



COACHES EVENT GUIDE

 | [VARSITY.COM/nda](https://varsity.com/nda)

Thank you for registering to compete at NDA High School Nationals in Orlando, FL on February 14-16, 2026! Enclosed in this packet, you will find all pertinent information for the event.

Three weeks before the event you will receive a link to the Coaches Webinar. This will provide you with any last-minute details. Once published, the Performance Order will be updated as needed leading up to the competition and will be accessible through a link to our website.

Please refer to the NDA Rules & Regulations which is available at nda.varsity.com to answer any safety or scoring questions you may have which are not addressed in this packet. It can be found under the "COMPETITIONS" header, then select "RULES & SCORING".

You may also contact our NDA Customer Service at 800.NDA.2WIN for more information. NDA Customer Service is open Monday through Friday from 8:00 AM to 5:00 PM CST.

For any changes in your registrations, including additions or reductions in numbers, please submit those changes in writing to your [Registrations Director](#).

NDA thanks you for trusting us to make memories that will last a lifetime for you and your team members, and we hope that you have an incredible experience!

Sincerely,

Lizzy Howard

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AC Klunder

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CHAMPIONSHIP LOCATION

Hilton Orlando 6001 Destination Parkway, Orlando, FL 32819

PAYMENT

Full payment / remaining balance is due by January 14, 2026. If you have any questions or concerns regarding payment, please email your [Registration Specialist](#), as soon as possible!

JOIN OUR COACHES BAND

Please [click here](#) to join and get information before, during and after the event! -

COACHES WEBINAR

Our Coaches Meeting video will be shared in the Coaches BAND before the competition.

NDA will also hold a Coaches Meeting in the Orange Ballroom on Friday, February 13th from 8:00 – 9:00 PM. We will have an overview of the weekend and answer any questions that you may have. We highly recommend that you send at least one representative to this meeting. After the meeting we will have a walkthrough of the competition and practice areas. If you cannot make the meeting you can get the information in the Coach Hospitality Room throughout the weekend. Most information will be covered in the webinar that will be sent out prior to the competition.

TEAM CHECK IN

Check In will be held on Friday, February 13th time & location (**LOCATION COMING SOON**) at the Hilton Orlando. If you sign up for a Friday Early Practice time, **you must check your team(s) in before you start your practice time.**

UNIVERSAL TICKET PICK-UP

Tickets will be available for pickup on Thursday, February 12th at the Hilton Orlando during the below times:

Times & Location COMING SOON!

Transportation from Hilton Orlando to Universal Parks – provided by NDA through Total Transportation Solutions, Inc. [CLICK HERE FOR PARK TRANSFER SCHEDULE](#)

**Must schedule via email with information provided in link*

TRANSPORTATION INFORMATION

HOTEL PACKAGE ONLY

EVENT SHUTTLES- <https://tinyurl.com/NDA-EVENTSHUTTLE-26>

- Cabana Bay & Dockside to/from the Hilton Orlando – provided by NDA through Total Transportation Solutions, Inc. Will run every 20-30 Saturday to Monday. MUST have wristband to board – will receive wristbands when checking in at Registration.



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*Avoid bringing entire team if joining us for Registration or Coaches Meeting only. This will assist in leaving seats open for teams needing to make it over for their practice times!

UNIVERSAL SHUTTLES- <https://tinyurl.com/NDAParkShuttles26>

- Hilton Orlando to Universal Parks – provided by NDA through Total Transportation Solutions, Inc.

**Must schedule via email with information provided in link*

- Cabana Bay & Dockside to Universal – provided by Hotel/Universal shuttles. Contact hotel for more information

AIRPORT SHUTTLES: can be booked through our partners at Total Transportation Solutions, Inc. Pricing Details & Form to book transfers can be found [HERE](#).

**For any assistance or questions contact Total Transportation Solutions directly: mstephenson@ttsorlando.com - (407) 844-8451*

MEAL VOUCHER INFORMATION

Each person registered under our Hotel Package will receive a \$20 Meal Voucher.

BOX LUNCH:

YES, your Meal Voucher is valid for this box lunch option! Available for pick up Saturday, Sunday & Monday.

MORE MEAL VOUCHER INFORMATION COMING SOON!

FRIDAY EARLY PRACTICE

NDA will facilitate an Early Practice Schedule on Friday, February 13th. Practice Sign Ups will follow the below timeline:

GOLD TIER – Tuesday, January 20th

SILVER TIER – Thursday, January 22nd

BRONZE TIER – Monday, January 26th

Parents and spectators ARE NOT permitted in the Practice Rooms at any time.

Early Practice will be a total of 30 minutes. The rotation of teams will be as follows:

1. Turn – 2 Strips of Marley (15 minutes)
2. Full Floor with music (15 minutes)

**One Time Slot per Team NOT Performance*

COACHES' CHECKLIST FOR CHECK IN

(Please have the following forms and information ready prior to arriving at Check In)

- School Dance Nationals Eligibility Roster
- Digital Participant Release & Waiver Form
- Digital Team Performance Routine Outline Form – [CLICK HERE TO COMPLETE](#)
- Digital Game Day Routine Outline Form Complete - [CLICK HERE TO COMPLETE](#)
- USA Cheer Membership ID Card



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Varsity Spirit requires that the following people have a USA Cheer Coach or Professional Membership in order to access the warmup area, backstage or coaches' box at Varsity competitions, including NDA High School Nationals. Please note that the background check will take 2-10 days to be processed and returned.

Music: Proof of Licensing

MUSIC PROOF OF LICENSING

- Teams must be able to provide proof of licensing, in the form of a printed copy, during registration at the event they are attending. This may include:
 - Proof of purchase from a preferred provider
 - If using an editor, the editor does not have to be a preferred provider; however, they must be able to provide you with proof of purchase from a preferred provider and proof of licensing for all sound effects and voiceovers included in the mix
 - If using a non-commercial music provider, documentation that assigns all applicable rights to the team
- If a team does not have the required paperwork, they will be given the option to count the routine verbally.
- If a team does not have the required paperwork and chooses not to count the routine verbally, the team will be disqualified from the competition and not be allowed to perform.

COACHES NEED TO KNOW INFORMATION

Varsity Spirit Event Guidelines

Varsity Spirit has implemented Event Guidelines for all events produced by Varsity Spirit for the 2025-2026 season. In order to provide a positive, fair and profession competition environment, the coach acknowledges and agrees competing at a live (in person) Varsity Spirit event this season will comply with the following. Please click here to download the 25-26 Varsity Spirit Event Guidelines.

COACHES HOSPITALITY ROOM

This year, our Coaches Hospitality Room (**LOCATION COMING SOON**)! There will be snacks and refreshments and a live feed of both venues. You must have a COACH wristband to gain access. This venue is for coaches only.

DIVISION BREAKDOWN

Reminder that all teams will compete their same routine twice or three times, according to the division round breakdown – [CLICK HERE!](#)

SCORING

Team's score from Prelims will not carry over into Semi-Final or Final Rounds. Teams will be placed in order based on the prior round Standings. See full round breakdown above.

Final Rankings will be available online on our Varsity TV Coverage Page and in the Coaches' BAND once the event is over.

SCORE SHEETS

Score sheets from Preliminaries will be emailed to the email address linked to teams registration approximately 30 minutes following your teams' performance. Final scoresheets will be emailed after the completion of the Awards Ceremony. NDA assumes no responsibility for the score sheets after the Championship has ended.



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JUDGES

Judges for the NDA High School National Championship are qualified, experienced judges with a thorough knowledge and background in dance. There will be representation from various parts of the country so that style differences will be balanced in evaluating performances. Judge Bios can be found on the NDA High School Nationals website. Judges' decisions are final.

PERFORMANCE ORDER

Approximately 3 weeks prior to the event, you will receive the performance order via the Coaches BAND. The order will be updated and posted on-line each day until you arrive and receive the final version the week of the event. This performance order will be updated as changes are made.

AWARDS & GIFTS

ATHLETE GIFT

Each competitor will receive an NDA gift. Gifts will be handed off the floor after their Day 1 performance. The gift is ONE per competitor. NDA is not responsible for lost or stolen items.

SEMI FINALIST BANNER

Teams who qualify for the Semi-Finalist Round will receive a Semi-Finalist Banner. Semi Finalists will be announced & Banners can be picked during announcement. If your team misses the finalist announcement, you may pick up banner at Registration.

ATHLETE TROPHY

All teams in the FINAL ROUND will receive a trophy with their placement.

CHAMPION AWARD

All 1st place teams will receive a trophy, banner and Champion Jackets handed out at our Champions Club.

CHAMPIONS CLUB

If your team wins a division this weekend, they will be escorted to Champions Club outside in the Promenade! Parents, family and friends are invited to witness this memorable experience. NDA will provide picture stations and backdrops so that the fans of the winning teams can take pictures as the athletes are sized and fitted for their coveted jackets. As a reminder, every winning team receives one jacket per registered athlete and an additional two jackets allocated to the Coaches.

FINAL RANKINGS & AVERAGES REPORTS

Sunday & Monday: Final Results and team average reports will be posted in the Coaches' BAND at the conclusion of the awards ceremony. Results will also be posted on Varsity TV.



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SCHEDULE OF EVENTS

Friday, February 13, 2026

- Arrive in Orlando and check-in to your hotel. Following hotel check-in, the coach will need to check-in at the NDA registration desk located in *Key West C/D* to show required forms & pick up credentials for the competition.
- If you have a scheduled practice time, dancers and coaches may enter for team practice check-in. Practice will take place in Orlando or Florida Ballrooms. **No Spectators allowed in the practice area.**

February 14-15, 2026

- Preliminary competition for all divisions, will take place at the Hilton Orlando in the Orange Ballroom and Orlando Ballroom. Practice times will take place approximately 30 minutes prior to your competition time.

February 15-16, 2026

- Final competition and award presentations for all divisions will take place in the Orange & Orlando Ballrooms.

Doors are TENTATIVELY scheduled to open between 7:00 & 7:30 AM on February 14-16, 2026

SPECTATOR NEED TO KNOW INFORMATION

EVENT INFORMATION

As the event draws closer, please [click here](#) for all the following:

- Performance Order
- Results
- Photo Galleries
- LIVE STREAM the entire competition

GENERAL ADMISSION TICKETS

[Click Here](#) to find tickets for NDA High School nationals. The cost of admission is \$34.55 per day or a weekend pass for \$87.55. Tickets can be purchased online only through Showclix. You must scan your ticket and receive a wristband prior to entry, tickets can be scanned at the ticket counters that are located at the top of the Ballroom Escalators.

NO CASH TICKET SALES!

EVENT PHOTOGRAPHY

Varsity Spirit is committed to encouraging a positive, enriching, family-oriented and memorable experience for all event attendees.

Interested in photographing at a Varsity Spirit event? All team photographers or videographers must be listed on a team roster as personnel for the 2025-2026 season. Proof of membership with USA Cheer (for non-all star team photographers) is required and will be verified on site before the pass is distributed.

All Team Photographers/Videographers will request their Team Photography credentials on-site at each event at Registration Check-In to confirm eligibility. For additional questions about the [Team Photography/ Videography Credential Process](#), view the guidelines and credential process below.

If you wish to photograph multiple programs at an event, you must complete the [Media Credential Request Form](#).



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VIDEOS

Spectators may use their personal cameras in the venue. However, use of professional recording equipment is prohibited.

JOIN OUR SPECTATOR BAND!

Please [click here](#) to join and get information before, during and after the event!

SOCIAL MEDIA

Please share your journey to this event and pictures captured at the event with us on social media. Tag us @ndadance and use the hashtag #NDAnationals for the chance to be featured!