

# Cheer Ohio 2009 Daily Schedule – 3 day regular

## **Day 1**

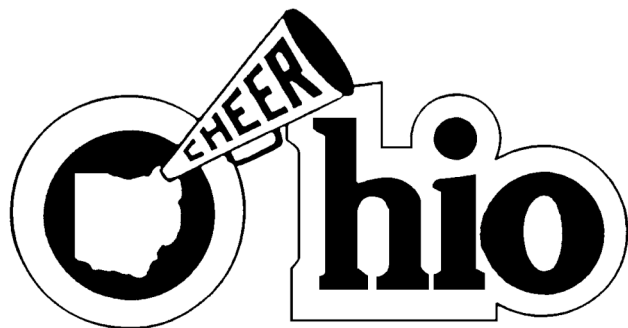
**10:00 – 11:45**    **Check In**  
**1:00**            **Cheer Ohio Staff Demo**  
**1:30**            **Meet Personal Instructor**  
**1:45**            **Cheer Ohio Warm-Ups**  
**2:00**            **Instruction / Coaches**  
                   • **(2cheers/2chants)**  
**3:00**            **Home Dance**  
**4:00**            **Practice Time with Coach**  
**4:45**            **Dinner – GROUP A**  
**5:00**            **Dinner – GROUP B**  
**6:45**            **Evaluation**  
                   • **Home Cheer/CO Cheer or Chant**  
                   • **Awards + Home Dance Awards**  
**7:25**            **Optional Classes**  
**7:45-8:45**      • **Fight Song**  
                   • **Mounting/Stunt class**  
                   • **Practice with Coach**  
**10:00**           **In Dorms/Rooms**  
**11:00**           **Lights Out**

## **Day 2**

**7:45**            **Breakfast – GROUP B**  
**8:00**            **Breakfast – GROUP A**  
**8:45**            **Cheer Ohio Warm-Ups**  
**9:25**            **Instruction / Coaches**  
                   **(1 cheer/2 chants)**  
**10:05**           **Optional Classes**  
                   • **Critique of jumps**  
                   • **Mounting Class**  
                   • **Theme Routine (Dance)**  
                   • **Fight Song Review**  
**10:45**           **Group Review**  
**10:30**           **Personal Instruction Time**  
**11:15 – 11:35** **Team Building**  
**11:45**           **Lunch – GROUP A**  
**12:00**           **Lunch – GROUP B**  
**2:00**            **Instruction Time – whole group**  
                   **2 chants**  
                   **Personal Instruction Time**  
                   **Evaluation**  
                   • **1 cheer/1 chant**  
                   • **Optional Classes**  
                   • **Inter. / Advance Dances / Pom Routine**  
                   • **Mounting/Stunt Class**  
**3:15**            **Group Review**  
                   **Awards**  
**3:55**            **Dinner – GROUP B**  
**4:15**            **Dinner – GROUP A**  
**4:45**            **Fight Song Finals (optional)**  
**5:00**            **Swimming (1 hour)**  
**6:45**            **Camp Pizza Party w/Staff**  
**7:30**            **In Dorms/Rooms**  
**9:00**            **Lights Out**  
**10:00**  
**11:00**

**Have a safe trip  
home!**

**See you next year!**



## **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**