



Cornell University
Athletics & Physical Education
Camps & Clinics

Bartels Hall
554 Campus Road
Ithaca, NY 14853
T. 607.255.1200
F. 607.255.2213
camps@cornell.edu
cornellcamps.com

2023 Varsity Camp Itinerary

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

Monday only:

8:30-9:00am	Registration/Check-in and Health Screening at Bartels Hall (554 Campus Rd.)
9:15am	Meet your counselor & camper introductions/ice breaker
9:45am	Safety message from the Camp Director and Medical Director

Monday-Thursday:

8:30-9:00am	Camper drop-off and Health Screening at Bartels Hall (554 Campus Rd.)
9:00-9:15am	Team warm-up activity
9:15-10:15am	Session 1: Sport specific skills & fundamentals
10:15-11:15am	Session 2: Outdoor games & activities
11:15am-12:00pm	Lunch
12:00-1:20pm	Session 3: Group activities / Team building
1:20-2:00pm	Snack / Down time
2:00-3:00pm	Pool / Outdoor water fun
3:00-4:00pm	Session 4: Counselor's Choice
3:45-4:00pm	Camper cool-down
4:00-4:30pm	Camper pick-up: Bartels Hall

Friday:

8:30-9:00am	Check-in and Health Screening at Bartels Hall (554 Campus Rd.)*
9:00-10:00am	Session 1: Super Fun Field Day
10:00-11:00am	Session 2: Super Fun Field Day
11:00am-12:00pm	Lunch
12:00-12:45pm	Session 3: Super Fun Field Day
12:45-1:30pm	Session 4: Super Fun Field Day
1:30-2:00	Snack / Down time
2:00-3:30pm	Pool / Outdoor water fun
3:30-4:00pm	Super Fun Field Day Recap/Final Competition
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.