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2020 Wrestling Technique 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

7:00am	Wake up
7:30 to 8:30am	Breakfast
8:45am	Commuter Drop-off at Barton Hall
9:00 to 11:30am	Morning Session – Shower before lunch
12:00 to 1:30pm	Lunch
2:00 to 5:00pm	Afternoon Session
5:00pm	Commuter Pick-up at Barton Hall
5:30 to 7:00pm	Dinner
7:30 to 9:00pm	Evening Recreation
9:00 to 10:00pm	Free-time
10:00pm	Dorm Curfew (10:45 p.m. room/bed-checks; 11:00 p.m. lights out)

Tuesday

7:00am	Wake up
7:30 to 8:30am	Breakfast
8:45 a.m.	Commuter Drop-off at Barton Hall
9:00 to 11:00 a.m.	Review and Takedown Tournament (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 and headgear, plenty of practice clothing and running shoes. Resident campers will need a pillow, bedding, one fan, toiletries, swimsuit, alarm clock, towels and other personal items. **Be sure to bring a water bottle and sunscreen!**

Please note, schedule subject to change