

## 2019 NCA HIGH SCHOOL NATIONALS

<b>DATE</b>	January 25 – January 27, 2019
<b>LOCATION</b>	Kay Baily Hutchison Convention Center   650 S Griffin St, Dallas, TX 75202
<b>ADMISSION</b>	General Admission: \$20 / \$35 for a 2-day pass   <a href="#">Online ticket sales</a>
<b>TRAVEL</b>	To Dallas by Charter bus – Ride home with parents. <i>Cheerleaders are required to ride the bus to Dallas and will go home with parents or others as indicated on Travel form (in this packet).</i>
<b>MEALS</b>	<p>Fri Lunch – bus will stop at Buc ee’s for lunch, snacks and restroom break – <i>bring cash</i>  Dinner – Class dinners as organized by Captain parents – <i>bring cash/payment</i></p> <p>Sat Breakfast at the hotel  Lunch provided by FHS Cheer  Dinner at the hotel – buffet with parents/families</p> <p>Sun Breakfast at the hotel</p>
<b>BRING</b>	<i>Packing list attached</i>
<b>TEAM HOTEL</b>	Lorenzo Hotel - 1011 S Akard St, Dallas, TX 75215 Check in Friday 1/25 – Check out Sunday 1/27
<b>WEBSITE</b>	Visit <a href="#">Varsity.com/19Dallas</a> for • Performance Order • Results • Photo Galleries
<b>DIVISIONS</b>	Black: Novice JV/Freshman   White: Large Novice High School   Game Day: Large High School

### PERFORMANCE SCHEDULE *(updated 1/18/19)*

#### Saturday

- 9:06 AM FHS Black – Arena
- 9:26 AM FJH – Hall A
- 10:09 AM FHS White – Arena
- 3:21 PM Game Day/Band Dance – Hall A
- 5:24 PM Game Day/Cheer – Hall A
- 6:33 PM Game Day/Fight Song – Hall A
- 8:00 PM Game Day Awards

#### Sunday

- 8:30 AM Black’s Division Finals begins - Arena (exact time will be announced Saturday night)
- 9:35 AM White’s Division Final begins - Arena (exact time will be announced Saturday night)
- 12:15 PM Awards for both divisions begins - Arena

# NCA NATIONALS – TENTATIVE SCHEDULE

## FRIDAY – 1/25

- 6:45 AM** Arrive FHS to load bus
- Wear Travel Shirt and black leggings (white “MUSTANGS”), 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
- 9:15 AM** Stop in Madisonville for lunch/restroom break at Buc ee’s
- 12:30 PM** Arrive Dallas/Lorenzo Hotel
- *room assignments will be given at hotel*
- 2:30 PM** Leave hotel for Convention Center
- Practice 3:20-4:10
  - ***about a 3 block walk (we have dads who will walk with the team)***
- 4:30 PM** Free time at hotel to get dressed for Class Dinners
- 6:00-9:00** Class Dinners at times/locations as communicated by captain parents
- 9:30 PM** *Possible team meeting in lobby*
- 10:30 PM** Room Check

## SATURDAY – 1/26

- 6:00 AM** Wakeup and get dressed  
Breakfast can be picked up at 6:30-7:00 in the Toast Room
- 7:15 AM** **Leave for Convention Center**
- 8:25 AM** Black Team Warmup
- 9:06 AM** Black Team Performance in Arena
- 9:25 AM** White Team Warmup
- 9:26AM** Black team will watch FJH in Hall A
- 10:09 AM** White Team Performance in Arena
- 10:15 AM** Return to hotel for rest, lunch, and to freshen-up
- Lunch will be provided (11:30)
  - Game day will change uniforms
  - Fresh will change to jacket/leggings
- 2:00 PM** Leave for convention center
- 2:53 PM** Game Day/Dance Warmup
- 3:21 PM** Game Day/Dance Performance in Hall A
- ***pick-me-up snack provided***
- 4:56 PM** Game Day/Cheer Warmup
- 5:24 PM** Game Day/Cheer Performance in Hall A
- 6:05 PM** Game Day/Fight Song Warmup
- 6:33 PM** Fight Song Performance in Hall A
- ***pick-me-up snack provided***
- 7:35 PM** Report for Game Day Awards
- 8:00 PM** Game Day Awards Begin in Hall A
- 8:45 PM** Leave Convention Center for Hotel (***we have dads who will walk with the team***)
- 9:00 PM** Dinner Buffet for team and families in the Hotel’s Toast Room
- 10:30 PM** Room Check

## SUNDAY – 1/27

- 6:00 AM** Wakeup and get dressed
- Breakfast can be picked up at at 6:30-7:00 in the Toast Room
  - Pack belongings and clean rooms
  - Bring luggage to lobby for storage at concierge
- \*7:30 AM** Leave for Convention Center
- 8:30 AM** Black Team Division Begins in Arena
- 9:35 AM** White Team Division Begins in Arena
- 9:45 AM** Team photo op for parents
- *Location TBA*
- 11:45 AM** Teams report for awards
- 12:15 PM** Awards begin for both Teams in Arena
- 1:00 PM** Team will Return to the Hotel
- *Cheerleaders will be released to parents at the hotel*
- \*Exact departure time from Hotel will be announced Saturday night – it depends on performance order**

## NCA PACKING LIST

### ON THE BUS YOU SHOULD WEAR:

- Red Travel Shirt, black leggings (WITH MUSTANGS) 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 BACKPACK YOU SHOULD PACK:

- Signed Medication Form
- Signed Transportation Form
- 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, sleeves and skirt
- Blue uniform – all pieces including shell, sleeves and skirt
- Blue Pullover jacket (parents are welcome to wear your black sweatshirt)
- Varsity black crop leggings (with little mustang and white stripe)
- Practice wear
  - black compression shorts
  - gray striped tank
  - Blue “no excuses” t shirt
- Sports bra
- White No-show socks
- White bow
- Team Water Bottle
- Umbrella
- Toiletries, including:
  - o Shampoo/conditioner, face wash, razors, lotion, deodorant, tampons, etc.
  - o Toothbrush/toothpaste
  - o competition make-up and team lip color, and eyelashes (optional)
  - o Hair spray, hair ties, bobby pins, curling iron, straightener (hairstyle will be determined)
  - o 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**

**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 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 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.*
11. All rules stated in the Mustang Code of Conduct and in the FISD Athletic Handbook apply.



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: \_\_\_\_\_



FRIENDSWOOD HIGH SCHOOL CHEERLEADING  
**OUT OF TOWN TRANSPORTATION FORM**

I understand that I am responsible for my child's transportation home from NCA NATIONALS/DALLAS, TX  
after she has been released by the coaches on 1/27/2019. (event)  
(date)

**TRAVEL ARRANGEMENTS**

My daughter \_\_\_\_\_  
(name)

Will ride home with me \_\_\_\_\_  
(parent's name)

Has my permission to ride home with another adult \_\_\_\_\_  
(adult's name)

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

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

\_\_\_\_\_  
Date