



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: mask, 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.