

Skill Based Cheer Ohio 2009 Daily Schedule

– 3 day skills

Day 1

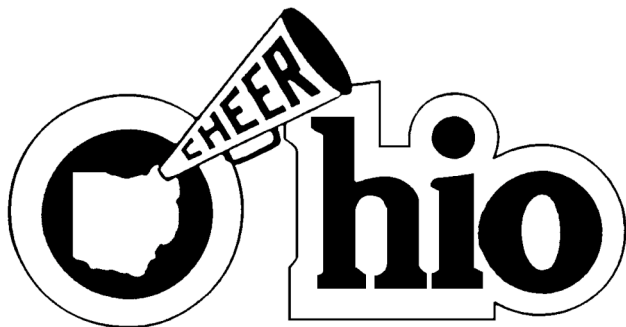
10:00 – 11:45	Check In
1:00	Cheer Ohio Staff Demo
1:30	Meet Personal Instructor
1:45	Cheer Ohio Warm-Ups
2:00	Instruction / critique / Coaches
	(1cheer/2chants)
3:00	Home Dance critique
3:30-4:30	Home Dance evaluation
4:45	Dinner – GROUP A
5:00	Dinner – GROUP B
6:45	Evaluation
	• Home Cheer
7:15	Awards + Home Dance Awards
7:45-8:45	Optional Classes
	• 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
9:05	Instruction / Coaches
	(1 cheers/2 chants)
9:45	Optional Classes
	• Fight Song Review
	Sign up for FS competition at this time
	• Mounting
	• Theme Routine (dance)
10:45-11:35	Personal Instruction
	Drill of cheers and chants learned
11:45	Lunch – GROUP A
12:00	Lunch – GROUP B
2:00	Instruction Time – whole group
	• 2 chants
	P.I. time
	Evaluation
	• 1 cheer
3:00	Optional Classes
	• Inter. / Advance Dances / Pom Routine
	• Mounting/Stunt Class
	Jump Techniques & Jump Contest
3:45	Awards for cheer evaluation & jump off
4:15	Dinner – GROUP B
4:45	Dinner – GROUP A
5:00	Fight Song Competition
6:45	Swimming (1 hour)
7:30	Camp Pizza Party w/Staff
9:00	In Dorms/Rooms
10:00	Lights Out
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)
	1 cheer / 1 chant
10:45	Camp Awards for the week
11:15	Check Out