESDAY TEAM SPIRIT DAY
It's time for Fan Fever! Wear your favorite Pro 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 28-JULY 2

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

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 3 JULY 5-9

MONDAY

NO CAMP
Happy 4th of July

TUESDAY

VIRTUE OF THE WEEK: POSITIVITY

UNDER ARMOUR

FITNESS TRAINING MOVE STRONGER!

Skills development & technical instruction

WEDNESDAY

WORLD SOCCER JERSEY DAY
wear your favorite soccer's teams 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

AWARDS CEREMONY

WEEK 4 JULY 12-16

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 SEMI-FINALS KICK OFF!

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

WEDNESDAY

WORLD LEAGUE COMPETITION SEMI-FINALS

THURSDAY

WORLD LEAGUE COMPETITION SEMI-FINALS

FRIDAY SPORTSLAB FINALS

ACC & BIG 10
Basketball, Baseball & Team Handball

IVY & BIG EAST
Flag Football, Soccer & Team Handball

AWARDS CEREMONY

WEEK 5 JULY 19-23

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.

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

TUESDAY

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

WEDNESDAY PARKOUR BOOT CAMP

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

THURSDAY IRON CAMPER APACHE RELAY

FRIDAY SPORTSLAB FINALS

ACC & BIG 10
Basketball, Baseball & Team Handball

IVY & BIG EAST
Flag Football, Soccer & Team Handball

AWARDS CEREMONY

WEEK 6 JULY 26-30

MONDAY

VIRTUE OF THE WEEK: RELIENCY

UNDER ARMOUR

FITNESS TRAINING SPRING BACK INTO PLAY

Skills development & technical instruction

TUESDAY

WORLD LEAGUE COMPETITION FINALS KICK-OFF!

PEP RALLY
Your team color is **MAROON**
Show your team spirit and wear MAROON 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 2-6

MONDAY

VIRTUE OF THE WEEK: EFFORT

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

UNDER ARMOUR

FITNESS TRAINING GIVE YOUR BEST EFFORT

TUESDAY

Skills development & technical instruction

WEDNESDAY

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

Fun skills activities and game play

THURSDAY SPORTSLAB FINALS

TEAM PHOTOS
Wear your camp t-shirt today!

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 8 AUGUST 9-13

MONDAY

VIRTUE OF THE WEEK: COMMUNITY

UNDER ARMOUR

FITNESS TRAINING CELEBRATE THE TALENTS, ACCOMPLISHMENTS OF EACH OTHER

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

ACC & BIG 10
Basketball, Baseball & Team Handball

IVY & BIG EAST
Flag Football, Soccer & Team Handball

AWARDS CEREMONY

RISE READY: WIN THE MORNING, WIN THE DAY

SEE YOU NEXT SUMMER!

*Calendar of events is subject to change.