

# Momentum Scholar-Athlete Camp: Summer 2026

## Week 1: Foundation Week — “Build Your Base”

**Focus:** Confidence, fundamentals, and getting everyone on the same page.

**Speed & Agility:** Basic movement patterns, footwork, balance, and coordination.

**Academics:** Reading strategies, sports-themed texts, writing warm-ups.

**Math:** Intro to sports statistics (scores, averages, simple data).

**Life Skills:** Healthy habits—hydration, sleep, routines.

**Team Building:** Icebreakers, communication games, group norms.

## Week 2: Strength Week — “Train Your Mind & Body”

**Focus:** Pushing skills a little further while building discipline and resilience.

**Speed & Agility:** Acceleration, change of direction, reaction drills.

**Academics:** Writing for clarity—journals, goal-setting, short responses.

**Math:** Ratios, percentages, and real-world sports problems.

**Life Skills:** Time management—balancing school, sports, and home.

**Team Building:** Leadership roles, partner challenges.

## Week 3: Strategy Week — “Think Like a Champion”

**Focus:** Applying skills, making decisions, and understanding the “why” behind actions.

**Speed & Agility:** Small-group competitions, strategy-based movement drills.

**Academics:** Reading comprehension through playbooks, athlete profiles, and articles.

**Math:** Interpreting graphs, tracking performance data, simple analytics.

**Life Skills:** Financial awareness—needs vs. wants, saving for goals.

**Team Building:** Problem-solving challenges and cooperative games.

## Week 4: Performance Week — “Show What You Know”

**Focus:** Bringing everything together with confidence and teamwork.

**Speed & Agility:** Timed circuits, relay challenges, personal improvement tracking.

**Academics:** Integrated project—create a “scholar-athlete plan” combining reading, writing, and math.

**Math:** Final applied challenges using camp data (speed times, distances, scores).

**Life Skills:** Healthy decision-making and daily habits for long-term success.

**Team Building:** Group presentations, celebration activities, reflection.

### How this structure helps

1. Kids see progression from basics → strength → strategy → performance.
2. Each week blends academics, athletics, and life skills in a way that feels natural.
3. The final week gives campers a sense of accomplishment and ownership.