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2020 Intensive Wrestling Camp Schedule

June 27-30, 2020

Saturday

11:00am to 1:45pm	Camper Check-in at Low Rise 9 (Program Dr. on North Campus)
1:50pm	Meet in Workout Gear (wrestling shoes/water bottle in hand)
2:00pm	Camper Orientation in Residence Hall Courtyard
2:30 to 5:00pm	Afternoon Session
5:30 to 6:15pm	Dinner
7:00 to 9:00pm	Evening Session
9:00pm	Commuter Pick-up at Barton Hall
9:00 to 10:00pm	Free-time
10:00pm	Dorm Curfew (10:45 p.m. room/bed-checks; 11:00 p.m. lights out)

Sunday and Monday

6:00am	Wake-up
6:15am	Morning Run or Conditioning session
8:00 to 8:30am	Breakfast
8:45am	Commuter Drop-off at Barton Hall
9:00 to 11:00am	Technique and Drilling Session – Shower before lunch
12:00 to 1:30pm	Lunch
2:00 to 4:00pm	Hard Drilling and Live Wrestling Session – Shower before dinner
4:45 to 5:45pm	Dinner
6:30 to 8:30pm	Goal Setting, Mental Prep, Nutrition, Live Wrestling or Wrestling Games
8:30pm	Commuter Pick-up at Barton Hall
8:30 to 10:00pm	Free-time
10:00pm	Dorm Curfew (10:45 p.m. room/bed checks; 11:00 p.m. lights out)

Tuesday

6:30am	Wake-up
7:00am	Morning Run or Conditioning session
8:00am	Breakfast
8:45am	Commuter Drop-off at Barton Hall
9:00 to 11:00 am	Review and Takedown Tournament at Barton Hall (Family/Friends Welcome)
11:00am	Commuter Pick-up at Barton Hall
11:15am	Resident Pick-up at Residence Hall

***Assemble for Mandatory Attendance & Departure 1/2 hour prior to each session**

Campers should bring the following wrestling equipment: shoes, kneepads & headgear. You should also bring plenty of practice clothing and running shoes. Resident campers will need an alarm clock, pillow, bedding, one fan, toiletries, towels and other personal items. **Be sure to bring a water bottle! Please note, schedule subject to change.**