



Dear Coaches,

Are you getting excited yet? The 2021 UCA National High School Cheerleading Championship will be here before we know it! Before you begin your journey down to Orlando, we will be sharing bi-weekly updates with you to get you excited and prepared for the big event!

We want to feature YOU!

UCA Nationals is more than a championship, it's a time to connect and see life-long friends. Even though this year will look a little different, we want to create the same incredible atmosphere for coaches, athletes and cheer fans in Orlando – along with those tuning in from home. This is where we NEED YOUR HELP!

Over the next few weeks, we will be asking coaches, athletes and fans to submit special videos to include in our event experience. Here's how you can join the fun!

Please choose an athlete or submit a video of yourself answering the following questions below. You can choose to just answer one, two or all three. The more videos you submit, the more likely you and your program will be featured!

- Why do you bring your team to UCA Nationals?
- What are you looking forward to most about going to Nationals this year?
- Read this sentence and fill in the blank: *UCA Nationals is* _____.
 - Ex: “UCA Nationals is an incredible experience” or “UCA Nationals is a time to represent my school” etc.

[BEFORE YOU RECORD – PLEASE CLICK HERE TO READ THE VIDEO FEATURE GUIDELINES.](#)

Once you are ready to submit – upload using the link below. In the Subject Line – please write *UCA Nationals Feature – YOUR FIRST & LAST NAME.*

Videos for this feature must be submitted by 3/1/21.

[UPLOAD FEATURE VIDEO](#)

Join the Coaches' BAND

We are excited to be using BAND, a free app for all competition communication throughout the weekend at the UCA National High School Cheerleading Championship! There will be important information, schedules, directions and much more, along with the ability to ask questions in the Coaches' BAND! This BAND is for coaches, spirit coordinators, sponsors and advisors ONLY. We will be sending an additional email with a link to a separate BAND that you along with all of your athletes and fans can join soon.

[JOIN THE COACHES BAND](#)

Tips on how to stay healthy before Orlando

- The best way to stay healthy is to minimize exposure when your team is not at practice, quarantine as much as possible leading up to the event and wear a mask consistently when that is not possible.
- If your school has a virtual option, talk to your administrator or athletic director to see if it's a possibility for your athletes to attend school virtually for 10 days leading up to travel, to avoid any potential exposure from other students/teachers at school.
- Before your arrival, athletes should monitor themselves for symptoms for COVID-19 listed by the CDC and check their temperatures every day, starting 7 days prior to travel.

- We strongly recommend you get tested for COVID-19 72 hours before arriving in Orlando (recommended, not required). Coaches will be asked at check-in upon arrival to confirm no positive tests (or anyone awaiting test results) are in your party.
- If anyone in your group does test positive or exhibits symptoms prior to your departure, they should NOT travel to Orlando.

General Reminders

- Team Forms must be completed and scanned/emailed to **Tammy Collins**, tcollins@varsity.com no later than 3 weeks prior to the event. Spectator forms must be turned in at registration in Orlando.
- For general questions about your registration – contact your registration specialist based on the letter your team name starts with:
 - Number or A – D – Taylor Shelton | tshelton@varsity.com
 - E-L – LaKeishia Kearney | lkearney@varsity.com
 - M-Ss – Mendy Terrell | mterrell@varsity.com
 - St-Z – Missy Miller | mmiller@varsity.com
 - All International Teams – Missy Miller | mmiller@varsity.com

UCA is always here to help you on your journey to nationals. If you have any additional questions, please email nhscc@varsity.com.

