

FRIENDSWOOD HS CHEERLEADING

2018 HIGH SCHOOL NATIONALS

TRANSPORTATION TO DALLAS

Cheerleaders need to arrive at FHS on **Friday, Jan. 26 at 6:45 AM.**

- Cheerleaders should **wear Travel Shirt, black leggings, cheer shoes**, hair in ponytail with white practice bow
- We will load the bus by the cheer closet (back of school, by stadium)
- If cheerleaders are driving to the high school, please park only in designated student spot.
- We will leave at approximately 7:00 AM
- The bus will stop for a restroom /lunch break at Buccee's, so bring money
- The bus will take the cheerleaders directly to the Spirit of Texas in Coppell for practice at 1:00 PM.
- The bus will take the cheerleaders to the Lorenzo Hotel
- **We will not take the charter bus home.** Each cheerleader is responsible for transportation home either with parents or another cheer family. The cheerleaders will be released after final awards Sunday. If you are flying home, it is recommended that you **don't book return flights earlier than a 9:00 PM departure.**

TEAM HOTEL

All cheerleaders and coaches are staying at the Lorenzo Hotel, 1011 S Akard St, Dallas, TX 75215.

- The bus will drop the team off at the hotel between 3:00 and 4:00
- Room assignments and keys will be given out at the hotel
- Room assignments are based on competition squad and are final. If you have issues with your room assignment, cheerleaders should speak privately to a coach.

MEALS

Cheerleaders need money for Friday lunch and dinner, and Lunch Sunday. All other meals have been pre-paid/pre-ordered.

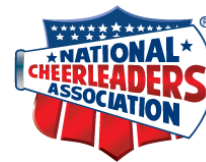
- Lunch Friday, the bus will stop at Buc-ees for a lunch/restroom break. **BRING MONEY**
- Dinner Friday Night per grade, reservations made by captains – cheerleaders are responsible for paying for their meal. **BRING MONEY**
- Breakfast Saturday & Sunday, pre-ordered/pre-paid meal cards for the Kolache Korner at the Lorenzo Hotel
- Lunch Saturday, pre-ordered/pre-paid from Beyond the Box (sandwiches and salads)
- Dinner Saturday Night, pre-ordered/pre-paid buffet for coaches and cheerleaders in a private room at the Lorenzo Hotel. We have invited the FJH cheerleaders and coaches to join us for this dinner.
- Lunch Sunday, Black and White teams will be released to eat lunch with parents and/or teammates after Black Team awards. Blue Crush will eat as a team with their coaches since their time is limited. **BRING MONEY**
- Snack baskets and water will be provided for each room. **You are welcome to bring extra snacks for your room.**

MONEY

Cheerleaders need money for Friday lunch, Friday team dinner, and Lunch Sunday. They may also want to buy an item from the NCA Spirit Store. The amount each cheerleader brings is up to their discretion.

WEATHER

The weather is predicted to be 35° - 60° while we are in Dallas. **Please pack a poncho and umbrella, RAIN is expected Saturday morning and we are walking from Hotel to Convention Center.** *Obviously, if it's storming, we will make other arrangements.*



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COMPETITION VENUE:

Key Bailey Hutchison Convention Center, 650 S Griffin St, Dallas, TX 75202

You can [Buy Tickets](#) Online: 1 Day Admission: \$20/adult, Weekend Pass: \$35/adult

COMPETITION SCHEDULE:

All cheerleaders are representing Friendswood, no matter what team you are on. All cheerleaders will watch each team perform and attend awards for all teams. Awards for Blue Crush are Sunday at 5:45 PM, all cheerleaders will stay through these awards and will be released after (approx.. 6:15-6:30 PM). For this reason, it is recommended that you do not schedule any return flights earlier than a9:00 PM departure.

SATURDAY, JANUARY 27: Preliminary Competition for all performance divisions will be at the Convention Center. *Doors open one hour prior to the first performance. Times are subject to change.* The schedule is tentative until Saturday morning. Visit www.Varsity.com/18Dallas for Performance order, results, photo/video galleries, live stream.

8:33 AM - HALL A – FJH, Novice Large JH

9:48 AM – ARENA - White Team, Novice Medium (warmup at 9:04)

10:20 AM – HALL A – Black Team, Novice JV/Freshman (warmup at 9:04)

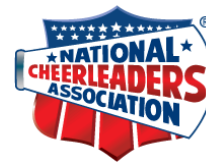
4:33 PM - ARENA Blue Crush, Intermediate Open (warmup at 3:52)

SUNDAY, JANUARY 28: Final performance order based on rank after Day 1. All Cheerleaders are required to stay and will not be dismissed to parents until after final awards.

Begins 8:00 AM – ARENA – White Team | Awards at 10:40 AM

Begins 9:00 AM – HALL A – Black Team & FJH | Awards at 12:45 PM

Begins 4:10 PM – ARENA – Blue Crush | Awards at 5:50 PM



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2018 HIGH SCHOOL NATIONALS

2018 NCA NATIONALS SCHEDULE

Preliminary

FRIDAY, JANUARY 26

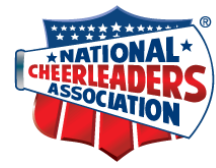
6:45 AM	Cheerleaders arrive FHS and load bus
7:00 AM	Bus Departs FHS
10:30 AM	Stop at Buc-ees for restroom/lunch break
1:00 PM	Practice at Spirit of Texas in Coppell
3:30 PM	Arrive Lorenzo Hotel
4:00-5:30 PM	Scheduled Practice at Convention Center <i>Coaches will give exact times/schedule for Saturday</i>
TBA	Team Dinners (details provided by captains)

SATURDAY, JANUARY 27

7:30 AM	All Cheerleaders meet in lobby for breakfast/team meeting. Black and white teams should be dressed for competition, blue team should wear black leggings, rain jacket, cheer shoes.
8:36 AM	FJH performs in HALL A
9:04 AM	White team warmup
9:37 AM	Black team warmup
9:48 AM	White team performs in ARENA
10:20 AM	Black team performs in HALL A
11:30 AM	Lunch – pre-ordered/pre-paid. More info TBA
TBA	Team practices called as necessary
3:52 PM	Blue Crush warmup
4:39 PM	Blue Crush performs in ARENA
5:30 PM	Dinner at Lorenzo Hotel private room. More info TBA
TBA	Team practices called as necessary

SUNDAY, JANUARY 28

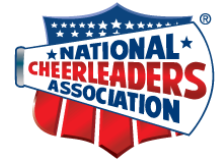
TBA	All Cheerleaders meet in lobby for breakfast/team meeting. Black and white teams should be dressed for competition, blue team should wear black leggings, rain jacket, cheer shoes.
TBA	Parents need to pick up cheerleaders' luggage from the Lorenzo Hotel Lobby. <i>Exact time will be given once we know the performance order for Sunday. Info will be sent through REMIND.</i> Cheerleaders are responsible for storing their own luggage with hotel concierge if no one is able to pick it up.
8:00 AM	White Team Division finals begin
9:00 AM	Black Team Division finals begin
10:15 AM	White Team Awards
12:45 AM	Black Team Awards
1:15 PM	Lunch – Black and white teams released to eat lunch with parents/teammates. Blue Crush and coaches will eat together since time is limited.
4:10 PM	Blue Crush Division finals begin
5:45 PM	Blue Crush Awards



PACKING LIST

- Black uniform – all pieces including shell, SLEEVES and skirt
- Blue uniform – all pieces including shell, SLEEVES and skirt
- Pullover rain jacket – you will wear this to other teams’ performances/awards when not performing
- Black sweat shirt
- Black leggings –WEAR ON THE BUS TO DALLAS**
- Travel shirt (dark blue, long sleeve, comfort colors) WEAR ON THE BUS TO DALLAS**
- Practice wear: Blue shirt and black nike shorts
- White bow – WEAR ON THE BUS TO DALLAS
- Sports bras
- Cheer shoes
- Extra pairs of white socks
- Rain poncho AND umbrella**
- Toiletries, including:
 - Shampoo/conditioner, face wash, razors, lotion, deodorant, tampons, etc.
 - Toothbrush/toothpaste
 - competition make-up , team lip color, eyelashes
 - hair ties, bobby pins
 - curling iron, straightener (hairstyle will be determined)
 - hair spray
 - nail polish remover
- Clothes (and shoes) for Team dinner, hanging out/sleeping
- Blue Water Bottle
- Braces, wraps as needed and ibuprofen/Tylenol or other medications as needed
- Snacks for your room: you may bring snacks, but do not pack water bottles or any other beverages
- Earphones, phone charger
- Money for Friday lunch, Friday Dinner, Sunday Lunch and necessities (drinks, snacks, tshirts, etc).
Extra money if you want to buy items from the NCA Spirit Store.

PLEASE LABEL EVERYTHING



REMINDERS

You are ambassadors for Friendswood High School and our community. The expectation for your performance, character, and overall behavior is very high. You are on a school trip. ALL school rules apply.

1. You are NOT allowed to leave the hotel or convention center without prior approval from a coach.
2. Please label everything you bring.
3. Please be VERY respectful to the charter bus driver.
4. It is always polite to put phones away when coaches or other adults are speaking to the group.
5. Do not talk negatively about other teams in person or on social media.
6. Your room assignments are final – if you have a problem with your roommates, please speak privately with your coach.
7. We are guests of the hotel and you are expected to behave with integrity. Do not run in the hallways, slam doors, talk loudly, misuse the phone, or in any other way disrupt the other guests at the hotel.
8. Should there be “pay-per-view” or snacks/mini-bars in your hotel, you are not to use them. Your rooms are pre-paid, and you should not make any charges (room service or otherwise) to them. If a situation arises that requires you to make a charge to your room. You must IMMEDIATELY go to the front desk and pay the charge in cash.
9. Please keep your rooms clean. When we check out – your room must be in good condition. All trash in trash cans, food/drinks thrown away, linens on the beds, towels in the bathroom, etc. No furniture is to be moved.