

# Cheer Ohio 2017 Daily Schedule

## 4 day camp

### Day 1

10:00 -12:00 Check In - MITCHELL CENTER  
**\* LUNCH on your own**  
 1:00 Cheer Ohio Staff Demo  
 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 Cheer/Chant  
 7:15-7:45 Optional Classes  
 • Fight Song/Intermediate Dance  
 • Building/Stunt Class  
 • Practice with Coach  
 7:45-8:00 REVIEW  
 8:15-9:15 Swimming (1 hour)  
 10:00 In Dorms/Rooms  
 11:00 Lights Out

### Day 2

7:45 Breakfast - GROUP B  
 8:00 Breakfast - GROUP A  
 9:00 Cheer Ohio Warm-Ups  
 9:15 Fight Song/Intermediate Dance/Building  
 10:00 Instruction/Coaches Meeting  
 • (2 cheers/2 chants)  
 11:00-11:45 Review all material  
 12:30 Lunch - GROUP A  
 12:45 Lunch - GROUP B  
 2:30 Instruction  
 • (2 chants)  
 3:00-4:00 Instruction  
 Optional Classes  
 • Advanced Dance  
 • Pom Routine  
 • Building/Stunt Class  
 • Practice Time with Coach  
 4:00 - 5:00 Personal Instruction Time  
 5:30 Dinner - GROUP B  
 5:45 Dinner - GROUP A  
 6:45 Evaluation (1 cheer/1 chant)  
 7:15 Awards  
 8:15-9:15 Swimming (1 hour)  
 10:00 In Dorms/Rooms  
 11:00 Lights Out

### Day 3

7:45 Breakfast - GROUP A  
 8:00 Breakfast - GROUP B  
 9:00 Cheer Ohio Warm-Ups /Coaches Meeting  
 Instruction  
 • (2 chants)  
 9:30 - 10:15 Optional Classes  
 • Building  
 • Theme Routine (dance)  
 • Motion Workshop  
 10:15 - 10:30 Jump Class  
 10:30 - 11:00 Jump Contest  
 11:00 - 12:00 Personal Instruction Time  
 12:00 Practice Time with Coach  
 12:30 Lunch - GROUP B  
 12:45 Lunch - GROUP A  
 2:15 Group Review - Coaches Meeting  
 3:00-3:30 TEAM BUILDING  
 3:30-4:15 Personal Instruction Time  
 4:15-4:45 Optional: Fight Song/Intermediate Dance review  
 • (Sign up for Fight Song/Intermediate Dance Competition)  
 4:45 Dinner - GROUP A  
 5:00 Dinner - GROUP B  
 6:30 Evaluation (1 cheer required)  
 7:00-8:15 Fight Song/Intermediate Dance Competitions & ALL Awards Immediately following  
 Camp Pizza Party  
 9:00 In Dorms/Rooms  
 10:15 Lights Out

### Day 4

7:45 Breakfast - GROUP A  
 8:00 Breakfast - GROUP B  
 8:45 Open Practice for Finals  
 9:45 Camp Finals (optional)  
 10:45 Camp Awards for the week  
 11:15 Check Out - MITCHELL CENTER

**\* Snack Bar in Slayter Hall provides full lunch menu (Mon-Fri until 1:30 p.m.—NOT available Saturday, July 15.)**

**There will be no concessions available in MITCHELL CENTER during Check In Day One and Check Out Final Day of camp this year.**



*Tentative - subject to change - REVISED 6/22/17*

OASSA, 8050 N. High St., Suite 180,  
 Columbus, OH 43235-6484  
 Ph. 614-430-8311      www.oassa.org