

**UIL 2020 TEXAS STATE SPIRIT CHAMPIONSHIPS**

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DATE	January 16 – 18, 2020
LOCATION	Fort Worth Convention Center
ADMISSION	CASH ONLY - \$15/Adults, \$10/Students (5-18), \$45 all sessions ticket Parking and spectator info at <a href="https://www.uiltexas.org/spirit/spectator-information">https://www.uiltexas.org/spirit/spectator-information</a>

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TRAVEL	By Charter Bus – to and from Fort Worth  <i>*District Policy states that all athletes are required to ride district provided transportation with school sponsors to and from all contests. This year, alternative transportation from contests is discouraged by FHS Administration and will only be granted for extenuating circumstances. Please contact Coach Yee if you need to make other arrangements for the trip home.</i>
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MEALS	Thur Lunch – Bus will stop at Buc-ee’s for lunch, snacks and restroom break – bring cash Dinner – Palio’s Café – provided by FHS Cheer at the hotel  Fri Breakfast – provided in each room Lunch - <a href="https://schlotzskys.olo.com/basket/joingroup/dd7aba22-ee27-403c-82bd-4a3485080e3f">https://schlotzskys.olo.com/basket/joingroup/dd7aba22-ee27-403c-82bd-4a3485080e3f</a> Dinner – <a href="http://friendswoodcheerleading.com/20200117meal">http://friendswoodcheerleading.com/20200117meal</a>  Sat Breakfast – provided in each room
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BRING	<i>Packing list attached</i>
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TEAM HOTEL	Sheraton Fort Worth Downtown – 1701 Commerce St. Fort Worth, TX 76102 Check in Thursday 1/16 – Check out Saturday 1/18
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WEBSITE	<a href="#">UIL State Spirit Championships Link</a> includes schedules, hotel reservations, etc.
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DIVISION	FHS is competing in 5A-D1 – <i>there are approximately 53 - 5A teams competing this year</i>
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PARENTS	PLEASE sit together and cheer LOUDLY. Part of our score is “engages crowd response”. It makes a HUGE difference in the girls’ energy on the floor!
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## PERFORMANCE SCHEDULE

11:41 AM	Fight Song
1:09 PM	Crowd Leading
2:06 PM	Band Chant
2:40 PM	Announcement of Finalists (Top 20)
5:35 PM	Finals
8:00 PM	Awards

The full schedule can be found at: [https://www.uiltexas.org/files/alignments/UIL\\_Spirit\\_2020\\_-\\_Update\\_12-6-19.pdf](https://www.uiltexas.org/files/alignments/UIL_Spirit_2020_-_Update_12-6-19.pdf)



## UIL 2020 TEXAS STATE SPIRIT CHAMPIONSHIPS TENTATIVE SCHEDULE

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### THURSDAY 1/16

- 8:30 AM Arrive at FHS to load bus – Meet by the Cheer Closet
- Wear Mustang Nation shirt and 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 and backpack packed with items listed on Packing List. All girls MUST turn in a Medication form. No medication? Write NONE and turn in.
- 12:00 PM Stop in Madisonville for lunch/snack/restroom break at Buc-ee's
- 3:30 PM Arrive in Fort Worth – Check in to Hotel. *Room assignments will be given at hotel.*
- TBA Team Practice – location TBD
- 6:30 PM Team Dinner & Team Meeting (location TBA)

### FRIDAY 1/17

- Wake up and get dressed – breakfast will be provided in hotel rooms.
- Meet in lobby. We will leave for Convention Center
- Be dressed in uniform with competition hair and makeup
  - Bring backpack with items needed to freshen up makeup/hair – pack snacks for later
- 11:20 AM Warmup Fight Song – Compete 11:41 AM  
Tentative team practice after performance
- 12:50 PM Warmup Crowd Leading – Compete 1:09 PM  
Tentative team practice after performance
- 1:44 PM Warmup Band Dance – Compete 2:06 PM
- 2:25 PM Team Photo – Parents will be notified where to meet the team for pictures
- 2:35 PM Gather for 5A Div I Finalists Announced (Top 20 Teams)
- 3:00 PM Lunch
- ???? Tentative team Practice *if we are in the finals.*
- 5:06 PM 5A Div I FINALS competition begins (order determined by drawing)
- 8:00 PM 5A Div I AWARDS  
We will return to the hotel after awards and dinner will be provided there.



**UIL 2020 TEXAS STATE SPIRIT CHAMPIONSHIPS  
TENTATIVE SCHEDULE**

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**SATURDAY 1/18**

Wake up and get dressed – breakfast will be provided in hotel rooms. Pack all belongings.  
Wear yellow bus travel shirt and black leggings home.

- 6:00 AM Clean room and check out. Bring luggage to lobby and prepare to board bus.
- 7:00 AM Board bus
- 12:00 PM Arrive at FHS



## UIL PACKING LIST

### ON THE BUS YOU SHOULD WEAR:

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

### IN YOUR BACKUP YOU SHOULD PACK:

- Signed Medication 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)
- Money for souvenirs

### IN YOUR LUGGAGE, YOU SHOULD PACK:

- Black uniform – all pieces including shell, turtleneck sleeves, skirt and white crew socks with mustang
- Black sweatshirt
- Blue Rain Jacket
- Friday Skort Practice wear
- Sports bra and extra pair of white socks
- White bow – We will provide white ribbon Friday morning.
- Team Water Bottle
- Toiletries, including:
  - Shampoo/conditioner, face wash, razors, lotion, deodorant, tampons, etc.
  - Toothbrush/toothpaste
  - Competition makeup and team lip color
  - Hair spray, hair ties, bobby pins, curling iron, straightener (hairstyle will be determined)
  - Nail polish remover
- Clothes/shoes for sleeping, around the hotel and for the bus ride home – Yellow Bus Shirt & Black Leggings
- 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. 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 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 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.
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.*
11. 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: \_\_\_\_\_