

TKA VARCOMP FCC Nationals 2023 Itinerary

Hotel Info: Rosen Shingle Creek ~ 9939 Universal Blvd. ~ Orlando, FL 32819 ~ (407) 996-9596

Checklist for FCC Nationals Packing

Athlete Packing Checklist

- Friday bus ride to Orlando outfit: White practice shirt and Blue shorts.
- Saturday BLUE uniform: Top, Skirt & RED bloomers & White bow, white no show Socks & CLEAN NEW infinity shoes
- Black practice t-shirt for over uniform Saturday am
- Jacket: ¾ black zip (given out during FB season)
- TKA Black backpack
- Make up: concealer/foundation, brushes/make up sponges, blush, highlighter, false lashes – “Lash Wispies Multipack” from Ulta., lash glue, Eyeshadow (nude base with light gold sparkles – Juniors will help with eye make up), mascara, RED lipstick
- Hair: we will wear our hair in high pony’s with no flyaways. Bring hairspray/gel, bobby pins, hairbrush, hair ties, white bow
- Any tape, prewrap, braces, etc. needed for competition
- Personal Items (Toiletries, face wash, shampoo, conditioner, toothpaste, toothbrush, hair ties, hair straightener, tampons, underwear, bras, sports bras)
- Pajamas
- VARCOMP special Pillows & Blanket (not necessary, up to the individual)
- Spending Money for anything you may want to buy.
- PARENTS: Don’t forget to pack your TKA attire! RED, WHITE and BLUE are our colors! Wear them proudly!
- Dinner Gala theme for Friday night team dinner: DRESSY
- Bring bathing suit (JUST IN CASE for Saturday night) – remember t-shirt over bikinis or one pieces per TKA guidelines
- Comfy clothes to wear home on Sunday am (However, I do not think anyone is riding the bus)
- Cheer Motivation to share at team talk

Captain Moms, Penny Parent & Julie Croteau, will be organizing what is needed for the TEAM regarding meals, donating drinks and snacks, etc. Friday: CFA for lunch / Saturday: Breakfast (similar to 12/10 comp) & Lunch (subs) in suite / Pizza for dinner. If you are interested in helping, please contact them directly! THANK YOU!

Ways to help:

~Donate/Sponsor a Meal, Gatorades, Waters and/or Snacks for the team.

~Be the “Point” person for a meal (not the purchaser). Example: Be the person to order the food, pick it up and/or receive the delivery, set it up in team suite for the team, etc.

Also, the team suite is a place that everyone is welcome. ALL family members are ALWAYS welcome in the team suite. Please come as you wish and get to know each other. We are looking forward to a great weekend!

Cheerleaders Rooms for FCC (Orlando):

Athlete Room Assignments

Room 1: Macy, Amelie, Gigi

Room 2: Taylor, Schaffer, Sydney, Claire

Room 3: Kaiya, Peyton, Capri

Room 4: TeeTee, Sophia C, Sophia S, Aryanna

Nice to know Information:

- Rosen offers valet for guests, as well as, Self-Parking (similar to our 12/10/22 competition)
- Spectator Fee is **CASH ONLY** – **please plan accordingly.**
- The Rosen Shingle hotel has many resort amenities. The most convenient ones for the weekend include a Market store similar to a convenient store, numerous on site restaurants (Buffet Breakfast, Lunch & Dinner), Mexican restaurant, 5 Star Steakhouse, Italian restaurant. Please remember that the hotel IS SOLD OUT so it will be busy and we highly encourage you to make reservations. ***If you mention FCC Nationals, you usually receive a 10% dining discount in the hotel.***
- There is a Publix *directly* across the street from our hotel.
- For those that enjoy golfing, pack your clubs... the Rosen has a beautiful course! Call ahead to book your tee times.

FCC Itinerary Friday, January 6th

6:20am	Meet at TKA in front of Main office	TKA – Wear white practice outfit
6:30am	Bus departs for Orlando	Mrs. Gaffney driving the team
8:00am	Doors open for competition	Sebastian 1-3
10:08am	Mini's Compete	Watch Mini's compete
11:00am	Youth & VARCOMP assigned practice time	Gatlin C
12p-1pm	LUNCH (VARCOMP)	CFA - Boxed
12:47pm	Youth Official warm up	
1:17pm	Youth Competes	Watch Youth Compete
2:00-2:20	VARCOMP watches Christian Heritage & North Raleigh Christian Academy	
2:20-2:40pm 2:45-4:30pm	VARCOMP Practice time slot (inside) 2:45-4:30 practice (Outside)	Wear: White shirt outfit
6:00-8:00	FCC Awards Dinner Gala	Varsity Competition Team only – DRESSY!
8:30-9:30	VARCOMP practice time slot	
9:30p	Team Talk	
10:00pm	Lights out & Bed	

FCC Itinerary Saturday, January 7th

8:30am	Spectator Ticket Sales Open	Sebastian Registration Desk
8:00-9:00am	Breakfast in team suite	
9:00-10:00	Varsity gets ready	
10:15-11:15	Varsity practices	Gatlin C
11:45am	Mini's compete	Watch mini's
12:10pm	Varsity assigned practice time	Gatlin C
12:30-1:30	VARCOMP lunch	SUBS
12:30pm	Youth assigned practice time	Gatlin C
2:21pm	Varsity competes	Round 1 – 40% of final score (3 teams in our division)
3:47pm	Youth official warm up time	
4:17pm	Youth competes	Watch Youth
5:11pm	Varsity Competes	Round 2 – 60% of final score
6:30-7:00pm	Awards Show	Sebastian J/K Praise & Worship
7:00-8:00pm	Awards Ceremony	Sebastian J/K
TBD	PIZZA!!	
Midnight	Room check	

FCC Itinerary Sunday, January 8th

8:30am	Athlete Pick up in their rooms	Athletes going home with parents will be released from their rooms
9:00am	Bus will depart back to TKA	Mrs. Gaffney will be driving

*As always, thank **you** for the continued support! Romans 12:5
Kylar & Coach Jenn*