

Cheer Ohio 2010 Daily Schedule – 4 day

Day 1

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|---------------|---------------------------------------|
| 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 |
| 7:45 | Awards + Home Dance Awards |
| 8:00 – 8:30 | Optional Fight Song Class |
| 10:00 | In Dorms/Rooms |
| 11:00 | Lights Out |

Day 3

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| 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

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|-------------|--|
| 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

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|-------|---------------------------------|
| 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!

