

Cheer Ohio 2017 Daily Schedule

3 Day camp

Day 1

10:00 -12:00 Check In - MITCHELL CENTER
*** LUNCH on your own**

1:00 Cheer Ohio Staff Demo - Mitchell Center
 1:30 Meet Personal Instructor
 1:45 Cheer Ohio Warm-Ups
 2:00 Instruction / Coaches Meeting
 • (2 cheers / 2 chants)

3:00 Personal Instruction Time for Evaluation
 3:30 Home Dance Warm Up
 3:45 Home Dance Evaluation
 5:30 Dinner - GROUP A
 5:45 Dinner - GROUP B
 6:45 Evaluation (Ribbons Given - small group)
 • Home Cheer/CO Chant/Cheer

7:15-7:45 Optional Classes
 • Fight Song/Intermediate Dance
 • Building/Stunt Class
 • Practice with Coach
 • Coaches submit Jump-Off participant at this time

7:45-8:00 REVIEW
 8:15-9:15 Swimming (1 hour)
 10:00 In Dorms/Rooms
 11:00 Lights Out

***Snack bar in Slayter Hall provides full lunch menu (Mon-Fri until 1:30 p.m.)**
There will be no concessions available in MITCHELL CENTER during Check In Day One and Check Out Final Day of camp this year.

Day 2

7:45 Breakfast - GROUP B
 8:00 Breakfast - GROUP A
 9:00 Cheer Ohio Warm-Ups
 9:15 Instruction / Coaches Meeting (2 cheers / 2 chants)
 10:15 Optional Classes
 • Building Class
 • Intermediate Dance Review
 • Fight Song Review

10:45 Jump Class
 11:00 Jump Contest
 11:45 REVIEW
 12:30 Lunch - GROUP A
 12:45 Lunch - GROUP B
 2:30 - 3:15 Optional Classes
 • Advanced Dance
 • Pom Routine
 • Theme Routine
 • Building/Stunt Class

3:15 - 3:45 Instruction (2 chants)
 REVIEW
 3:45 - 4:15 Team Building
 4:15 - 5:00 Personal Instruction Time
 5:00 Evaluation (1 Cheer)
 5:30 Dinner - GROUP B
 5:45 Dinner - GROUP A
 7:00-8:15 Fight Song/Intermediate Dance Competition
COMPETITION AWARDS & HOME DANCE AWARDS IMMEDIATELY FOLLOWING

9:00 Camp Pizza Party
 10:15 In Dorms/Rooms
 11:00 Lights Out

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 - MITCHELL CENTER

