

JUNE 22-26 WEEK 1	JUNE 29 - JULY 2 WEEK 2	JULY 6-10 WEEK 3	JULY 13-17 WEEK 4	JULY 20-24 WEEK 5	JULY 27-31 WEEK 6	AUGUST 3-7 WEEK 7	AUGUST 10-14 WEEK 8	AUGUST 17-21 WEEK 9
<p><b>MONDAY</b></p> <p><b>VIRTUE OF THE WEEK: RESPECT</b></p> <p><i>RESPECT EACH OTHER. RESPECT THE GAME</i></p> <p><b>TUESDAY</b> Skills development &amp; technical instruction</p> <p><b>WEDNESDAY</b> <b>NBA DAY</b> <i>Wear your favorite Basketball team's gear to Camp (Hat, T-shirt, jersey, or more!).</i></p> <p><b>THURSDAY</b> Fun skills activities &amp; game play</p> <p><b>FRIDAY</b> <b>SPECIAL EVENT: WATER WARRIORS FIELD CHALLENGE</b> <i>Pack an extra set of dry clothes.</i></p> <p><b>RED VS. BLUE COMPETITION</b> <i>Wear your team color to camp</i></p> <p><b>AWARDS CEREMONY</b></p>	<p><b>MONDAY</b></p> <p><b>VIRTUE OF THE WEEK: POSITIVITY</b></p> <p><i>GOOD ATTITUDE = GREAT ATHLETE</i></p> <p><b>TUESDAY</b> Skills development &amp; technical instruction</p> <p><b>SPECIAL EVENT: PATRIOTIC WATER BALLOON BONANZA DAY</b> <i>Pack an extra set of dry clothes and get ready for some crazy &amp; colorful water balloon tosses, relays and more.</i></p> <p><b>WEDNESDAY</b> <b>HOORAY FOR THE USA!</b> <i>Celebrate America's 250<sup>th</sup> Birthday! Join in the celebration—festive red, white, and blue outfits encouraged!</i></p> <p><b>SPECIAL EVENT: WATER PARK DAY! INFLATABLE WATER SLIDE</b> <i>Bring an extra bathing suit and towel</i></p> <p><b>THURSDAY</b> Fun skills activities &amp; game play</p> <p><b>AWARDS CEREMONY</b></p> <p><b>FRIDAY</b> <b>NO CAMP</b> Happy 4th of July</p>	<p><b>MONDAY</b></p> <p><b>VIRTUE OF THE WEEK: GRATITUDE</b> What are you grateful for?</p> <p><i>SHOW APPRECIATION FOR YOUR COACHES AND TEAMMATES</i></p> <p>Skills development &amp; technical instruction</p> <p><b>WORLD LEAGUE COMPETITION KICK OFF!</b></p> <p><b>TUESDAY</b> <b>NHL DAY</b> <i>Wear your favorite Hockey team's gear to Camp (Hat, T-shirt, jersey, or more!).</i></p> <p><b>PEP RALLY</b> <i>Show your team spirit!</i></p> <p><b>WEDNESDAY</b></p> <p><b>WORLD LEAGUE COMPETITION</b> <i>Riverdale hosts ESF/Greenwich Sports Camp for a fun-filled day of spirited competition!</i></p> <p><b>THURSDAY</b> Fun skills activities &amp; game play</p> <p><b>TEAM PHOTOS</b> <i>Wear your camp t-shirt today.</i></p> <p><b>FRIDAY</b> <b>SPECIAL EVENT: FOAM PARTY</b> <i>Don't forget an extra bathing suit and goggles!</i></p> <p><b>AWARDS CEREMONY</b></p>	<p><b>MONDAY</b></p> <p><b>VIRTUE OF THE WEEK: KINDNESS</b> Perform a random act of kindness each day!</p> <p><i>KIND WORDS MAKE STRONG TEAMS</i></p> <p><b>TUESDAY</b> Skills development &amp; technical instruction</p> <p><b>WEDNESDAY</b> <b>GET YOUR GLOW ON IT'S NEON DAY</b> <i>Wear as much NEON to camp as possible - the more fluorescent the better! It's gonna be bright! Silly Sunglasses recommended!</i></p> <p><b>CELEBRATING NATIONAL CAMP KINDNESS DAY!</b></p> <p><b>SPECIAL EVENT: WATER PARK DAY! INFLATABLE WATER SLIDE</b> <i>Bring an extra bathing suit and towel.</i></p> <p><b>THURSDAY</b> Fun skills activities &amp; game play</p> <p><b>FRIDAY</b> <b>RED VS BLUE COMPETITION</b> <i>Wear your Team color to Camp!</i></p> <p><b>AWARDS CEREMONY</b></p>	<p><b>MONDAY</b></p> <p><b>VIRTUE OF THE WEEK: TRUSTWORTHINESS</b></p> <p><i>DO THE RIGHT THING. CHARACTER COUNTS</i></p> <p>Skills development &amp; technical instruction</p> <p><b>TUESDAY</b> <b>WORLD CUP DAY</b> <i>Wear your favorite Soccer team's gear to Camp (Hat, T-shirt, jersey, or more!).</i></p> <p><b>PEP RALLY</b> <i>Show your team spirit!</i></p> <p><b>WEDNESDAY</b></p> <p><b>WORLD LEAGUE COMPETITION</b> <i>Riverdale travels to Sacred Heart Greenwich in Greenwich, CT for a fun-filled day of spirited competition with ESF/Greenwich Sports Camp!</i></p> <p><b>THURSDAY</b> Fun skills activities &amp; game play</p> <p><b>FRIDAY</b> <b>SPECIAL EVENT: CAMP CARNIVAL</b> <i>Hosted by Senior Camp.</i></p> <p><b>AWARDS CEREMONY</b></p>	<p><b>MONDAY</b></p> <p><b>VIRTUE OF THE WEEK: RESILIENCY</b></p> <p><i>DON'T GIVE UP. BOUNCE BACK STRONGER. KEEP TRYING. YOU CAN DO IT</i></p> <p><b>SPORTS CAMP IRON CAMPER TRAINING CAMP WEEK</b> <i>This exciting, action-packed week includes daily team building events in the areas of strength, fitness, and endurance.</i></p> <p><b>THE COMBINE</b> A FUN set of skills challenging your agility, mobility, and speed.</p> <p><b>TUESDAY</b> <b>INFLATABLE OBSTACLE COURSE</b> <i>Compete on an obstacle course custom designed around campus. Highlights include an inflatable challenge course.</i></p> <p><b>WEDNESDAY</b> <b>SPORTS FANATIC DAY</b> <i>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.).</i></p> <p>Fun skills activities &amp; game play</p> <p><b>AQUA OLYMPICS</b></p> <p><b>THURSDAY</b> <b>INTERNATIONAL DAY OF FRIENDSHIP</b> Meet a new teammate today</p> <p><b>FRIDAY</b> <b>IRON CAMPER CAMPWIDE RELAY</b></p> <p><b>AWARDS CEREMONY</b></p>	<p><b>MONDAY</b></p> <p><b>VIRTUE OF THE WEEK: EFFORT</b></p> <p><i>EFFORT OVER OUTCOME</i></p> <p><b>ULTIMATE GAMES WEEK</b> Blue vs. Green...Who will be this year's champion?</p> <p><b>TUESDAY</b> Skills development &amp; technical instruction</p> <p><b>WEDNESDAY</b> <b>LET'S PAINT THE CAMP BLUE AND GREEN!</b> <i>Wear your Ultimate Games Team color to camp (hats, ribbons, tops, shorts, and socks)! Parents, decorate your car in your child's team color!</i></p> <p>Fun skills activities &amp; game play</p> <p><b>THURSDAY</b> <b>SPECIAL EVENING EVENT!!!</b> <b>FAMILY FLING, 6:30PM</b> Join us for an unforgettable evening of fun, family and friends, as we celebrate the Summer of 2026.</p> <p><b>SPECIAL EVENT: COLOR FUN RUN</b> <i>Wear a white shirt! Bring a change of clothes and goggles.</i></p> <p><b>FRIDAY</b> <b>RED VS BLUE COMPETITION</b> <i>Wear your team color to camp.</i></p> <p><b>ULTIMATE GAMES CLOSING CEREMONIES</b></p> <p><b>AWARDS CEREMONY</b></p>	<p><b>MONDAY</b></p> <p><b>VIRTUE OF THE WEEK: COMMUNITY &amp; TEAMWORK</b></p> <p><i>WE ARE STRONGER TOGETHER!</i></p> <p><b>TUESDAY</b> Skills development &amp; technical instruction</p> <p><b>WEDNESDAY</b> <b>NFL DAY</b> <i>Wear your favorite Football team's gear to Camp (Hat, T-shirt, jersey, or more!).</i></p> <p><b>THURSDAY</b> Fun skills activities &amp; game play</p> <p><b>FRIDAY</b> <b>RED VS BLUE CHAMPIONSHIP</b> <i>Wear your Team color to Camp.</i></p> <p><b>AWARDS CEREMONY</b></p>	<p><b>MONDAY</b></p> <p><b>VIRTUE OF THE WEEK: RESPECT</b></p> <p><i>PLAY WITH INTEGRITY. CHARACTER IS RESPECT IN ACTION</i></p> <p><b>TUESDAY</b> Skills development &amp; technical instruction</p> <p><b>WEDNESDAY</b> <b>MISMATCHED FANATIC DAY</b> <i>Come to camp dressed in as many of your favorite Team's gear as possible.</i></p> <p><b>THURSDAY</b> Fun skills activities &amp; game play</p> <p><b>FRIDAY</b></p> <p><b>FINAL AWARDS CEREMONY</b></p> <p><i>SEE YOU NEXT SUMMER!</i></p>

Throughout the Summer, World-Class Guest Coaches & Athletes will visit camp to conduct instructional sessions and clinics. Stay tuned for more details coming soon!