

**UIL 2021 TEXAS STATE SPIRIT CHAMPIONSHIPS**

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DATE January 13 – 15, 2021

LOCATION Fort Worth Convention Center

ADMISSION \$15

Parking and spectator info at <https://www.uilTEXAS.org/spirit/spectator-information>

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TRAVEL By Charter Bus – to and from Fort Worth

*\*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.*

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MEALS Wed 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

Thur Breakfast – provided in each room  
Lunch -  
Dinner –

Fri Breakfast – provided in each room

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BRING *Packing list attached*

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TEAM HOTEL Omni Fort Worth – 1300 Houston St. Fort Worth, TX 76102  
Check in Wednesday 1/13 – Check out Friday 1/15

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WEBSITE [UIL State Spirit Championships Link](#) includes schedules, hotel reservations, etc.

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DIVISION FHS is competing in 5A-D1 – *there are approximately 61 - 5A teams competing this year*

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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**

Qualifying Round is in the Hall. State Championship Finals will be held in the Arena and begin at 4:45PM.

We will compete all 3 categories at one time, beginning at 1:18pm. Spectator check-in is at 12:56pm.



## UIL 2021 TEXAS STATE SPIRIT CHAMPIONSHIPS TENTATIVE SCHEDULE

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### WEDNESDAY 1/13

- 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)

### THURSDAY 1/14

- 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
- 1:30 PM Team Photo – Parents will be notified where to meet the team for pictures
- ???? Lunch
- ???? Tentative team Practice *if we are in the finals.*
- 4:45 PM 5A Div I FINALS competition begins
- 8:05 PM 5A Div I AWARDS

### FRIDAY 1/15

- Wake up and get dressed – breakfast will be provided in hotel rooms. Pack all belongings.
- 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
- All FHS Cheer Issued Face Masks
- 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:

- UIL Uniform – all pieces including shell, sleeves, skirt and white crew socks
- 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
- 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. You are only allowed to be in the hotel room you are assigned to. You may not hang out or congregate in another room or the hall. Parents and/or siblings are not allowed to enter FHS Cheer rooms.
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 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.
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 FUSD Athletic Handbook apply.



## FISD TRAVEL PROTOCOLS

### Planning and preparation prior to leaving:

- Thorough health screening by nurse and/or trainer to include temperature check
- Pack hand sanitizer with at least 60% alcohol
- Pack extra masks or face coverings
- Pack sanitizing wipes
- All members of the team should reduce interactions with others

Masks, hand sanitizer, and wipes will also be provided to athletic staff to have available for student and staff use.

### Prior to boarding transportation:

- Wash hands
- Health screening and temperature check
- Wear face covering
- Hand sanitizer
- If transportation seating is a vinyl or leather surface use provided wipes to wipe down seats and arm rests prior to taking a seat
- Space students and staff out as much as feasible
- If contracting transportation contact company to determine what cleaning methods are being used to mitigate the spread of COVID-19

### Arrival and Stay at Hotel:

- Daily health screening to include temperature checks
- Wear face coverings in all indoor public spaces and practice social distancing in all common areas
- Choose contactless options, where available, including online reservations, check-ins and payments
- Consider daily room cleaning, only if necessary. Ask the hotel about your options.
- Request contactless room service delivery if applicable
- Refrain from traveling if you have, or recently had, any symptoms of COVID-19 or contact with anyone diagnosed with COVID-19
- Wipe down high touch surface areas in room, i.e., phone, door handles, remote controls, etc.
- Do not eat in breakfast buffet area, take food to your room

- Avoid dining out as much as feasible, have food delivered contactless, if dining out wear face covering, practice social distancing and stay in assigned room groups
- Avoid sharing food or drinks
- Avoid sharing hygiene items, cell phones, ear buds and other electronic devices
- **General Health and Safety Guidelines:**

### **Practice hand hygiene and respiratory etiquette**

- Before you leave, [wash your hands](#) with soap and water for at least 20 seconds or use hand sanitizer with at least 60% alcohol.
- Once you reach your destination, [wash your hands again](#) or use hand sanitizer as soon as possible.
- Wash hands frequently
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your coughs and sneezes with a tissue or use the inside of your elbow. Throw used tissues in the trash and wash your hands immediately with soap and water for at least 20 seconds or use hand sanitizer with at least 60% alcohol.

### **Social distance**

- During travel, try to keep at least 6 feet (2 meters, approximately 2 arms' length) from people — for example, when you are waiting to board the bus. When seated on the bus sit every other row and wear a face covering.
- Avoid hugging, shaking hands.

### **Wear a mask/face covering**

- Wear a [mask](#) or face covering in public settings, like on public and mass transportation, at events and gatherings, and anywhere you will be around other people.
- Bring extra masks or face coverings and a sealable plastic bag. If your mask gets wet or dirty, put a clean mask on and put the wet or dirty mask in the plastic bag until you can wash it.

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: \_\_\_\_\_