

SPORTSHERO CAMP

2025 SUMMER THEMES

WEEK ONE

SHOOTING FOR KINDNESS

It's March Madness, but in June! Dribble, pass and shoot your way to the Final Four. This week you will build your fundamental skills of basketball by exploring the sportsvalues of resilience, kindness, and patience. Learn the basic history of basketball and significant individuals in the sport. Challenge yourself daily in skill development drills, create individual goals, and engage in various group games that will help you build your communication and teamwork skills. Most importantly be kind, build community and have fun!

WEEK TWO

RUN FOR GOOD

Jump, throw, and run your way to the finish line and grab the Gold Medal! The magic number in the Decathlon is 10 amazing events. Learn the history of this event while challenging yourself in modified decathlon events during the week. Develop your sportsvalues of kindness, perseverance, and patience and explore the history of this sport that dates all the way back to Athens. Use your creativity sportsvalue to invent new track and field events and kindness challenges for the first ever SportsHero Camp Olympics.

WEEK THREE

HOOPS HARMONY

Swish - that perfect sound when the ball never touches the rim. Basketball is much more than dribbling and shooting, it's also about learning the mechanics of game play and working together to achieve a goal. Spend the week exploring the sportsvalues of teamwork, collaboration, and leadership skills. Participate in drills to develop your basketball skills while learning to work together. Along the way, learn about significant individuals who have made an impact on the sport.

WEEK FOUR

SUPER BOWL COURAGE

Touchdowns and teamwork! Learn the fundamental skills of football and improve your skills of punting, passing, receiving, and basic knowledge of football positions. Build your sportsvalues of courage, teamwork, and leadership through interactive games such as endzone trappers, endzone escape, and matball football. Learn how the game has changed since its inception and discover individuals who had the courage to make positive contributions to the game. And play in the SportsHero Camp Summer Super Bowl!

WEEK FIVE

SOCCER UNITED

Shoot and score! This week you will learn the universal game of soccer by focusing on fancy footwork, fun games such as soccer bowling and soccer golf, and playing modified soccer games. Build your sportsvalues of listening, team building, and collaboration. Discover how the game evolved over time and inspirational individuals involved in the sport.

WEEK SIX

WORLD CUP

Pass, shoot and score your way through the week and into SportsHero Camp World Cup stardom. This week learn the history of the World Cup and discover players who rose through adversity. Build your sportsvalues of kindness and empathy. Spend time growing your individual skills by goal setting and growing your team building skills with a variety of soccer games such as scrambled eggs, shark attack, backwards soccer and soccer kickball. Do you really want it?!

WEEK SEVEN

ELEVATE AND CELEBRATE

So you think you can dance? Have a talent for tumbling? Why not try both? This week you will spend time exploring gymnastics tumbling skills and rhythmical gymnastic routines. Learn dances around the world, drum fitness choreography, and how to design your own dance routine. Develop your patience, kindness, and encouragement sportsvalues and discover different professional/competitive individuals who share these traits.

WEEK EIGHT

UNDER THE BIG TOP

It's the Greatest Week on Earth! This week learn how to design three basic ground circus routines - balances, manipulatives (spinning plates, balance feathers, juggling) and clowning routines. Develop your own personal style, use sportsvalues to collaborate with your fellow performers when crafting your routines, and dive into the world of circus around the globe and the amazing folks that make this magic happen. And use your kindness throughout to support and encourage your friends.

