

Cheer Ohio 2016 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) Buckeyes / OSU
 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 Cheer /Chant
 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 Fight Song / Intermediate Dance / Mounting
 10:00 Instruction / Coaches Meeting
 • (2 cheers/2 chants) Touchdown / KSU
 11:00-11:45 Review all material
 12:30 Lunch - GROUP A
 12:45 Lunch - GROUP B
 2:30 Instruction
 • (2 chants)
 • A chant
 • B chant
 3:00-4:00 Instruction
 Optional Classes
 • Advanced Dance
 • Pom Routine
 • Mount/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
 7:45 - 8:45 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
 9:15 - 9:30 Instruction
 • (2 chants) Orange & White / Defense
 9:30 - 10:15 Optional Classes
 • Mounting
 • 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 Fight Song/Intermediate Dance Competition/Awards
 7:45-8:45 Swimming (1 hour)
 9:00 Camp Pizza Party
 10:15 In Dorms/Rooms
 11:00 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;
 Concessions available in MITCHELL CENTER during
 Check In Day One and Check Out Final Day**



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