Cheer Ohio 2019 Daily Schedule
3 Day camp (Final)

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
8:00pm-9:00pm Open practice in KAC
10:00pm In Dorms/Rooms
11:00pm Lights Out

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
8:15pm-9:00pm Open Practice in KAC
9:00pm Camp Pizza Party (Campers Dorms)
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/
KEYCARDS to KAC Lobby by 12:00 noon

*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 Day and Check Out Days.

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Revised 6/25/19