

**NCA NATIONALS 2020**

DATE	January 31 – February 2, 2020
LOCATION	Kay Bailey Hutchison Convention Center 650 S Griffin St, Dallas, TX 75202
ADMISSION	CASH ONLY - \$20/Day, \$35/Weekend ONLINE PURCHASE

TRAVEL	By Charter Bus to Dallas. Parents will be required to arrange transportation home. <i>*Alternate transportation form is required.</i>
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MEALS	Fri	Lunch – Bus will stop at Buc-ee’s for lunch, snacks and restroom break – bring cash Dinner – Squad Dinners – see Captain Moms for info
	Sat	Breakfast – provided in each room Lunch – Stay tuned Dinner – Stay tuned
	Sun	Breakfast – provided in each room Lunch – White Team released to parents Blue Team – Jason’s Deli has been ordered and will be delivered.

BRING	<i>Packing list attached</i>
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TEAM HOTEL	Omni Dallas Hotel – 555 S. Lamar, Dallas, TX 75202
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WEBSITE	2020 Championship Information includes schedules, hotel reservations, etc.
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DIVISION	White: Novice JV/Freshman; Blue Crush: Intermediate Large Varsity
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PERFORMANCE SCHEDULE - SATURDAY

8:03 AM	FJH – Hall A
9:26 AM	FHS White – Hall A
4:26 PM	FHS Blue Crush – Arena

SUNDAY

8:00 AM	White Division Finals begins – Hall (exact time will be announced Saturday night)
10:00 AM	Awards for White Team – Hall A
4:50 PM	Blue Crush Division Finals begin – Arena (exact time will be announced Saturday night)
6:20 PM	Awards for Blue Crush – Arena

WHITE TEAM WILL BE REQUIRED TO STAY THROUGH AWARDS FOR BLUE CRUSH

Varsity.com/20Dallas

Performance Order, Results, Photo Galleries

NCA NATIONALS – TENTATIVE SCHEDULE

FRIDAY – 1/31	SATURDAY – 2/1	SUNDAY – 2/2
<p>6:30AM Arrive FHS to load bus</p> <ul style="list-style-type: none"> • Wear... shirt and black Varsity leggings with running mustang, hair and makeup as if for school • Luggage will be checked and tagged before loading the bus • Bring Medication form, travel form and backpack packed with items listed on Packing List <p>9:15AM Stop in Madisonville for lunch/restroom break at Buc-ee's</p> <p>12:30PM Arrive Dallas/Omni Hotel <i>Room assignments will be given at hotel.</i></p> <p>4:00PM Leave hotel for Convention Center Practice 4:50-5:20pm</p> <p>5:40PM Free time at hotel to get dressed for Class Dinners</p> <p>6:30PM Class Dinners at times/locations as communicated by captain parents</p> <p>9:30PM <i>Team meeting in lobby</i></p> <p>10:30PM Room Check</p>	<p>Wakeup and get dressed</p> <p>We will finalize the schedule for Saturday this week and send with the next update.</p> <p>Breakfast Leave for Convention Center</p> <p>White Team Warmup 9:26AM White Team Performance</p> <p>Lunch, rest, hotel</p> <p>Blue Crush Warmup 4:26PM Blue Crush Performance</p> <p>6:30PM Dinner - Catered delivery to hotel, El Fenix</p> <p>10:30PM Room Check</p>	<p>Wakeup and get dressed Breakfast Pack belongings and clean rooms Bring luggage to lobby for storage at concierge or have your parents come pick up.</p> <p>* Leave for Convention Center</p> <p>8:00AM White Team Division begins in Hall A</p> <p>Teams report for awards</p> <p>10:00AM White Team and FJH Awards in Hall A</p> <p>Team Photo?????</p> <p>11:45AM Blue Team Lunch</p> <p>4:50PM Blue Crush Division begins in Arena</p> <p>Teams report for awards</p> <p>6:20PM Blue Crush Awards in Arena</p> <p>7:00PM Team will return to the hotel and cheerleaders will be released to parents at the hotel.</p> <p><i>* Exact departure time from Hotel will be announced Saturday night – it will depend on performance order.</i></p>



NCA PACKING LIST

ON THE BUS YOU SHOULD WEAR:

- Yellow Bus shirt, plain black leggings and cheer shoes
- Hair and makeup as if for school
- No nail polish or fake nails other than nude or French
- No Jewelry

You may bring a pillow and blanket

IN YOUR BACKUP YOU SHOULD PACK:

- Signed Medication Form – REQUIRED FOR EVERYONE
- Signed Transportation Form – REQUIRED FOR EVERYONE
- Phone & Charger (earphones if you want)
- Personal items and medication
- Money for lunch/snacks at Buc-ee's (or a sack lunch)

IN YOUR LUGGAGE, YOU SHOULD PACK:

- Black uniform – all pieces including shell, turtleneck sleeves, Varsity brand sleeves and skirt.
- Blue uniform – all pieces including shell, sleeves and skirt.
- Blue Varsity brand Team Shirt & Black leggings with Running Mustang
- Black sweatshirt
- Blue Rain Jacket
- Friday Skort Practice wear
- Sports bra
- White no-show socks
- White bow – We will provide roses and ribbon for competition
- Team Water Bottle
- Toiletries, including:
 - Shampoo/conditioner, face wash, razors, lotion, deodorant, tampons, etc.
 - Toothbrush/toothpaste
 - Competition makeup and competition lip color, and eyelashes (optional)
 - Hair spray, hair ties, bobby pins, curling iron, straightener
 - Nail polish remover
- Outfit/shoes for Class Dinner
- Clothes/shoes for sleeping, around the hotel
- Braces, wraps as needed
- Snacks: you may bring snacks, **but do not pack water bottles or any other beverages**

P L E A S E L A B E L E V E R Y T H I N G



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. No parents are allowed in girls rooms and girls are not to go to parents room without coaches permission.
3. Please label everything you bring.
4. Please be VERY respectful to the bus driver.
5. It is always polite to put phones away when coaches or other adults are speaking to the group.
6. Do not talk negatively about other teams in person or on social media.
7. Your room assignments are final – if you have a problem with your roommates, please speak privately with your coach.
8. 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.
9. Should the be “pay-per-view” or 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.
10. Please keep your rooms clean. When you check out – your room must be in good condition. All trash in trash cans, food/drinks thrown away, linens on bed, towels in bathroom, etc. No furniture is to be moved.
11. 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.
12. All rules stated in the Mustang Code of Conduct and in the FISD Athletic Handbook apply.

A completed form is required by ALL cheerleaders. Not taking medication? write NONE and have your parent sign.



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 FHS Cheerleading dated from _____ to _____.

*List medications below: prescription and OTC (ibuprofen, Zyrtec, etc).
If not bringing medication – write NONE.*

1. _____
2. _____
3. _____

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: _____



**Friendswood High School
Alternate Travel Permission Slip
for School Event(s)**

For a student to be eligible to use alternate travel to or from a school event they must complete the following:

1. In writing, the student must request alternate travel one day in advance of the event to the coach or sponsor for approval; and
2. The student must have on file with the coach or sponsor a signed Alternate Travel Permission Slip.

Request for Alternate Travel for: _____
(Student Name)

for FHS Cheerleaders with student's parent/s.
(Team/Group and Coach/Sponsor)

I give permission for my student to travel with another parent YES/NO (please circle):

(Name of Parent Driving) (Signature of Parent Driving)

I hereby release and hold harmless the Friendswood Independent School District, its Trustees, employees, and agents from any and all liability in connection with the alternate method of travel for a school event.

Parent or Guardian Signature *Phone Number* *Date*

Coach/Sponsor Signature *Assistant Principal/Athletic Director Approval Signature*