

Cheer Ohio 2016 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
 3:45 Home Dance Warm Up
 4:00 Home Dance Evaluation
 5:30 Dinner - GROUP A
 5:45 Dinner - GROUP B
 7:00 Evaluation
 • Home Cheer/CO Chant/Cheer Awards + Home Dance Awards
 7:45
 8:00-8:45 Optional Classes
 • Fight Song/Intermediate Dance
 • Mounting/Stunt Class
 • Practice with Coach
 • Coaches submit Jump-Off participant at this time

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 Instruction / Coaches Meeting
 (2 cheers / 2 chants)
 10:15 Optional Classes
 • Mounting Class
 • Intermediate Dance Review
 • Fight Song Review

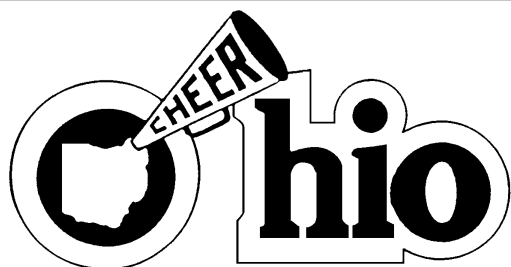
10:45 Jump Class
 11:00 Jump Contest
 11:45 REVIEW
 12:30 Lunch - GROUP A
 12:45 Lunch - GROUP B
 2:30 - 3:15 Optional Classes
 • Advanced Dance
 • Pom Routine
 • Theme Routine
 • Mounting/Stunt Class

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 Fight Song/Intermediate Dance Competition
 AWARDS IMMEDIATELY FOLLOWING
 7:45-8:45 Swimming (1 hour)
 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

***Snack bar in Slayter Hall provides full lunch menu;
 Concessions available in MITCHELL CENTER during
 Check In Day One and Check Out Final Day**



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