

Frenship Winter Guard

to
Rowlett HS – NTCA
January 27-28, 2023

Friday, Jan. 27

- ~~~~~ Bring bags to Band Hall if desired
- 3:00 PM Dismiss from class
Proceed to NGC - Load activity bus
- 3:30 PM Depart Frenship
- 6:30 PM (approx.) Dinner in Abilene
- 10:30 PM (approx.) Arrive hotel
Unload, check-in
- 11:00 PM Room check, lights out!

Saturday, Jan. 28

- ~~~~~ Breakfast at hotel
Hair/make-up per Ms. Knight
- 11:00 AM Load bus
- 11:15 AM Depart hotel
- 11:30 AM Lunch in area
- 12:30 PM Arrive Rowlett HS
- 1:09 PM JV – Check in**
- 1:39 PM JV – Body Warm-up**
- 1:46 PM JV – Transit**
- 1:53 PM JV – Equip Warm-up**
- 2:00 PM JV – Transit**
- 2:07 PM JV – Perform**
- 2:17 PM JV – Exit**
Fold floor
- 5:45 PM JV Retreat (officers)



~ ~ ~ ~ Dinner at concessions

8:08 PM *Varsity – Body Warm-up*
8:16 PM *Varsity – Transit*
8:23 PM *Varsity – Equip Warm-up*
8:31 PM *Varsity – Transit*
8:38 PM *Varsity – Perform*
8:48 PM *Varsity – Exit*
Fold floor

9:30 PM Varsity Retreat (officers)
Change clothes, load everything

10:15 PM (approx.) Depart Rowlett HS
Fast food in area

11:30 PM (approx.) Arrive hotel

12:00 AM (approx.) Lights out!

Sunday, Jan. 29

~ ~ ~ ~ ~ Breakfast at hotel

8:45 AM Load bus

9:00 AM Depart hotel

12:00 PM (approx.) Lunch in Abilene

4:00 PM (approx.) Arrive Frenship
Unload – Go Home!

Hotel:

Hampton Inn & Suites Dallas/Plano East
2813 E. President George Bush Hwy
Plano, TX 75074
(972) 509-4500

Rowlett High School

4700 President George Bush Hwy
Rowlett, TX 75088

Contact:

Amanda Knight: (806) 317-7372
Scott Carter: (806) 438-3101

Reminders:

- We are traveling via activity bus
- Homework, pillows, movies, etc.
- All necessary guard equipment/uniforms/make-up/etc.
- \$ for snacks
- Meal \$ will be provided, but bring extra for anything meal \$ doesn't cover

Contest Info:

- Spectators - \$15
- Children age 8-High School - \$5
- Children 7 & under free

