

# Skill Based Cheer Ohio 2010 Daily Schedule

## Day 1

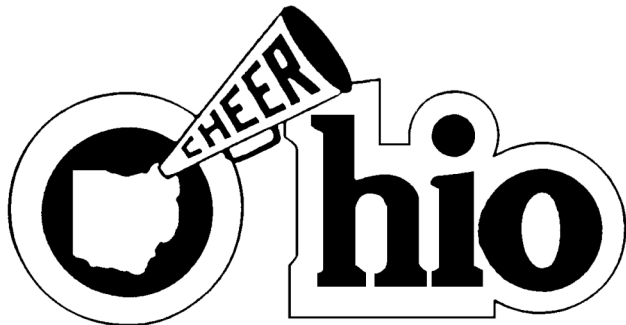
10:00 – 11:45	<b>Check In</b>
1:00	<b>Cheer Ohio Staff Demo</b>
1:30	<b>Meet Personal Instructor</b>
1:45	<b>Cheer Ohio Warm-Ups</b>
2:00	<b>Instruction / critique / Coaches</b>
	• (1cheer/2chants)
3:00	<b>Home Dance critique</b>
3:30-4:30	<b>Home Dance evaluation</b>
4:45	<b>Dinner – GROUP A</b>
5:00	<b>Dinner – GROUP B</b>
6:45	<b>Evaluation</b>
	• <b>Home Cheer</b>
7:15	<b>Awards + Home Dance Awards</b>
7:45-8:45	<b>Optional Classes</b>
	• <b>Fight Song</b>
	• <b>Mounting/Stunt class</b>
	• <b>Practice with Coach</b>
10:00	<b>In Dorms/Rooms</b>
11:00	<b>Lights Out</b>

## Day 2

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

Have a safe trip  
home!

See you next year!



## Day 3

7:45	<b>Breakfast – GROUP A</b>
8:00	<b>Breakfast – GROUP B</b>
9:15	<b>Open Practice for finals</b>
9:45	<b>Camp Finals (optional)</b>
	<b>1 cheer / 1 chant</b>
10:45	<b>Camp Awards for the week</b>
11:15	<b>Check Out</b>