



Cornell University
Summer Sports School

Cornell University
103 Bartels Hall
Campus Road
Ithaca, NY 14853

Telephone: 607 255-1200
E-mail: camps@cornell.edu

2009 Intensive Wrestling Camp Schedule

12 Day Intensive ~ July 5-16

5 Day Intensive ~ July 5-9

Sunday, July 5

- 12:30 - 2:30 p.m. Registration and check-in at *Robert Purcell Community Center (RPCC)*
3:00 p.m. Camper orientation at *Dickson Courtyard*
4:00 - 5:30 p.m. **Afternoon session at Barton Hall**
5:45 - 6:30 p.m. Dinner (all meals at RPCC)
6:40 p.m. Depart for evening session (*assemble at Dickson courtyard for attendance*)
7:00 - 9:00 p.m. **Evening session***
9:00 - 10:30 p.m. Free-time
10:30- 10:45 p.m. Prepare for bedtime - 10:45 p.m. bed-checks (11:00 p.m. lights out)

Daily Schedule

- (weekend schedule will not include a morning run/strength portion, wake up at 7:30 a.m.)
6:30 a.m. Wake-up
7:00 a.m. **Morning run or strength training**
8:00 a.m. Breakfast
9:00 - 11:00 a.m. **Technique and drilling***
12:00 - 1:00 p.m. Lunch
2:00 - 4:00 p.m. **Hard drilling and live wrestling***
4:30 - 5:30 p.m. Dinner
6:30 - 8:30 p.m. **Goal setting, mental prep, nutrition, live wrestling or wrestling games***
8:30 - 9:15 p.m. Swimming at Teagle pool
9:30 - 10:30 p.m. Free-time
10:30- 10:45 p.m. Prepare for bedtime (10:45 p.m. bed-checks; 11:00 p.m. lights out)

Thursday-Final Day

- 6:30 a.m. Wake-up
7:00 a.m. **Morning run or strength training**
8:00 a.m. Breakfast
9:00 - 11:00 a.m. **Technique and drilling***
12:00 - 1:00 p.m. Lunch
2:00 - 3:30 p.m. **Technique and drilling***
4:00 p.m. Resident camper pick-up from Dickson Hall

**Assemble for attendance/departure at Dickson courtyard 1/2 hour prior to each session*

*Commuter campers should be dropped off and picked up at Barton Hall 10 minutes before the morning session and after the evening session.

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