

8 VIRTUES: GROWING CHARACTER MUSCLES!

We believe building muscles of character is similar to building physical muscles. Investing energy in each muscle stimulates growth. We thread opportunities throughout the camp day to strengthen these muscles, thereby making character development a key differentiator of a USS Experience. It is our goal throughout the summer to provide campers with a personalized “tool belt” for individual success by engaging them in a wide variety of activities, rituals and traditions.

As a result, Union Soccer School campers become stronger, healthier, and more resilient. We build upon family values and continue to shape the “Character Muscles” of our campers through our 8 Virtues of Character.



»» GRATITUDE

We RECOGNIZE and EXPRESS thanks for the wonderful things in our life. This “Attitude of Gratitude” along with a “Good Morning” handshake and smile is how we start each day. It is what we refer to as “Going BIG” (Being In Gratitude).



»» TRUSTWORTHINESS

We develop LEADERS! Leadership opportunities are abundant for campers who demonstrate honesty, reliability, integrity and teamwork. They are entrusted with unique responsibilities at camp.



»» RESPECT

RESPECT YOURSELF, RESPECT OTHERS AND RESPECT THE ENVIRONMENT! This mantra, also known as The 3 Agreements, sets the expectation for developing behaviors that are conducive to facilitating learning, forming friendships and promoting a fun and safe camp environment!



»» EFFORT

We celebrate the amazing talents, accomplishments and efforts of our campers. There are multiple awards and opportunities for recognition. We always explain the “WHY” so that campers appreciate and understand what each award represents.



»» KINDNESS

Sport teaches us about more than just winning and losing, it teaches us about life. There are moments when confronted with difficult situations that athletes in the limelight have to rise above everything, even the game, to show great SPORTSMANSHIP. Kindness takes its rightful place when compassion and empathy provide more magic than a victory. This is the mark of a true athlete!



»» RESILIENCY

We encourage athletes to think in terms of their own inner strengths. We believe in teachable moments and provide campers with the tools to become stronger with each endeavor. We help them to develop the courage and the fortitude to try new experiences, take healthy risks and learn from their mistakes.



»» POSITIVITY

We design and deliver experiences that fuel OPTIMISM and HAPPINESS in our campers! We practice and foster positive language and interactions which actively encourage a mindset of “positive focus” each day!



»» COMMUNITY

We celebrate and build community while encouraging FRIENDSHIP, TEAMWORK and SPORTSMANSHIP! We commit to common goals and encourage our players to rally and support each other in both victory and defeat.

“Building character drives higher achievement and greater fulfillment in sport, business and life.”



DR. JIM LOEHR

World-renowned
Performance Psychologist,
Best Selling Author and
ESF Subject Matter Expert