



One Up Grand Nationals 3.28-3.29

Gaylord Opryland Resort & Convention Center
2800 Opryland Drive
Nashville, TN 37214

FRIDAY 3.27.26

Team	Meet	Warm up	Perform/ Hall	Awards/Hall
Secret	1:00pm	2:21pm	3:18pm Delta A	N/A

SATURDAY 3.28.26

Team	Meet	Warm up	Perform/ Hall	Awards/ Hall
Smack	6:45am	7:21am	8:18am Delta A	N/A
Secret	8:30am	9:21am	10:18am Volunteer	1:40pm Tennessee
Dynamite	11:30am	12:29pm	1:21pm Delta D	N/A
Wrath	3:30pm	4:29pm	5:21pm Delta D	N/A

SUNDAY 3.29.26

Team	Meet	Warm up	Perform/ Hall	Awards/ Hall
Smack	6:45am	7:21am	8:18am Delta A	11:00am Volunteer
Dynamite	7:45am	8:21am	9:18am Delta D	12:20pm Volunteer
Wrath	12:00pm	12:57pm	1:54pm Delta D	4:20pm Volunteer

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.

AWARDS WILL BE HELD IN A DIFFERENT HALL THAN PERFORMANCE! Details to follow.

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.

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:

-Secret: Athletes will be released after performing from greeting area after walking off the stage. Please sign out with team parents before leaving the venue.

Saturday:

-Smack: Athletes will stay together to go watch secret perform and parents should follow. Athletes will be released from that hall once Secret is done. Please sign out with team parents before leaving the venue. We would love a great crowd for Dynamite and Wrath if you are able to come watch!

-Secret: Athletes will be temporarily released after performing. Check back in at 1pm so athletes can go watch Dynamite perform and then head together to the awards hall. After awards, athletes will be released. We would love to see everyone back to cheer on Wrath!

-Dynamite: Athletes will be released after performing from the greeting area after walking off stage. Please sign out with team parents before leaving the venue. We would love a great crowd for all of our teams if you are able to come watch!

-Wrath: Athletes will be released after performing from the greeting area after walking off stage. Please sign out with team parents before leaving the venue. We would love a great crowd for all of our teams if you are able to come watch!

Sunday:

-Smack: Athletes will stay together to go watch Dynamite perform. After Dynamite's performance, athletes will be temporarily released. Check in at 10:30am in their awards hall. After awards, athletes will be released. We would love to see everyone back to cheer on Wrath!

-Dynamite: Athletes will be temporarily released after performing. Check in at 12pm in the awards hall. After awards, athletes will be released. We would love to see everyone back to cheer on Wrath!

-Wrath: Athletes will be temporarily released after performing. Check in at 4pm in the awards hall. After awards, athletes will be released.

IMPORTANT INFORMATION- READ EVERYTHING!

-Event Website: <https://www.varsity.com/ou/home/one-up-grand-nationals/>

-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 Row the Boat shirt practice over uniform on Saturday, and red 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:

All tickets must be purchased online: <https://www.showclix.com/tickets/one-up---grand-nationals---didiitwmdzuu>