



Cornell University
Athletics & Physical Education
Camps & Clinics

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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: 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.