

## The Summit Itinerary and Packing List

**\*\*Athletes are not be allowed to go to the parks, beach or pool on days they compete! Please arrange your fun days accordingly\*\***

### **PACKING LIST:**

- In carry on: All uniform pieces; top, skirt, competition bow, competition shoes, competition under garments, and Excite jacket. Don't forget to wear your Nationals Shirt while travelling!!
- All SWAG bag items and Varsity Sprots Bra. Varsity Spank and Tank
- Program Sports Bra and Black Spandex in case of additional practice
- Black practice Tank
- Red practice Tank
- at least 2 pairs of white socks
- All competition hair and makeup supplies

### **COMPETITION INFORMATION:**

- Event Website: <https://www.varsity.com/all-star/competitions/end-of-season-events/the-summit/>
- Refer to these if you have any questions! They give a lot of information that can help you throughout the weekend!! This includes everything from maps to parking information, to photography and everything in between!

### **PACKAGE PICK UP: How to get your extras, athlete credentials, etc.**

- This information has not been released yet. We should have an update here on 4/23.

### **Travel Days:**

Wear your Red Nationals shirt from this season on the plane with your Excite! Jacket. Post photos/videos and tag Excite! Please Comment on post in BAND when you have safely arrived in Orlando!

### **Thursday, April 30<sup>th</sup>: Practice Day!**

- Teams will practice from 6pm-6:45pm this evening. Location TBD.

### **Friday, May 1<sup>st</sup>: Prelims**

- Please give plenty of time to arrive to ESPN Wide World of Sports, find parking and locate your team. After dropping athletes with Team Parents/ Coaches, head into the venue. There is no specialty viewing in our Arenas. All Excite! Teams will be performing within the AdventHealth Arena.
- Reminder that athletes cannot go to the parks, pools or beaches before competing to ensure maximum energy for their performance. With practice being moved to the morning, this should help eliminate this issue.
- We want athletes to wear their Summit Tank over their uniform to competition.
- Athletes will be allowed to bring their backpacks with them for this event to keep track of items. You should include a water bottle in their bag as we will be spending time outside.
- Release Instructions: Dynamite will be released after performing but will need to come back or stay to watch Intense. Intense will be released following their performance.
- Reveal information/location (how they announce who advances to finals): Reveals will be held in the baseball stadium or can be watched on VarsityTV. We will not require athletes to be together but would love for them to!

| Team     | Meet Time | Warm Up | Perform/ Location             | Division Group  | Reveal |
|----------|-----------|---------|-------------------------------|-----------------|--------|
| Smack    | 11:00am   | 12:04pm | 12:44pm/ Arena North (Yellow) | L3 Senior Small |        |
| Dynamite | 2:45pm    | 3:48pm  | 4:28pm/ Arena West (Green)    | L1 Junior Small |        |

**Saturday, May 2<sup>nd</sup>:**

- Practice TBD based on finalist reveals.
- Athletes will wear program sports bra, black spandex and black practice tank for this practice.
- Final Decisions on practice for this day will be decided as soon as possible and posted in band.
- Regardless of practice- athletes ARE allowed to go to the parks and pool this day!

**Sunday, May 3<sup>rd</sup>: Finals!**

-Below is just the time block of competition times for finals. Times will be determined after Semi Finals are complete. Keep in mind that meet times will be 2-3 hours before the competition time. All times will be sent in BAND.

| Team | Perform/Location | Awards/ Location |
|------|------------------|------------------|
|      |                  |                  |
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