



**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

## **2017 Wrestling Competition/Technique Camp Schedule**

### **June 25-29**

#### **Sunday**

12:30 to 1:30 p.m.	Camper Check-in at <b>Robert Purcell Community Center (RPCC)</b>
1:50 p.m.	Meet in Workout Gear (wrestling shoes/water bottle in hand)
2:00 p.m.	Camper Orientation in Dickson 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.	<b>Commuter Pick-up at Friedman Wrestling Center</b>
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)

#### **Monday to Wednesday**

7:00 a.m.	Wake up
7:30 a.m.	Breakfast
8:45 a.m.	<b>Commuter Drop-off at Friedman Wrestling Center</b>
9:00 to 11:00 a.m.	Morning Session – Shower before lunch
12:00 to 1:00 p.m.	Lunch
2:00 to 4:00 p.m.	Afternoon Session
4:00 p.m.	<b>Commuter Pick-up at Friedman Wrestling Center</b>
4:45 to 5:45 p.m.	Dinner
7:00 to 9:00 p.m.	Evening Recreation
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)

#### **Thursday**

7:00 a.m.	Wake up
7:30 a.m.	Breakfast
8:45 a.m.	<b>Commuter Drop-off at Friedman Wrestling Center</b>
9:00 to 11:00 a.m.	Review and Takedown Tournament (Family/Friends Welcome)
11:00 a.m.	<b>Commuter Pick-up at Friedman Wrestling Center</b>
11:15 a.m.	<b>Resident Pick-up at residence hall</b>

**\*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**