



Regional Summit 4.10.26

Comerica Center
2601 Avenue of the Stars
Frisco, TX, 75034

FRIDAY 4.10.26

Team	Meet	Warm up	Perform	Awards
Shadow	4:30pm	5:15pm	6:00pm	7:52pm
Tremor	5:45pm	6:43pm	7:28pm	7:52pm
Reckless	5:45pm	6:55pm	7:40pm	7:52pm

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.

RELEASE INSTRUCTIONS: What to do after your athlete competes

Shadow: Athletes will be temporarily released after performing. Athletes need to back at 7pm to go cheer on Tremor and Reckless together. After awards, athletes may be signed out from team parents and released.

Tremor: Athletes will stay together to watch Reckless and then go to awards. After awards, athletes may be signed out from team parents and released.

Reckless: Athletes will stay together to head to awards after performing. After awards, athletes may be signed out from team parents and released.

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.

Tremor: Shana Holmes 817-832-3300 and Yerika Rodriguez-Snachez 972-505-6524

Shadow: Debbie Helmstetter 214-708-3310

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

IMPORTANT INFORMATION- READ EVERYTHING!

-Event Website: <https://www.varsity.com/all-star/competitions/end-of-season-events/regional-summit/>

-CLEAR BAG POLICY! Athletes may bring in their Excite bags, but all spectators must adhere to their clear bag policy. Keep in mind that this may make security lines long as bags get checked.

-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).

-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://events.leapevents.com/tickets/the-southwest-regional-summit---didiidvqwjjo>

Parking: Price dependent on location