



NCA NATIONALS 2023

DATE	January 20-22, 2023
LOCATION	Kay Bailey Hutchison Convention Center 650 S. Griffin, Dallas, TX 75202
ADMISSION	2-Day General Admission \$39 + fees ONLINE PURCHASE

We will be using Remind for announcements throughout the weekend. Girls and parents, please ensure you are subscribed. Text @22e2h8 to 81010.

TRAVEL	By Charter Bus to Dallas. Parents will be required to arrange transportation home. <i>* We have alternate transportation form on file.</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. Seniors: Perry’s, Juniors: The Rustic, JV: Haywire
	Sat Breakfast – Breakfast Bar Lunch – Burger Bar Dinner – Taco Bar
	Sun Breakfast – Breakfast Bar Lunch/Dinner – Potato Bar We will have grab and go sandwiches and snacks to help hold the girls over for the long day.

BRING	<i>Packing list attached</i>
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TEAM HOTEL	Aloft Downtown Dallas 1033 Young St, Dallas, TX 75202
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WEBSITE	2023 Championship Information
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PERFORMANCE SCHEDULE –

SATURDAY	1:37 PM Intermediate Small Varsity Performance - Arena
	7:02PM FJH – A-Hall
	7:44PM Advanced Large Varsity Performance - Arena
SUNDAY	2:27 PM Finals Intermediate Small Varsity Performance - Arena
	5:40 PM Awards Intermediate Small Varsity Performance - Arena
	8:12 PM Finals FJH – A-Hall
	8:30 PM Finals Advanced Large Varsity Performance - Arena
	9:00 PM Awards Advanced Large Varsity Performance - Arena
	9:42 PM Awards Novice JH/MS Performance – A-Hall

Varsity.com/23dallas

Performance Order, Results, Photo Galleries



NCA NATIONALS 2022 TENTATIVE SCHEDULE

FRI 1/20 6:30A Arrive at FHS to load bus – Meet by the Cheer Closet

- Grey Mustang Cheer t-shirt, solid black leggings & tennis shoes. **NO SLIPPERS.** Wear or place black FHS sweatshirt in backpack. Hair and makeup as if for school. Be prepared for practice as you may not check into room before.
- 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.

9:00A Stop in Madisonville for lunch/snack/restroom break at Buc-ee's

11:30A Arrive in Dallas – Check in to hotel (if rooms are ready). *Room assignments will be given at hotel.*

3:20P Team Practice

8:00P Squad Dinners & Team Meeting.

SAT 1/21 8:30A Breakfast

PRACTICE

1:37P Intermediate competes in Arena

2:30P Lunch – Burger Bar

7:02P FJH competes in A-Hall

7:44P Advanced competes in Arena

8:30P Dinner – Taco Bar

SUN 1/22 8:30A Breakfast

Clean room and check out. Store luggage in rooms that are being kept overnight.

PRACTICE

2:27P Intermediate competes in Arena

3:30P Lunch/Dinner – Potato Bar

5:40P Intermediate Awards in Arena

8:12P FJH competes in A-Hall

8:30P Advanced competes in Arena

9:00P Advanced Awards in Arena

9:42P FJH Awards in A-Hall

ALL GIRLS will be released to parents to travel home after Awards



NCA PACKING LIST

ON THE BUS YOU SHOULD WEAR:

- Grey Mustang Cheer T-Shirt, solid black leggings and tennis shoes. **NO SLIPPERS.** Wear or put black FHS sweatshirt in backpack.
 - 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
- Cheer Shoes & anything you need for practice
- 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, solid black cropped turtleneck sleeves (Chasse brand), skirt & black socks (multiple pairs). We will provide blue tied hair ribbon for comp. Please DO NOT lose as you'll need for Day 2.
- Sports bra
- White Practice Bow
- Baseball Travel Jersey
- Black Lulu Practice Tank, solid black shorts, black spunks & black socks for practice.
- Black Lulu Jacket
- Mustang Competition Cheer Shoes
- Additional black leggings – it will be cold and we may practice outside.
- 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
- Friday Dinner Outfit
- 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: _____