



Cornell University  
Summer Sports School

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## 2009 Wrestling Team Camps Schedule

June 28-July 2  
July 12-16

### Sunday

- 1:00 - 3:30 p.m. Registration and check-in at *Robert Purcell Community Center (RPCC)*  
4:30 p.m. Camper orientation at Dickson Courtyard  
5:00 - 6:00 p.m. Dinner (all meals at RPCC)  
6:30 p.m. Depart for evening session (*assemble outside of Dickson for attendance*)  
7:00 - 9:00 p.m. **\*Evening session**  
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)

### Monday-Wednesday

- 7:00 a.m. Wake-up  
7:30 a.m. Breakfast  
9:00 - 11:00 a.m. **Morning session\***  
12:00 - 1:00 p.m. Lunch  
2:00 - 4:00 p.m. **Afternoon session\***  
4:30 - 5:30 p.m. Dinner  
6:30 - 8:30 p.m. **Evening session\***  
9:00 - 10:30 p.m. Evening recreation and 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

- 7:00 a.m. Wake-up  
7:30 a.m. Breakfast  
9:00 - 11:00 a.m. **Morning session\***  
11:30 - 12:30 p.m. Lunch  
2:00 - 3:30 p.m. **Afternoon session\***  
4:00 - 5:00 p.m. Resident camper pick-up/check-out from dorm

*\*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 before the morning session and after the evening session.

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