

Cheer Ohio 2010 Daily Schedule – 3 day

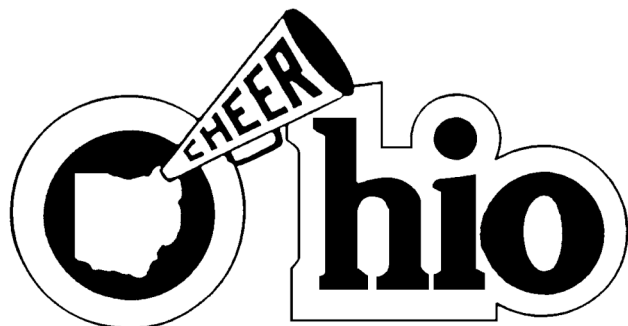
Day 1

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
7:25	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
9:25	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
2:30	Personal Instruction Time
2:50	Evaluation
	• 1 cheer/1 chant
3:15	Optional Classes
	• Inter. / Advance Dances / Pom Routine
	• Mounting/Stunt Class
3:55	Group Review
4:15	Awards
4:45	Dinner – GROUP B
5:00	Dinner – GROUP A
6:45	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

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