



**Cornell University**  
**Athletics & Physical Education**  
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## **2023 Varsity 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	Icebreaker: The Line-up game
9:15-10:15am	Session 1: Basketball dribbling, passing, and rule demonstration.
10:15-11:15am	Session 2: Knock-out
11:15am-12:00pm	Lunch
12:00-1:20pm	Session 3: Traitor Ball
1:20-2:00pm	Snack / Down time
2:00-3:00pm	Pool / Outdoor water fun
3:00-4:00pm	Session 4: Dribble knockout, Rapid fire
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.