

Cheer Ohio 2019 Daily Schedule

4 day camp (June 20-23, 2019)

Day 1

10:00am -12:00n 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 cheers/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 Cheer /Chant
 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

Day 2

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

Day 3

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

Day 4

7:45am Breakfast - GROUP A
 8:00am Breakfast - GROUP B
 8:45am 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 noon.

***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 and Check Out Days.**



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OASSA, 8050 N. High St., Suite 180,
 Columbus, OH 43235-6484
 Ph. 614-430-8311 www.oassa.org