

Cheer Ohio 2009 Daily Schedule

– 4 day camp

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**

- (1cheer/2chants)

3:00 **Home Dance Evaluation**
 4:00 **Practice Time with Coach**
 4:45 **Dinner – GROUP A**
 5:00 **Dinner – GROUP B**
 7:00 **Evaluation**

- **Home Cheer/CO Cheer or Chant Awards + Home Dance Awards**

7:45 **Optional Fight Song Class**
 8:00 – 8:30 **In Dorms/Rooms**
 10:00 **Lights Out**

Day 3

7:45 **Breakfast – GROUP A**
 8:00 **Breakfast – GROUP B**
 8:45 **Cheer Ohio Warm-Ups**
 9:05 **Instruction / Coaches**

- (2 chants) whole group

9:25 **Optional Classes**

- critique jumps
- mounting
- theme routine (dance)

9:55 **Jump contest**
 10:25 **Personal Instruction Time**
 11:00 **Practice Time with Coach**
 11:45 **Lunch – GROUP B**
 12:00 **Lunch – GROUP A**
 2:00 **Personal Instruction Time**
 2:20 **Evaluation & Awards**

- **1 cheer/1 chant**

3:15 **Group Review / Coaches**
 3:45 **TEAM BUILDING**
 4:00-4:20 **Optional Fight Song Class – FS order given**

- (Sign up for fight song competition)

4:45 **Dinner – GROUP A**
 5:00 **Dinner – GROUP B**
 7:00 **Fight Song Finals (optional)**
 7:30 **Swimming (1 hour)**
 9:00 **Camp Pizza Party w/Staff**
 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**

- (2cheers)

10:05 **Instruction**

- **Pom routines/ Mounting & Stunting**

10:45 **Review of All Material**
 11:00-11:30 **Optional Classes**

- **Fight Song Review**
- **Mounting & Stunting**
- **Practice time with coach**

11:45 **Lunch – GROUP A**
 12:00 **Lunch – GROUP B**
 2:00 **Instruction**

- (2chants)

2:30 **Personal Instructor Time**
 3:30-4:15 **Optional Classes**

- **Inter./Advan. Dances**
- **Mount/Stunt Class**
- **Practice Time with Coach**

4:45 **Dinner – GROUP B**
 5:00 **Dinner – GROUP A**
 6:15 **Personal Instructor Time**
 6:30 **Evaluation (1cheer/1chant)**
 7:15 **Awards**
 7:30 **Swimming (1 hour)**
 10:00 **In Dorms/Rooms**
 11:00 **Lights Out**

Day 4

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**

Have a safe trip home
 See you next year!

