



American NorthWest

Oregon Convention Center 777 NE Martin Luther King, Jr. Blvd .Portland, OR 97232

Arrival/Meet Times: Athletes meet their coaches for their competition warm up.
Athletes will need to be 100 % performance ready (full hair, makeup, and shoes) at this time. No phones / bags / Water bottles / jewelry.

Compete Times: Athletes take the stage to rock their divisions!

Athletes will perform on a stage and then immediately after their performance they will do a quick review behind the curtains with their coaches. This process takes about 3 minutes. You will pick up your athlete on the side of the stage following the review. All athletes must be picked up by an adult. We do not want any unattended cheerleaders.

PLEASE, PLEASE, PLEASE put your phones down during the competition and cheer your heart out! So many parents remain silent behind their screens. We want the judges to really feel our presence and energy when THUNDER teams take the stage! If 1 parents wants to record we understand, but we would prefer that the majority of our spectators CHEER LOUD for our amazing CHEERLEADERS!!!

Please note that coaches and junior coaches will be standing in the front of the stage and all parents and spectators will be behind them. It is important that we are in front during their performance for the kids to connect with. It is how we practice and it is important to their success. We appreciate your support and understanding

FINAL UPDATED SCHEDULE 12.1.23 8:00pm Prep Teams **SATURDAY ONLY 12/2/2023**

Team	Meet Coaches	Compete	Meet for Awards	Awards
Baby Bolts	11:50 am	1:00 pm	4:15 pm	4:30 pm
Flurries	12:45 pm	2:04 pm	4:15 pm	4:30 pm
Cyclones	1:30 pm	2:44 pm	4:15 pm	4:30 pm
Black Ice	2:30 pm	3:48 pm	4:15 pm	4:30 pm

Elite Teams Saturday and Sunday 12/2-12/3/2023

Team	Meet Coaches Day 1	Compete Day 1	Meet Coaches for Awards	Awards
Freeze	8:15 am	10:24 am	Day 2	Day 2
Lightning	8:15 am	10:56 am	Day 2	Day 2
Team	Meet Coaches Day 2	Compete Day 2	Meet Coaches for Awards	Awards
Freeze	8:15 am	10:20 am	11:45 am	11:55 am
Lightning	8:15 am	11:08 am	12:15 pm	12:25 pm

Questions the day of? Contact your coach!

Sabrina 503-863-1473 Jessica 971-207-3503 Jaylyn 503-347-1095 Hannah 360-751-0607

Brandi 503-752-7656 Cassidy 503-964-1657 Sam 971-678-3830

All Spectator Information and Ticketing:

<https://www.showclix.com/event/the-american-northwest---portland---nationals---di>