



## NCA 2019 HIGH SCHOOL NATIONALS

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| DATE       | January 25 – January 27, 2019  |
| LOCATION   | Kay Baily Hutchison Convention Center, Dallas, TX  |
| ADMISSION  | Info not posted  |
| TRAVEL     | By Charter bus to Dallas<br>Cheerleaders will ride home with parents (need transportation form from EVERYONE)  |
| MEALS      | Fri Lunch – bus will stop at Buc ee’s for lunch, snacks and restroom break<br>Dinner – Squad Dinners (info provided by Captains)<br>Sat Breakfast – provided at the hotel in ballroom<br>Lunch – provided by FHS Cheer, menu and location TBD<br>Dinner – Team Dinner at Hotel Ballroom (Parents invited)<br>Sun <b>Breakfast – provided at the hotel in ballroom</b><br><b>Lunch – provided by FHS Cheer, menu and location TBD</b><br>Snacks and water bottles will be provided in each hotel room<br><i>*****Meal selections will be made at a later date</i> |
| BRING      | <i>Preliminary packing list attached</i>   |
| TEAM HOTEL | Lorenzo Hotel, 1011 S Akard St, Dallas, TX 75215<br>Check in Friday 1/25 – Check out Sunday 1/27   |
| WEBSITE    | <a href="#">NCA HS Nationals Link</a> includes schedules, hotel reservations, etc  |
| DIVISIONS  | <i>Black – Large High School Novice</i><br><i>White – JV/Freshman Novice</i><br><i>UIL – Game Day Large High School (fight song, band chant, cheer)</i>  |

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**SCHEDULE**     *Preliminary and subject to change*

FRIDAY 1/25

- 7:00 AM    Leave Friendswood by Charter Bus
- 9:00 AM    Stop in Madisonville for lunch/snacks/restroom break at Buc ee's
- 1:00 PM    Arrive Dallas – Team practice at Convention Center
- 3:00 PM    Check in Hotel
- TBA    Squad Dinners

Saturday 1/26

- TBA    Breakfast at the Hotel - leave for Convention Center
- TBA    Prelim competitions (Black & White)
- TBA    Lunch provided by FHS Cheer – location/menu TBD
- TBA    **Game Day Competitions & Awards**
- TBA    Team practices as determined by coaches
- 7:30 PM    Dinner at Hotel in Ball Room (parents invited)

Sunday 1/27

- TBA    Breakfast at the Hotel, Hotel check out\*
- TBA    Leave for Convention Center
- TBA    Possible team practices as determined by Coaches
- TBA    Final Competitions & Awards (Black & White)
- TBA    **Lunch provided by FHS Cheer – location/menu TBD**
- TBA    Final Competitions & Awards (Black & White)
- TBA    ALL CHEERLEADERS RELEASED AFTER ALL TEAMS HAVE COMPETED AND BEEN TO AWARDS

\*cheerleaders will check out Sunday Morning prior to leaving for convention center. Cheerleaders must check all bags and personal items at Hotel Concierge or have parents pick up items that morning.

## NCA PACKING LIST

- Black uniform – all pieces including shell, SLEEVES and skirt
- Blue uniform – all pieces including shell, SLEEVES and skirt
- Blue Pullover jacket
- Black sweat shirt
- Leggings – both (Competition and Mustang)
- Practice wear TBA
- Sports bras
- Extra pair of white socks
- White bow
- Toiletries, including:
  - Shampoo/conditioner, face wash, razors, lotion, deodorant, tampons, etc.
  - Toothbrush/toothpaste
  - competition make-up and team lip color
  - hair ties, bobby pins
  - curling iron, straightener (hairstyle will be determined)
  - hair spray
  - nail polish remover
- Clothes (and shoes) for hanging out/sleeping
- Blue Water Bottle
- Braces, wraps as needed and ibuprofen/Tylenol or other medications as needed
- Snacks: you may bring snacks, but do not pack water bottles or any other beverages
- Money: for Friday Lunch at Buc ee's, snacks, souvenirs, etc.

# 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 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.
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.
10. Hotel Policies:
  - a. *Charges will be assessed on your account if there are damages to the room, furniture is moved from its original position, or rooms are left unclean. If FHS Cheer is charged for any of this, you will be billed the full amount.*
  - b. *If, after 10:30 pm, a disturbance is created as a result of a party or noise from a guest room, all guests in the room will be asked to leave the hotel without a refund.*



**2019 NCA HIGH SCHOOL NATIONALS  
ALTERNATIVE STUDENT TRAVEL**

I, \_\_\_\_\_, understand I am responsible for providing  
(PARENT/GUARDIAN'S NAME)

transportation for my daughter, \_\_\_\_\_, at the conclusion of  
(CHEERLEADER'S NAME)

the 2019 NCA High School Nationals in Dallas, Texas on January 27, 2019.

My daughter will travel home with:

Parent/Guardian

Other person designated by me \_\_\_\_\_  
(NAME)

I hereby release and hold harmless the Friendswood High School Cheer Program, Friendswood High School, Friendswood Independent School District, its Trustees, employees, and agents from any and all liability with this alternate method of travel.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date



Friendswood High School  
School Sponsored Overnight Trip

**Prescription and OTC Medications**

***Section 1 – Permission to Carry Medication***

My child, \_\_\_\_\_, has permission to carry prescription and/or OTC (over the counter) medications on their trip with FRIENDSWOOD HS CHEER dated from 1/25/19 to 1/27/19.

*List medications below: prescription and OTC (ibuprofen, Zyrtec, etc).*

*If not bringing medication – write NONE.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

***Section 2 – Dispensing of Medication***

*Please select and initial ONLY one of the following:*

**I would like to have an adult chaperone dispense** the prescription and/or OTC medication to my child according to the labeled instructions.

**I give full responsibility to my child** to properly take their own prescription and/or OTC medication according to the labeled instructions.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_