

# 2023 OASSA Cheer Ohio 3 Day Camp Schedule

## Day 1

10:00-12:00	Check In- At your Dorm Lunch on your own
1:00-1:45	Cheer Ohio Staff Introductions Meet your Personal Instructor
1:45-2:00	Cheer Ohio Warm-Ups
2:00-2:45	Instruction-1 Cheer/2 Chants Coaches Class
2:45-3:15	Personal Instruction Time for Evals
3:15-3:30	Home Dance Warm-Up
3:30-4:30	Home Dance Competition
4:30-5:15	Instruction-Band Dance
5:15	Dinner- Group A
5:30	Dinner- Group B
6:45-7:30	Personal Instruction Time for Evals
7:30-8:15	Evaluation Home Cheer or CO Cheer & Chant
8:15-8:30	Jump Class
8:30-9:00	Jump Contest
9:00-9:15	Review Day 1 Material
9:15	Awards and Eval Results
10:00	In Dorms/Rooms
11:00	Lights Out

## Day 2- Theme Day

7:45	Breakfast-Group B
8:00	Breakfast-Group A
9:00-9:15	Cheer Ohio Warm-Ups
9:15-9:30	Review Material from Day 1
9:30-10:15	Instruction-1 Cheer/2 Chants Coaches Class
10:15-10:45	Team Building
10:45-11:30	Instruction-Intermediate Themed Dance
11:30	Review Day 2 Material
11:45	Lunch-Group A
12:00	Lunch-Group B
1:15-2:15	Advanced Dance
2:15-2:45	Review ALL Material from Day 1 & 2

## Day 2 Continued

2:45-3:45	Personal Instruction Time for Evals Sign up for Band Dance/Int. Dance Competitions
3:45-4:30	Evaluation CO Cheer & Chant
4:30-5:00	Band Dance/Int. Dance Practice
5:00	Dinner-Group B
5:15	Dinner- Group A
6:30-7:00	Optional Practice Time
7:00-7:45	Evaluation Band Dance or Int. Dance
7:45-8:00	Awards and Eval Results
8:00	Camp Ice Cream Social
10:00	In Dorms/Rooms
11:00	Lights Out

## Day 3

7:45	Breakfast-Group A
8:00	Breakfast-Group B
9:15-9:45	Open Practice for Finals
9:45	Camp Finals

\*Camp awards and final evals will take place immediately after finals\*

### CAMP MATERIAL

- 2 General Chants
- 1 Offense Chant
- 1 Defense Chant
- 2 Cheers
- Band Dance
- Intermediate Themed Dance
- Advanced Dance



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