



FRENSHIP ISD WINTER GUARDS

to
Martin HS & Red Oak HS – NTCA
January 30 - February 1, 2026

Friday, Jan. 30

~~~~~ Bring bags to your Band Hall if desired

10:36 AM FHS & MHS dismiss from class  
Proceed to your band hall - Load all equipment, props, luggage, etc. on bus

11:00 AM FHS depart Frenship – to MHS to load

11:15 AM Depart Memorial

1:45 PM Arrive Abilene – late lunch

2:45 PM Depart Abilene

5:30 PM Arrive Arlington Martin HS

**6:10 PM MV Check-in**

**6:40 PM MV Body warm-up**

**6:47 PM MV Transit**

**6:54 PM MV Equipment warm-up**

**7:01 PM MV Transit**

**7:08 PM MV Perform**

**8:18 PM MV Exit**

~~~~~ FV take MV floor to floor-folding; then immediately to pull floor for FJV

6:37 PM FJV Check-in

7:07 PM FJV Body Warm-up

7:14 PM FJV Transit

7:21 PM FJV Equipment warm-up

7:28 PM FJV Transit

7:35 PM FJV Perform

7:45 PM FJV Exit

~~~~~ Change clothes, eat dinner, etc.

**8:48 PM**      *FV Check-in*  
**9:18 PM**      *FV Body Warm-up*  
**9:26 PM**      *FV Transit*  
**9:33 PM**      *FV Equipment warm-up*  
**9:41 PM**      *FV Transit*  
**9:48 PM**      *FV Perform*  
**9:58 PM**      *FV Exit*

10:30 PM      Retreat – all classes (officers)

11:00 PM      (approx.) Depart Martin HS

11:20 PM      (approx.) Arrive Whataburger  
 Food – then over 1 block to hotel, check-in

~ ~ ~ ~ ~      Room check, lights out! (per Ms. Knight / Ms. Prentice)

**Saturday, Jan. 31**

~ ~ ~ ~ ~      Breakfast at hotel  
 Hair/make-up per K<sup>3</sup>

10:15 AM      Load bus

10:30 AM      Depart hotel

11:00 AM      Arrive Red Oak HS

**11:31 AM**      *MV Check-in*  
**12:01 PM**      *MV Body warm-up*  
**12:08 PM**      *MV Transit*  
**12:15 PM**      *MV Equipment warm-up*  
**12:22 PM**      *MV Transit*  
**12:29 PM**      *MV Perform*  
**12:39 PM**      *MV Exit*

1:30 PM      MV Retreat – officers

**1:46 PM**      *FJV Check-in*  
**2:16 PM**      *FJV Body warm-up*  
**2:23 PM**      *FJV Transit*  
**2:30 PM**      *FJV Equipment warm-up*  
**2:37 PM**      *FJV Transit*  
**2:44 PM**      *FJV Perform*  
**2:54 PM**      *FJV Exit*

~ ~ ~ ~ ~      Change clothes

**5:53 PM**      ***FV Check-in***  
**6:23 PM**      ***FV Body Warm-up***  
**6:31 PM**      ***FV Transit***  
**6:38 PM**      ***FV Equipment warm-up***  
**6:46 PM**      ***FV Transit***  
**6:53 PM**      ***FV Perform***  
**7:03 PM**      ***FV Exit***

9:15 PM      FJV & FV Retreat (officers)

9:45 PM      (approx.) Depart Red Oak HS  
Fast food in area or en route

~~~~~      (approx.) Arrive hotel

12:00 AM (approx.) Lights out!

Sunday, Feb. 2

~~~~~      Breakfast at hotel

8:30 AM      Load bus

8:45 AM      Depart hotel

12:00 PM      (approx.) Lunch in Abilene

4:00 PM      (approx.) Arrive Memorial - unload

4:20 PM      (approx..) Arrive Frenship  
Unload – Go Home!

**Hotel:**

Hampton Inn & Suites Duncanville  
202 East Interstate Hwy 20  
Duncanville, TX 75116  
(469) 868-6481

**James Martin High School**

4501 W Pleasant Ridge Rd  
Arlington, TX 76016

**Red Oak High School**

220 TX-342  
Red Oak, TX 75154

**Contact:**

Amanda Knight: (806) 317-7372  
Michelle Lessing: (325) 370-7465

**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

