

Frenship Winter Guard

to
Coppell HS – NTCA – Varsity Championship
March 28 – 30, 2025

Friday, Mar. 28

- ~ ~ ~ ~ ~ Bring bags/etc. to Band Hall if desired.
- 11:27 AM Dismiss end of 3rd Period
Load all equipment, props, luggage, etc. on bus
Bring lunch to eat on the bus
- 12:00 PM Depart Frenship
- 2:00 PM Pit Stop in Sweetwater
- 6:00 PM (approx.) Arrive hotel
Shower / Change clothes
- 7:00 PM Depart hotel
- 7:30 PM Dinner at Buca di Beppo
- 9:30 PM Depart Buca di Beppo
- 10:00 PM (approx.) Arrive hotel
- ~ ~ ~ ~ ~ Room check, lights out! (per Ms. Knight)

Saturday, Mar. 29

- ~ ~ ~ ~ ~ Breakfast at hotel
Hair/make-up per Ms. Knight
- 10:45 AM Load bus
- 11:00 AM Depart hotel
Fast food lunch in hotel area
- 12:15 PM Depart fast food
- 12:30 PM Arrive Coppell HS

12:54 PM	<i>Varsity Check-in</i>
1:24 PM	<i>Varsity Body Warm-up</i>
1:32 PM	<i>Varsity Transit</i>
1:39 PM	<i>Varsity Equip Warm-up</i>
1:47 PM	<i>Varsity Transit</i>
1:54 PM	<i>Varsity Performance</i>
2:04 PM	<i>Varsity Exit the Floor</i>
 4:45 PM	 Varsity Full Retreat
 ~ ~ ~ ~ ~	 Eat dinner at Coppell concessions
 7:00 PM	 <i>Finals Begin</i>
	<i>We can perform any time between 7:00 – 9:10 PM.</i>
	<i>Schedule depends on prelims placement.</i>
 9:45 PM	 Varsity Finals Full Retreat
 10:30 PM	 (approx.) Depart Coppell
 10:45 PM	 (approx.) Arrive hotel
 ~ ~ ~ ~ ~	 Room check, lights out! (per Ms. Knight)

Sunday, Mar. 30

 ~ ~ ~ ~ ~	 Breakfast at hotel
 9:15 AM	 Load bus
 9:30 AM	 Depart hotel
 10:00 AM	 Arrive Epic Waters Indoor Water Park Lunch in the park
 3:30 PM	 Dry off, change clothes, load the bus
 4:00 PM	 Depart Epic Waters
 7:30 PM	 (approx.) Arrive Sweetwater
 8:30 PM	 (approx.) Depart Sweetwater
 10:30 PM	 (approx.) Arrive Frenship Unload – Go Home!

Venues:**TownePlace Suites by Marriott Dallas/Lewisville**

731 E Vista Ridge Mall Dr.

Lewisville, TX 75067

(972) 469-1275

Coppell High School

185 W Parkway Blvd

Coppell, TX 75019

Epic Waters Indoor Water Park

2970 Epic Place

Grand Prairie, TX 75052

Buca di Beppo

7843 Park Ln

Dallas, TX 75225

Contact:

Amanda Knight: (806) 317-7372

AJ Pisani: (713) 560-7821

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
- Bring your OWN beach towel for the water park

Contest Info:

- Spectators - \$20
- Children age 8-High School - \$5
- Children 7 & under free

