



NCA NATIONALS 2021

DATE	March 5-7, 2021
LOCATION	Fort Worth Convention Center 1201 Houston St. Fort Worth, 76102
ADMISSION	\$10/Day – Only single day tickets available. You will need a ticket for each day you plan to attend. ONLINE PURCHASE

We will be using Remind for announcements throughout the weekend. Girls and parents, please ensure you are subscribed. Text @dbched to 81010.

TRAVEL	By Charter Bus to Fort Worth. Parents will be required to arrange transportation home. <i>*Alternate transportation form is required for all girls.</i>
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MEALS	Fri	Lunch – Bus will stop at Buc-ee’s for lunch, snacks and restroom break – bring cash We will have afternoon and evening snack available. Dinner – Olive Garden Pasta Station
	Sat	Breakfast – Pick up your breakfast bag at check-in. Lunch – Corner Bakery Box Lunch We will have afternoon and evening snack available. Dinner – Taco Bar by Salsa Limon
	Sun	Breakfast – Pick up your breakfast bag at check-in. Lunch – Corner Bakery Box Lunch We will have an afternoon snack available.

BRING	<i>Packing list attached</i>
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TEAM HOTEL	Omni Fort Worth 1300 Houston St. Fort Worth, TX 76102
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WEBSITE	2021 Championship Information
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PERFORMANCE SCHEDULE – All performances will be in the Arena

SATURDAY	9:07 AM	FJH – Spectator Viewing Check-In 8:47am
	9:56 AM	Novice Large Varsity – Spectator Viewing Check-In 9:36am
	10:49 AM	Intermediate JV/Freshman Game Performance – Spectator Check-In 10:29am
	5:36 PM	Game Day Large Varsity – Spectator Check-In 5:25pm
SUNDAY	10:45 AM	Finals for Novice Large Varsity & Intermediate JV/Freshman Game Performance Begin
	12:16 PM	Awards for Novice Large Varsity & Intermediate JV/Freshman Game Performance
	3:52 PM	Finals for Game Day Large Varsity Begin
	6:03 PM	Awards for Game Day Large Varsity

Varsity.com/21NCA

Performance Order, Results, Photo Galleries



NCA NATIONALS 2021 TENTATIVE SCHEDULE

FRIDAY 3/5

- 8:30 AM Arrive at FHS to load bus – Meet by the Cheer Closet
- Wear blue Varsity travel 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.*
- Team Practice
- 7:30 PM Dinner & Team Meeting

SATURDAY 3/6

- 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
- 11:15 AM Team Photo – Parents will be notified where to meet the team for pictures
- 12:00 PM Lunch
- Team Practice
- 4:00 PM Game Day Competition
- 6:30 PM Dinner

SUNDAY 3/7

- Wake up and get dressed – breakfast will be provided in hotel rooms.
- 7:30 AM Clean room and check out. Parents will need to secure luggage.
- Leave as a team for Finals & Awards
- 1:15 PM Lunch
- Leave as a team for Game Day Finals & Awards

Girls will be released to parents to travel home after Awards



NCA PACKING LIST

ON THE BUS YOU SHOULD WEAR:

- Black Varsity leggings, blue Varsity travel shirt 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
- 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.
- White UIL uniform – all pieces
- Black sweatshirt
- Blue Rain Jacket
- Friday Skort Practice wear
- Sports bra
- White no-show socks
- White bow
- 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
- 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. 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.



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: _____