



2026 GOTHAM FC SUMMER CAMPS

Locations in NJ & NY



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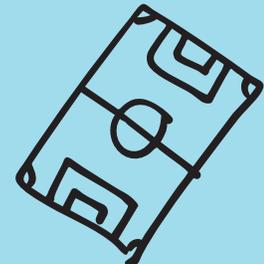
Our week long summer camps (Monday-Friday) are designed to elevate every player's game through engaging instruction, small-sided games, and focused technical development. Campers can choose from Full Day or Half Day options, with registration open to individuals, groups, and teams of all skill levels.

Grounded in Gotham FC's core Club Values (**Boldness, Excellence, Grit, For the Team, & Character**) each day of camp incorporates a unique theme that guides training, mindset, and off-field learning.

These themes are inspired by the attributes and standards upheld by Gotham FC players, reinforcing how professional athletes embody these values in their preparation, performance, and teamwork.

To support the development of the whole athlete, each day also includes an age-appropriate **Health & Wellness Component**, such as hydration habits, nutrition basics, recovery strategies, emotional resilience, teamwork communication, and leadership skills.

Our curriculum blends high energy training with a supportive age appropriate learning environment where players learn, grow, and embody the values that define Gotham FC - **The Gotham Way**.





Daily Overview

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Daily Theme	Excellence	Boldness	Grit	For the Team	Character
Daily Objective	Developing essential skills with an emphasis on consistent effort, focus, and technique	Empowering players to take risk, be confident and be creative	Fostering resilience, mental strength, and 'next-action' mindset	Teaching the importance of collective success through communication, teamwork, and inclusivity	Encouraging leadership, integrity, and responsibility in all players
Health & Wellness	Hydration	Nutrition	Self-Reflection	Team Communication	Leadership/Self-Awareness
Player Focus	Rose Lavelle & Jaedyn Shaw	Esther González & Midge Purce	Emily Sonnett & Jess Carter	Ann-Katrin Berger & Lilly Reale	Mandy Freeman & Tierna Davidson

★ Monday ★

Daily Theme	EXCELLENCE (Ball Mastery, Repetition, High Standards)
Daily Objective	Develop essential skills with an emphasis on quality, repetition, and intentional practice. Introduce the concept of non-negotiables and minimum standards in training, consistent effort, precise technique, focus, and respect for the work.
Health & Wellness	The importance of Hydration as a soccer player. Staying properly hydrated is essential for peak performance on the field. Hydration helps maintain energy, focus, and endurance, while also supporting recovery and overall health for young athletes.
Player Focus	Rose Lavelle & Jaedyn Shaw
Awards & Recognition	Gotham FC captains armband awarded to player that best embodied the Daily Theme - Voted by their coach.



★ Tuesday ★

Daily Theme	BOLDNESS (Creativity, Confidence, Taking Risks)
Daily Objective	Empowering players to express themselves on the ball. Encouraging strong decision making & bravery in 1v1 situations.
Health & Wellness	Nutrition: Proper nutrition gives young athletes the energy they need to perform at their best. Eating a balanced diet with the right mix of carbohydrates, protein, and healthy fats supports endurance, skill development, recovery, and overall health on and off the field.
Player Focus	Esther González & Midge Purce
Awards & Recognition	Gotham FC captains armband awarded to player that best embodied the Daily Theme - Voted by their coach.

★ Wednesday ★

Daily Theme	GRIT (Resilience, Work Rate, Mental Strength)
Daily Objective	Develop age-appropriate perseverance through competitive small-sided games while fostering a 'next-action' mindset, encouraging players to quickly reset and respond during transitional moments.
Health & Wellness	Reflection: encouraging players to pause, consider challenges they faced, and identify how they can reset and respond with resilience in their next action.
Player Focus	Emily Sonnett & Jess Carter
Awards & Recognition	Gotham FC captains armband awarded to player that best embodied the Daily Theme - Voted by their coach.



★ Thursday ★

Daily Theme	FOR THE TEAM (Teamwork, Communication, Unity)
Daily Objective	Campers will learn the importance of collective success and how every player contributes to the outcome. Through collaborative games and team-building activities, campers will develop chemistry, communication, and an understanding of how working together strengthens performance on and off the field.
Health & Wellness	Team Communication: Helping players practice active listening, positive encouragement, and collaboration to support both individual and collective team success.
Player Focus	Rose Lavelle & Jaedyn Shaw
Awards & Recognition	Gotham FC captains armband awarded to player that best embodied the Daily Theme - Voted by their coach.

★ Friday ★

Daily Theme	CHARACTER (Integrity, Sportsmanship, Leadership)
Daily Objective	Encourage campers to demonstrate integrity, responsibility, and leadership in all activities. Help players reflect on their personal growth over the week and understand how their choices impact themselves, their teammates, and the broader community.
Health & Wellness	Highlighting Leadership and Self-Awareness: guiding players to recognize their strengths, make responsible decisions, and contribute positively to their team and community.
Player Focus	Mandy Freeman & Tiarna Davidson
Awards & Recognition	Gotham FC captains armband awarded to player that best embodied the Daily Theme - Voted by their coach.