

# Cheer Ohio 2018 Daily Schedule

## 3 Day camp

### Day 1

10:00 -12:00 Check In - MITCHELL CENTER  
**\* LUNCH on your own**

1:00 Cheer Ohio Staff Demo - Mitchell Center  
 1:30 Meet Personal Instructor  
 1:45 Cheer Ohio Warm-Ups  
 2:00 Instruction / Coaches Meeting  
     • (1 cheer / 2 chants)

3:00 Personal Instruction Time for Evaluation  
 3:30 Home Dance Warm Up  
 3:45 Home Dance Evaluation  
 5:30 Dinner - GROUP A  
 5:45 Dinner - GROUP B  
 6:45 Evaluation (Ribbons Given - small group)  
     • Home Cheer/CO Chant/Cheer

7:15-7:45 Optional Classes  
     • Fight Song/Intermediate Dance  
     • Building/Stunt Class  
     • Practice with Coach  
     • Coaches submit Jump-Off participant at this time

7:45-8:00 REVIEW  
 8:15-9:15 Swimming (1 hour)  
 10:00 In Dorms/Rooms  
 11:00 Lights Out

**\*Pack a lunch or call-ahead for pick-up in town. Snack bar in Slayter Hall not available this summer. Also, there will be no concessions available in MITCHELL CENTER during Check In Day One and Check Out Final Day of camp this year.**



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### Day 2

7:45 Breakfast - GROUP B  
 8:00 Breakfast - GROUP A  
 9:00 Cheer Ohio Warm-Ups  
 9:15 Instruction / Coaches Meeting  
 (2 cheers / 2 chants)

10:00 Optional Classes  
     • Building Class  
     • Intermediate Dance Review  
     • Fight Song Review

10:30 Jump Class  
 11:00 Jump Contest  
 11:45 REVIEW  
 12:30 Lunch - GROUP A  
 12:45 Lunch - GROUP B

2:30 - 3:15 Optional Classes  
     • Advanced Dance  
     • Pom Routine  
     • Theme Routine  
     • Building/Stunt Class

3:15 - 3:45 Instruction (2 chants)  
 REVIEW  
 3:45 - 4:15 Team Building  
 4:15 - 5:00 Personal Instruction Time  
 5:00 Evaluation (1 Cheer)  
 5:30 Dinner - GROUP B  
 5:45 Dinner - GROUP A  
 7:00-8:15 Fight Song/Intermediate Dance Competition  
**COMPETITION AWARDS & HOME DANCE AWARDS IMMEDIATELY FOLLOWING**

9:00 Camp Pizza Party  
 10:15 In Dorms/Rooms  
 11:00 Lights Out

### Day 3

7:45 Breakfast - GROUP A  
 8:00 Breakfast - GROUP B  
 9:15 Open Practice for Finals  
 9:45 Camp Finals (optional)  
 10:45 Camp Awards for the week  
 11:15 Check Out - MITCHELL CENTER

Posted 6/5/18