



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

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: 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.