

# CHEER OHIO 2017 INFO SHEET (Camp Overview)

- **Cheer Ohio Personal Instructors:**

Our goal is simple this summer--WE WANT EVERY TEAM TO GO HOME WITH NEW MATERIAL AND SHOW MARKED IMPROVEMENT! We will assign each team to a Cheer Ohio Personal Instructor (PI) who will offer individualized attention and helpful critique to your squad(s). This staffer will work with your team one-on-one during daily personal instruction time ("PI Time"). Our staff is committed to taking your team to the next level! To assist us in PI assignments, please note on your registration form and/or inform us at Check-In if you are combining squads (for instance, 7<sup>th</sup> & 8<sup>th</sup> Grade teams into one "combo" MS squad.) Thanks!

- **Home Dance Evaluation (Day 1):**

Show us what you've got! This is a fun dance competition and a great way to represent your school at the start of camp. Have fun with it! Score sheets will be completed for each participating team, and trophies are awarded to the top teams. Do the music segment of your new competition routine or make up a fun dance to take to camp. **\*\*Home Dance is OPTIONAL\*\*** (Be sure to bring your proof of purchase for your music!)

#### HOME DANCE GUIDELINES:

- MINIMUM TIME LIMIT: 45 SECONDS
- MAXIMUM TIME LIMIT: 2 MINUTES
- NO TUMBLING PERMITTED IN HOME DANCE ROUTINES
- NO CHEER/CHANTS PERMITTED IN HOME DANCE ROUTINES

- **Home Cheer Evaluation (Day 1):**

Bring a cheer from home to perform for your first cheer evaluation. Incorporation of jumps and tumbling are permitted in Home Cheer Evaluation. Building teams MAY include stunting. One chant or cheer that is learned during cheer instruction on Day One will also be performed for the evaluation. **HOME CHEER PARTICIPATION IS RECOMMENDED**—please come prepared with a Home Cheer (many schools bring their tryout cheer).

- **Cheer Ohio Evaluation Sheets & Ribbons**

Each day written evaluation sheets will be given to each team to help improve cheer/chant performance. Ribbons will be awarded with the evaluation sheets. Work hard to improve your team's evaluation and ribbon each day. The daily evaluations are not a competition--you will compete only against yourself in showing improvement each day. At Cheer Ohio we're all about teamwork and improvement!

- **Cheer Ohio Spirit Megaphones/Spirit Keys:**

We will end each evening at camp with awards. Cheer Ohio Spirit MEGS will be given to all teams that project a great attitude, have fun, and show amazing spirit! Each coach should encourage his/her school to display a positive team attitude and sportsmanship each day at camp.

The most prestigious award at our Cheer Ohio camps is the **Spirit Key**. At the end of camp each school nominates the teams that they thought exhibited the best positive team attitude and sportsmanship all week. Those teams are awarded the unique Spirit Key at the Final Day awards. (Spirit Keys awarded to Varsity, JV, & Freshmen teams at all four Cheer camps. An additional Spirit Key will be awarded for 7<sup>th</sup> and 8<sup>th</sup> grade teams at Camps 2 and 4 only (depending on team registration at these two camps, the 7<sup>th</sup> & 8<sup>th</sup> Grade award will likely be combined into one "Middle School" award.) At Camps 1 and 3, Jr. High/Middle School teams (7<sup>th</sup>-8<sup>th</sup>) will be combined with Freshmen.)

- **Cheer Ohio Material:**

At CO we offer crowd response cheers and chants designed to get them to yell with your cheerleaders. We stress the importance of motion placement, sharpness, etc. Clean, sharp motions make the difference! We offer both intermediate and advanced dance at our camps. Split your team up and take both home. Our clean, usable material is what makes us stand out from the rest. **Be sure to check out our schedule on the Cheer Ohio webpage at [http://www.oassa.org/index.php/Site/cheer\\_ohio/](http://www.oassa.org/index.php/Site/cheer_ohio/)**

- **Swimming?...at cheerleading camp?!**

You bet! After a long, hard day's work, we want your team to chill out! We offer an hour swim time at the Denison University pool on set evenings. CO is the only camp that offers free swimming right on campus!

- **Cheer Ohio Camp Pizza Party**

Staff, campers, and coaches gather for fun and food on the last evening of camp (see 3- and 4-day camp schedules). Order pizzas at a CO discounted rate. ***IMPORTANT:*** *Download Pizza Party form from our website. Turn in completed form and payment at Camp Check-In on DAY ONE- pay via cash or check (payable to Elm's Pizza Parlor.) PLEASE DO NOT MAIL FORM OR PAYMENT TO OASSA OFFICE.*

### ***MORE CLASSES AT CHEER OHIO***

- **Jump Class:**

More jump exercises to take home and help increase jump height, flexibility, and execution. This class is designed to teach the proper form and offer helpful hints to improve your squad's jumps.

- **Daily Review of Material:**

At CO we want your team to leave camp knowing all the camp material. The staff will lead this session with the campers and review each cheer, chant, or dance that was taught that day. Coaches are welcome to video any of the review sessions to take back home (see NOTE below.)

- **Optional Dance Classes:**

We know your squads love to dance, so we're giving you more. Split up your team and take home dances for pep rallies and back-to-school events.

- **Team Building:**

It's all about teamwork. Have fun and bring your team members closer together at Cheer Ohio.

- **Fight song/Intermediate Dance:**

Fight song and Intermediate Dance are optional. Your team may pick one or the other to learn. It's a great way to learn a fight song or extra dance for your season.

- **Pom Routine/Theme Routine:**

Your team can also choose to learn a pom routine or theme routine that will go with any band song, and/or a song of your choice.

**NOTE:** There will be **no Camp-produced DVD** offered for purchase at this year's camps. Coaches are welcome to video any of the review sessions to take back home (*use your smart phone, iPad, etc.*) Camp staff will provide filming tips and guidelines and advise of any restrictions once you are on-site.

### **CAMP THEME FOR 2017– “DISNEY”**

For questions about camp content or instruction, please contact OASSA Cheer & Dance Consultant (and 2017 Camp Director) Lenee' Lagnese at [lenee@oassa.org](mailto:lenee@oassa.org) or, visit our Cheer Ohio webpage at: [http://www.oassa.org/index.php/Site/cheer\\_ohio/](http://www.oassa.org/index.php/Site/cheer_ohio/)

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