



JUNE 22-26 WEEK 1

MONDAY
VIRTUE OF THE WEEK: RESPECT
RESPECT EACH OTHER. RESPECT THE GAME

TUESDAY
Skills development & technical instruction

WEDNESDAY
MLB DAY
Wear your favorite Baseball team's gear to Camp (Hat, T-shirt, jersey, or more!)

THURSDAY
Fun skills activities & game play

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

RED VS. BLUE COMPETITION
Wear your team color to camp

AWARDS CEREMONY

JUNE 29 - JULY 2 WEEK 2

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 250th Birthday! Join in the celebration—festive red, white, and blue outfits encouraged!

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

THURSDAY
Fun skills activities & game play

AWARDS CEREMONY

FRIDAY
NO CAMP
Happy 4th of July

JULY 6-10 WEEK 3

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 COMPETITION
Riverdale hosts ESF/Greenwich Sports Camp for a fun-filled day of spirited competition!

THURSDAY
Fun skills activities & game play

TEAM PHOTOS
Wear your camp t-shirt today.

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

AWARDS CEREMONY

JULY 13-17 WEEK 4

MONDAY
VIRTUE OF THE WEEK: KINDNESS
Perform a random act of kindness each day!

KIND WORDS MAKE STRONG TEAMS

Skills development & technical instruction

TUESDAY
Skills development & technical instruction

SPECIAL GUEST:
Tim Petersen, Founder & Tim Myarick, Head Performance Coach: Top Player Performance

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!

CELEBRATING NATIONAL CAMP KINDNESS DAY!

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

THURSDAY
Fun skills activities & game play

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

AWARDS CEREMONY

JULY 20-24 WEEK 5

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 COMPETITION
Riverdale travels to Sacred Heart Greenwich in Greenwich, CT for a fun-filled day of spirited competition with ESF/Greenwich Sports Camp!

THURSDAY
Fun skills activities & game play

FRIDAY
SPECIAL EVENT: CAMP CARNIVAL
Hosted by Senior Camp.

AWARDS CEREMONY

JULY 27-31 WEEK 6

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
This 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.

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

WEDNESDAY
SPORTS FANATIC DAY
It's a Fan Frenzy! Wear your favorite Collegiate Team's jersey and gear to camp or come representing your local leagues (ie. Little League, Travel Soccer, etc.)

Fun skills activities & game play

AQUA OLYMPICS

THURSDAY
INTERNATIONAL DAY OF FRIENDSHIP
Meet a new teammate today

FRIDAY
IRON CAMPER CAMPWIDE RELAY

AWARDS CEREMONY

AUGUST 3-7 WEEK 7

MONDAY
VIRTUE OF THE WEEK: EFFORT
EFFORT OVER OUTCOME

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

TUESDAY
Skills development & technical instruction

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!

WEDNESDAY
NBA DAY
Wear your favorite Basketball team's gear to Camp (Hat, T-shirt, jersey, or more!)

SPECIAL GUEST
John Allen: Seton Hall Basketball Star & International Pro!

THURSDAY
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.

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

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

ULTIMATE GAMES CLOSING CEREMONIES

AWARDS CEREMONY

AUGUST 10-14 WEEK 8

MONDAY
VIRTUE OF THE WEEK: COMMUNITY & TEAMWORK
WE ARE STRONGER TOGETHER!

Skills development & technical instruction

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

THURSDAY
Fun skills activities & game play

FRIDAY
RED VS BLUE CHAMPIONSHIP
Wear your Team color to Camp

AWARDS CEREMONY

AUGUST 17-21 WEEK 9

MONDAY
VIRTUE OF THE WEEK: RESPECT
PLAY WITH INTEGRITY. CHARACTER IS RESPECT IN ACTION

Skills development & technical instruction

WEDNESDAY
MISMATCHED FANATIC DAY
Come to camp dressed in as many of your favorite Team's gear as possible.

THURSDAY
Fun skills activities & game play

FRIDAY
FINAL AWARDS CEREMONY

SEE YOU NEXT SUMMER!