



Cornell University
Summer Sports School

Cornell University
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2009 Wrestling Technique Camp Schedule July 5-9

Sunday

- 12:30 - 2:30 p.m. Camper 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** (all sessions at Barton Hall)
5:45 - 6:30 p.m. Dinner (all meals at RPCC)
6:40 p.m. Depart for evening session (*assemble in 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)

Monday-Wednesday

- 7:00 a.m. Wake up call
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

- 7:00 a.m. Wake up call
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 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. 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!**