

Cheer Ohio 2019 Daily Schedule

3 Day camp (June 17-19, 2019)

Day 1

10:00am -12:00 Check In - Kenyon Athletic Center (KAC)
*** LUNCH on your own (see below)**
 1:00pm Cheer Ohio Staff Demo - Toan Track (KAC)
 1:30pm Meet Personal Instructor
 1:45pm Cheer Ohio Warm-Ups
 2:00pm Instruction / Coaches Meeting
 • (1 cheer / 2 chants)
 3:00pm Personal Instruction Time for Evaluation
 3:30pm Home Dance Warm Up
 3:45pm Home Dance Evaluation
 5:30pm Dinner - GROUP A
 5:45pm Dinner - GROUP B
 6:45pm Evaluation (Ribbons Given - small group)
 • Home Cheer/CO Chant/Cheer
 7:15-7:45pm Optional Classes
 • Fight Song/Intermediate Dance
 • Building/Stunt Class
 • Practice with Coach
 • Coaches choose Jump-Off participant at this time
 7:45-8:00pm REVIEW
 10:00pm In Dorms/Rooms
 11:00pm Lights Out

***Pack a lunch or eat at the restaurants in Gambier. Teams/parents may also purchase lunch at Peirce Hall. Serving Hours: Breakfast 7-9am; Lunch 11am-1pm; Dinner 5-7pm. No concessions available in the KAC during Check In and Check Out Days.**



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Day 2

7:45am Breakfast - GROUP B
 8:00am Breakfast - GROUP A
 9:00am Cheer Ohio Warm-Ups
 9:15am Instruction / Coaches Meeting
 (2 cheers / 2 chants)
 10:00am Optional Classes
 • Building Class
 • Intermediate Dance Review
 • Fight Song Review
 10:30am Jump Class
 11:00am Jump Contest
 11:45am REVIEW
 12:30pm Lunch - GROUP A
 12:45pm Lunch - GROUP B
 2:30 - 3:15pm Optional Classes
 • Advanced Dance
 • Pom Routine
 • Theme Routine
 • Building/Stunt Class
 3:15 - 3:45pm Instruction (2 chants)
 REVIEW
 3:45 - 4:15pm Team Building
 4:15 - 5:00pm Personal Instruction Time
 5:00pm Evaluation (1 Cheer)
 5:30pm Dinner - GROUP B
 5:45pm Dinner - GROUP A
 7:00-8:15pm Fight Song/Intermediate Dance
 Competition
 COMPETITION AWARDS & HOME
 DANCE AWARDS IMMEDIATELY
 FOLLOWING
 9:00pm Camp Pizza Party (location to be advised)
 10:15pm In Dorms/Rooms
 11:00pm Lights Out

Day 3

7:45am Breakfast - GROUP A
 8:00am Breakfast - GROUP B
 9:15am Open Practice for Finals
 9:45am Camp Finals (optional)
 10:45am Camp Awards for the week
 11:15am Check Out - Kenyon Athletic Center
 12:00pm *Coaches to turn in all dorm KEYS/
 LANYARDS to KAC Lobby by 12:00 noon.