

Cheer Ohio 2018 Daily Schedule

4 day camp

Day 1

10:00 -12:00 Check In - MITCHELL CENTER
*** LUNCH on your own**
 1:00 Cheer Ohio Staff Demo
 1:30 Meet Personal Instructor
 1:45 Cheer Ohio Warm-Ups
 2:00 Instruction / Coaches Meeting
 • (1 cheers/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 Cheer /Chant
 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

Day 2

7:45 Breakfast - GROUP B
 8:00 Breakfast - Group A
 9:00 Cheer Ohio Warm-Ups
 9:15 Fight Song / Intermediate Dance / Building
 10:00 Instruction / Coaches Meeting
 • (2 cheers/2 chants)
 11:00-11:45 Review all material
 12:30 Lunch - GROUP A
 12:45 Lunch - GROUP B
 2:30 Instruction
 • (2 chants)
 • A chant
 • B chant
 3:00-4:00 Instruction
 Optional Classes
 • Advanced Dance
 • Pom Routine
 • Building/Stunt Class
 • Practice Time with Coach
 4:00 - 5:00 Personal Instruction Time
 5:30 Dinner - GROUP B
 5:45 Dinner - GROUP A
 6:45 Evaluation (1 cheer/1 chant)
 7:15 Awards
 8:15-9:15 Swimming (1 hour)
 10:00 In Dorms/Rooms
 11:00 Lights Out

Day 3

7:45 Breakfast - GROUP A
 8:00 Breakfast - GROUP B
 9:00 Cheer Ohio Warm-Ups /Coaches Meeting
 Instruction
 • (1 cheer/1 chant)
 9:30 - 10:00 Optional Classes
 • Building
 • Theme Routine (dance)
 • Motion Workshop
 10:00 - 10:30 Jump Class
 10:30 - 11:00 Jump Contest
 11:00 - 12:00 Personal Instruction Time
 12:00 Practice Time with Coach
 12:30 Lunch - GROUP B
 12:45 Lunch - GROUP A
 2:15 Group Review - Coaches Meeting
 3:00-3:30 TEAM BUILDING
 3:30-4:15 Personal Instruction Time
 4:15-4:45 Optional: Fight Song/Intermediate Dance review
 • (Sign up for Fight Song/Intermediate Dance Competition)
 4:45 Dinner - GROUP A
 5:00 Dinner - GROUP B
 6:30 Evaluation (1 cheer required)
 7:00-8:15 Fight Song/Intermediate Dance Competition & Home Dance Awards Immediately following
 Camp Pizza Party
 In Dorms/Rooms
 11:00 Lights Out

Day 4

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

*** 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.**

