



ACA Grand Nationals 1.30-2.1

Ft. Worth Convention Center
1201 Houston St.
Fort Worth, TX 76102

FRIDAY 1.30.26

| Team | Meet | Warm up | Perform | Awards |
|----------|--------|---------|-----------------|----------------|
| Shadow | 2:00pm | 2:54pm | 3:36pm in Arena | 5:00pm in Hall |
| Reckless | 4:00pm | 4:51pm | 5:27pm in Arena | 6:30pm in Hall |

SATURDAY 1.31.26

| Team | Meet | Warm up | Perform |
|----------|---------|---------|-----------------|
| Dynamite | 10:00am | 11:00am | 11:39am in Hall |
| Wrath | 1:45pm | 2:45pm | 3:27pm in Hall |
| Smack | 4:00pm | 4:54pm | 5:30pm in Arena |
| Secret | 4:15pm | 5:18pm | 5:54pm in Hall |

SUNDAY 2.1.26

| Team | Meet | Warm up | Perform | Awards |
|----------|---------|---------|-----------------|-----------------|
| Dynamite | 10:00am | 11:06am | 11:42am in Hall | 1:00pm in Hall |
| Wrath | 2:00pm | 2:51pm | 3:27pm in Hall | 6:15pm in Hall |
| Smack | 5:30pm | 6:24pm | 7:06pm in Arena | 8:00pm in Arena |
| Secret | 5:30pm | 6:36pm | 7:18pm in Hall | 8:15pm in Hall |

MEET LOCATION:

Team Parents will send specific meet location 15-30 minutes before your team's meet time in BAND. **This spot will be used for drop off and pick up-unless otherwise noted in BAND.**

WARM UP TIMES:

This is listed on here mainly for coaches- parents do not need to worry about this at all!

AWARDS:

Awards are MANDATORY for all teams. Athletes are expected to be in full competition uniform, hair, shoes and make-up. We will not be wearing jackets to awards.

Team Parents:

This is who you will be checking in with at the event. Please only contact for emergencies. All other information will be in the BAND App.

Shadow: Debbie Helmstetter 214-708-3310

Reckless: Jennifer Greenwood 940-594-0256 and Paige Byrd 214-808-9166

Dynamite: Abby Dupuis 337-277-0876 and Mandi Moore 972-975-2300

Secret: Beth Bromagen 214-449-4603 and Kendra Phillips 940-231-4006

Wrath: Stephanie Crawford 248-563-4225

Smack: Jennifer Denlinger 972-768-3071 and Tiffany Carter 214-713-9998

RELEASE INSTRUCTIONS: What to do after your athlete competes

Friday:

-Shadow and Reckless: Teams will stay together after performing until awards. Parents will be welcome to drop off quick snacks or drinks during our wait time. Team Parents or Coaches will alert you of where to bring these items. After awards, coaches will alert you on where to pick up your athlete.

Saturday:

-Dynamite: Athletes will be released from the performance venue after they compete to be signed out. As always, you are encouraged to stay to cheer on other Excite! Teams!

-Wrath: Athletes will be released from the performance venue after they compete to be signed out. As always, you are encouraged to stay to cheer on other Excite! Teams!

-Secret: Athletes will be released from the performance venue after they compete to be signed out. We ask that you go cheer on Smack while you are waiting for your athlete's performance!

Smack: Athletes will be taken to the Hall to cheer on Secret after performing-parents will need to go as well! Athletes will be released from that venue after Secret goes to be signed out.

Sunday:

Dynamite: Athletes will stay together after performing until awards. Parents will be welcome to drop off quick snacks or drinks during our wait time. Team Parents or Coaches will alert you of where to bring these items. After awards, coaches will alert you on where to pick up your athlete.

Wrath: Athletes will be temporarily released from the performance venue after performing to sign out. Athletes will need to sign back in with team parents at 5:30pm for awards.

Secret: Athletes will stay together after performing until awards. Parents will be welcome to drop off quick snacks or drinks during our wait time. Team Parents or Coaches will alert you of where to bring these items. After awards, coaches will alert you on where to pick up your athlete.

Smack: Athletes will stay together after performing until awards. Parents will be welcome to drop off quick snacks or drinks during our wait time. Team Parents or Coaches will alert you of where to bring these items. After awards, coaches will alert you on where to pick up your athlete.

IMPORTANT INFORMATION- READ EVERYTHING!

-Event Website: <https://www.varsity.com/aca/>

-Spectator Entrances will be open on 9th street (closest to arena) and 11th street (closest to the Hall). Both locations will have place to show your E ticket to exchange for your wristband to enter.

-There will be security at every event, please plan enough time to make it through those lines to get into the venue.

-All athletes will need to arrive to meet time fully ready; full uniform on, competition shoes, white socks, competition hair, competition make up and competition bow. Athletes should have ALL jewelry removed by the team's meet time.

- If you want to wear a jacket over your uniform, we ask that is the Excite! Jacket or Excite! Colors. Pants should be black athletic pants (not pajama bottoms).

-Senior teams must cover mid-section when walking the venue due to USASF Rules and Guidelines. Please wear Black practice tank over uniform on Saturday, and Red Nationals (row the boat) on Sunday. When coaches take the team, they may remove item.

-When the cheerleaders arrive at the competition, parents will need to sign in with a team parent/ coach. Exact location will be sent via Band on the event day. After checking in, Parents will then take all jackets, pants, jewelry, and bags and go find seating in the venue.

Please try to sit together as a program to give us a LOUD Excite! Section!

-DO NOT BE LATE! The schedule is very tight with arrival to performance time. Plan for traffic and be sure your athlete is 100% ready at your meet time. Running late and not being prepared not only puts stress on the coaches, but on your athletes as well. We want the day to run as smooth as possible!

-Competition is a time to focus on each cheerleader's individual team and the gym, not other distractions. We will be expecting them to behave in a certain way while at competition to help portray our image as a program/gym/team. Upon your athletes' arrival at the venue, the competition has begun, and all parents and athletes are expected to behave in an appropriate manner.

-Once they check in, they will not be allowed to roam the venue or be away from their team. We ask that everyone please understand and help us focus at competition.

Admission:

-Ticket Link: <https://www.showclix.com/tickets/aca-grand-nationals--didiiiaicu65>