



Cornell University
Athletics & Physical Education
Camps & Clinics

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2023 JV Camp Itinerary

Session Dates: July 3-7 | July 10-14 | July 17-21 | July 24-28, 2023

Example Curriculum (changes daily):

8:30-9:00am	Camper drop-off and Health Screening at Bartels Hall (554 Campus Rd.)
9:00-9:15am	Sunscreen and water bottle check
9:15-10:00am	Soccer Dribbling Drills
10:00-10:45am	Soccer Sharks and Minnows
10:45-11:00am	Wash hands, prepare for lunch
11:00am-11:45pm	Lunch
11:45am-12:00pm	Put lunch away, reapply sunscreen, and grab water bottles
12:00-12:30pm	World Cup
12:30-1:00pm	Get changed for water activities
1:00-2:00pm	Pool / Outdoor water fun
2:00-2:15pm	Grab snack, get changed
2:15-2:45pm	Downtime
2:45-3:15pm	Soccer Passing drills
3:15-3:45pm	Mini Soccer
3:45-4:00pm	Camper cool-down
4:00-4:30pm	Camper pick-up: Bartels Hall

Schedule is subject to change

Registration/Check-in: We understand that some campers may need assistance from a parent/guardian at drop-off times, but as recommended by the New York State Department of Health, we ask that all non-campers remain in their vehicles during the registration process to reduce the density of people at the check-in table. If/when feasible, we ask that only campers approach the check-in area. Only campers, counselors and staff are permitted to enter camp facilities.

Please bring/wear: snack, water bottle, sneakers (for activities both in the gym/turf room and out on the fields), bathing suit, towel, water shoes (if available, not necessary), sunscreen, rain coat and clothes for being active both indoors and outdoors. Masks are optional unless otherwise communicated.