

# Cheer Ohio 2019 Daily Schedule

## 3 Day camp (Prelim. July 2019)

### Day 1

10:00am -12:00 Check In - Kenyon Athletic Center (KAC)  
**\* LUNCH on your own (see below)**  
 1:00pm Cheer Ohio Staff Demo - Toan Track (KAC)  
 1:30pm Meet Personal Instructor  
 1:45pm Cheer Ohio Warm-Ups  
 2:00pm Instruction / Coaches Meeting  
 • (1 cheer / 2 chants)  
 3:00pm Personal Instruction Time for Evaluation  
 3:30pm Home Dance Warm Up  
 3:45pm Home Dance Evaluation  
 5:30pm Dinner - GROUP A  
 5:45pm Dinner - GROUP B  
 6:45pm Evaluation (Ribbons Given - small group)  
 • Home Cheer/CO Chant/Cheer  
 7:15-7:45pm Optional Classes  
 • Fight Song/Intermediate Dance  
 • Building/Stunt Class  
 • Practice with Coach  
 • Coaches choose Jump-Off participant at this time  
 7:45-8:00pm REVIEW  
 10:00pm In Dorms/Rooms  
 11:00pm Lights Out

**\*Pack a lunch or eat at the restaurants in Gambier. Teams/parents may also purchase lunch at Peirce Hall. Serving Hours: Breakfast 7-9am; Lunch 11am-1pm; Dinner 5-7pm. No concessions available in the KAC during Check In Day and Check Out Days.**



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### Day 2

7:45am Breakfast - GROUP B  
 8:00am Breakfast - GROUP A  
 9:00am Cheer Ohio Warm-Ups  
 9:15am Instruction / Coaches Meeting  
 (2 cheers / 2 chants)  
 10:00am Optional Classes  
 • Building Class  
 • Intermediate Dance Review  
 • Fight Song Review  
 10:30am Jump Class  
 11:00am Jump Contest  
 11:45am REVIEW  
 12:30pm Lunch - GROUP A  
 12:45pm Lunch - GROUP B  
 2:30 - 3:15pm Optional Classes  
 • Advanced Dance  
 • Pom Routine  
 • Theme Routine  
 • Building/Stunt Class  
 3:15 - 3:45pm Instruction (2 chants)  
 REVIEW  
 3:45 - 4:15pm Team Building  
 4:15 - 5:00pm Personal Instruction Time  
 5:00pm Evaluation (1 Cheer)  
 5:30pm Dinner - GROUP B  
 5:45pm Dinner - GROUP A  
 7:00-8:15pm Fight Song/Intermediate Dance  
 Competition  
 COMPETITION AWARDS & HOME  
 DANCE AWARDS IMMEDIATELY  
 FOLLOWING  
 9:00pm Camp Pizza Party (location to be advised)  
 10:15pm In Dorms/Rooms  
 11:00pm Lights Out

### Day 3

7:45am Breakfast - GROUP A  
 8:00am Breakfast - GROUP B  
 9:15am Open Practice for Finals  
 9:45am Camp Finals (optional)  
 10:45am Camp Awards for the week  
 11:15am Check Out - Kenyon Athletic Center  
 12:00pm \*Coaches to turn in all dorm KEYS/  
 LANYARDS to KAC Lobby by 12:00 noon.