

# Cheer Ohio 2018 Daily Schedule

## 4 day camp

(updated 7/11/18)

### Day 1

10:00 -12:00 Check In - MITCHELL CENTER (Bldg. #70) \*  
**\*\* LUNCH on your own**

1:00 TEAMS REPORT TO MITCHELL CENTER  
- 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

8:15-9:00 **NEW! FUN NIGHT BY THE DORMS**

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  
• (1 cheer/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

8:15-9:00 **NEW! OPEN PRACTICE TIME WITH COACHES**

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

9:15 - 9:30 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

9:00 Camp Pizza Party

10:15 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

**\*Parking will be limited during Check-In. Due to traffic congestion, only coaches should plan to come inside for Check-In; Denison Staff will direct all other cars to West Quad dorm area (F). BUSES may pull into loop. Map: [www.oassa.org/cheer-ohio-forms-documents](http://www.oassa.org/cheer-ohio-forms-documents)**

**\*\* 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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**FIELD HOUSE OPENS AT 8AM AND CLOSES AT 9PM DAILY**  
Amended 7/11/18 jgd