

FRIENDSWOOD HS CHEERLEADING

2018 HIGH SCHOOL NATIONALS

COMPETITION VENUE: Kay Bailey Hutchison Convention Center, 650 S Griffin St, Dallas, TX 75202

TEAM HOTEL: The Lorenzo Hotel, 1011 S Akard St, Dallas, TX 75215

TRANSPORTATION: The cheerleaders will take a charter bus to Dallas. The bus will stop for a restroom /lunch break, take the team to Spirit of Texas in Coppell for practice, and then to the Hotel after practice. **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 evening. If you are flying home, please do not book return flights earlier than a 9:00pm departure.

MEALS: Cheerleaders are responsible for paying for their dinner Friday night. We have made arrangements for lunch and dinner on Saturday (you will be billed for these meals). *Unfortunately, we do not get funding from the school for NCA.* The cheerleaders will receive prepaid meal cards for Saturday and Sunday breakfast. These cards can be used at the Kolache Corner in the hotel. The girls will be on their own to eat lunch with parents or friends on Sunday. Snack baskets will be provided for each room and will include some quick breakfast items. Captain parents are arranging each Team Dinner for Friday night and will provide those details, including transportation, location, time and amount needed for each cheerleader's meal.

TICKETS: You can [Buy Tickets](#) Online

1 Day Admission: \$20/adult (\$15/seniors/military)

Weekend Pass: \$35/adult (\$30/seniors/military)

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 (warmup at 7:50)

9:24 AM – ARENA - White Team, Novice Medium (warmup at 8:43)

9:40 AM – HALL A – Black Team, Novice JV/Freshman (warmup at 8:57)

4:39 PM - ARENA Blue Crush, Intermediate Open (warmup at 3:55)

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. *Please note: if you're flying home, do NOT book return flights earlier than 9:00pm departure.*

Begins 8:00 AM – ARENA – White Team

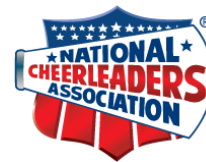
Awards at 10:15 AM

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



2018 NCA NATIONALS SCHEDULE

****Preliminary ****

FRIDAY, JANUARY 26

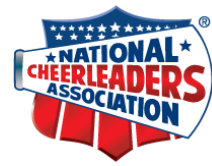
- 6:45 AM Cheerleaders arrive FHS and load bus
- 7:00 AM Bus Departs FHS
- 10:30 AM Stop at Buc-ees for restroom/lunch break
- 1:00 PM Practice at Spirit of Texas in Coppell
- 3:30 PM Arrive Lorenzo Hotel
- 4:00-5:30 PM Scheduled Practice at Convention Center *Coaches will give exact times/schedule for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

SATURDAY, JANUARY 27

- 7:00 AM Breakfast at Kolache corner at Lorenzo Hotel (use prepaid meal card)
- 8:00 AM All Cheerleaders meet in Lobby (dressed as determined by coaches) to walk to Convention Center
- 8:45 AM White team warmup
- 8:57 AM Black team warmup
- 9:24 AM White team performs in ARENA
- 9:40 AM Black team performs in HALL A
- 11:30 AM Lunch – pre-ordered/pre-paid. More info TBA
- 3:55 PM Blue Crush warmup
- 4:39 PM Blue Crush performs in ARENA
- 5:30 PM Dinner at Lorenzo Hotel private room. More info TBA

SUNDAY, JANUARY 28

- TBA Breakfast at Kolache corner at Lorenzo Hotel (use prepaid meal card)
- All Cheerleaders meet in Lobby (dressed as determined by coaches) to walk to Convention Center
- 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 – Cheerleaders released to parents, or on their own for lunch, *except Blue Crush.*
Blue 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 jacket
- Black sweat shirt
- Black leggings - any
- Practice wear: Blue shirt and black nike shorts
- White bow
- Travel shirt (dark blue, long sleeve, comfort colors)
- Sports bras
- Cheer shoes
- Extra pair of white socks
- 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).

PLEASE LABEL EVERYTHING