

# Skill Based Cheer Ohio 2009 Daily Schedule

## – 4 day skills based

### Day 1

**10:00 – 11:45**    **Check In**  
**1:00**            **Cheer Ohio Staff Demo**  
**1:30**            **Meet Personal Instructor / Coaches**  
**1:45**            **Cheer Ohio Warm-Ups**  
**2:00**            **Instruction**  
                   • **(1cheer/2chants)**  
                   **critique of motions and skills**  
**3:00**            **Home Dance - critique**  
**3:30**            **Home Dance evaluation**  
**4:45**            **Dinner – GROUP A**  
**5:00**            **Dinner – GROUP B**  
**6:45**            **Evaluation**  
                   • **Home Cheer**  
**7:15**            **Awards + Home Dance Awards**  
**7:45-8:30**      **Optional Fight Song / Mounting**  
**10:00**          **In Dorms/Rooms**  
**11:00**          **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**  
                   • **Jump Class / Critique**  
                   • **Mounting**  
                   • **Theme Routine (Dance)**  
**9:45**            **Jump Contest**  
**10:25**          **Personal Instruction Time**  
                   • **critique of cheers/chants**  
**11:25-11:40**    **Team Building**  
**11:45**            **Lunch – GROUP B**  
**12:00**            **Lunch – GROUP A**  
**2:45**            **Personal Instruction Time**  
**3:15**            **Evaluation**  
                   • **1 chant**  
**3:45**            **Awards**  
**4:15**            **Optional Classes**  
                   • **Mounting**  
                   • **Dance critiques**  
                   • **Optional Fight Song Class**  
                   **(Sign up for fight song competition)**  
**4:45**            **Dinner – GROUP A**  
**5:00**            **Dinner – GROUP B**  
**6:30**            **Fight Song Competition (optional)**  
**7:15**            **Awards**  
**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)**  
**9:35**            **Instruction**  
                   • **Pom routines & Motion workshop**  
                   • **Mounting & Stunting - may stay until 10:45 in mounting**  
**10:15 – 10:45**    **Optional Fight Song Critique**  
**10:45**            **Practice time with coach**  
**11:45**            **Lunch – GROUP A**  
**12:00**            **Lunch – GROUP B**  
**2:00**            **Instruction**  
                   • **(2chants)**  
**2:30**            **Personal Instructor Time**  
**3:15 – 4:00**      **Optional Classes**  
                   • **Inter./Advan. Dances**  
                   • **Mount/Stunt Class**  
                   • **Practice with Coach**  
**4:45**            **Dinner – GROUP B**  
**5:00**            **Dinner – GROUP A**  
**6:30**            **Personal Instructor Time**  
**6:45**            **Evaluation (1cheer)**  
**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!

