



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

2019 Intensive Wrestling Camp Schedule

June 28 – July 1, 2019

Friday

12:30 to 1:30 p.m.	Registration and Check-in at Robert Purcell Community Center (RPCC)
1:50 p.m.	Meet in Workout Gear (wrestling shoes/water bottle in hand)
2:00 p.m.	Camper Orientation in Residence Hall Courtyard
2:30 p.m.	Depart for Session*
3:00 to 5:00 p.m.	Afternoon Session
5:30 to 6:15 p.m.	Dinner
7:00 to 9:00 p.m.	Evening Session
9:00 p.m.	Commuter Pick-up at Barton Hall
9:00 to 10:00 p.m.	Free-time
10:00 p.m.	Dorm Curfew (10:45 p.m. room/bed-checks; 11:00 p.m. lights out)

Saturday to Sunday

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

Monday

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