

OneUp

CHAMPIONSHIPS

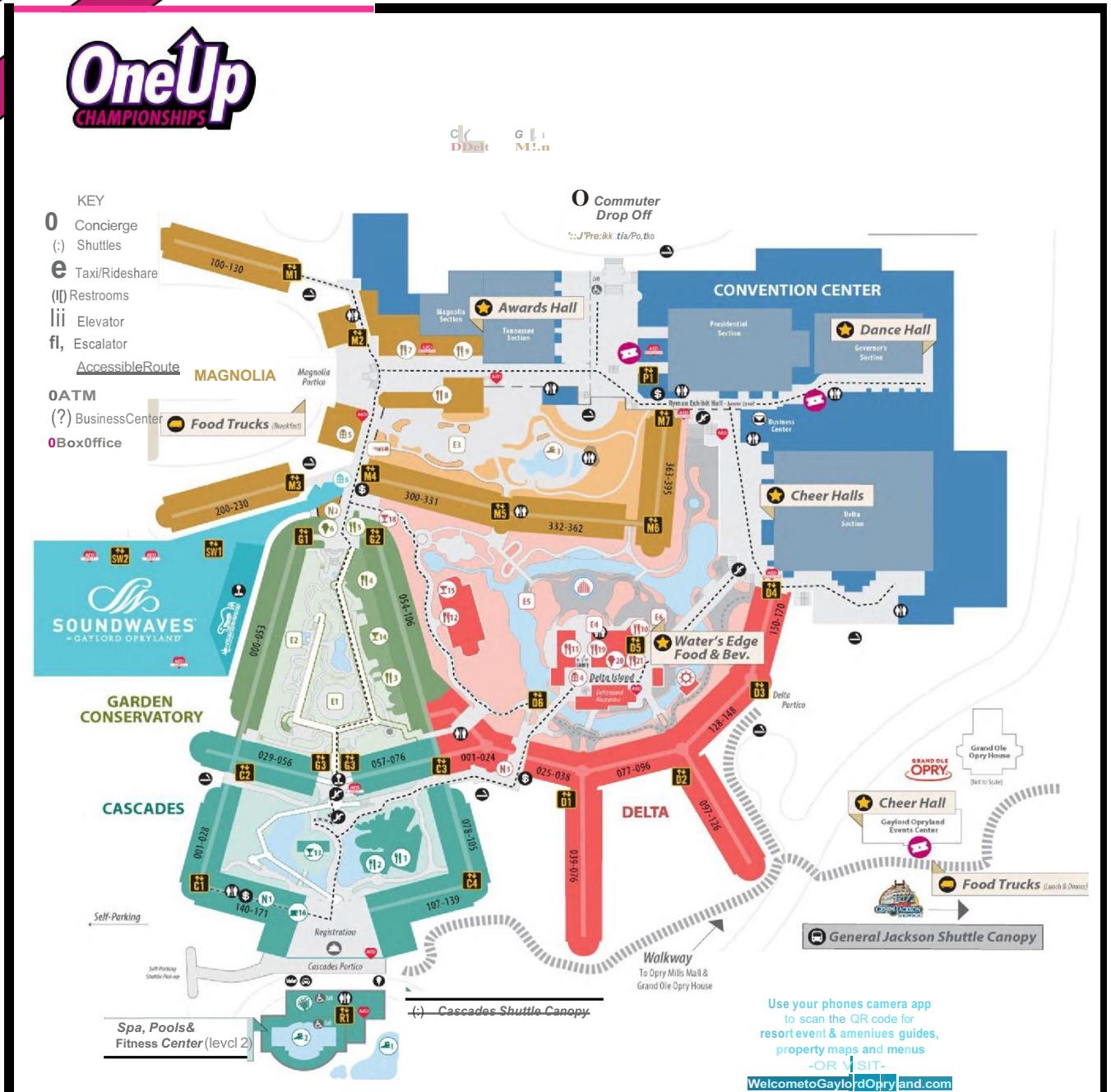
GRAND NATIONALS

COMPETITION SCHEDULE & EVENT INFO 2022

GAYLORD OPRYLAND RESORT & CONVENTION CENTER
NASHVILLE, TENNESSEE | APRIL 8-10, 2022



VARSITY
ALL STAR



FOOD & DRINK

- @ Cascades American Cafe
- @ Wasabi's Sushi Bar
- CID Solario Cantina
- @ Ravello - ttw11
- CID Conservatory Cafe
- Bravo Gelato
- @ Fuse Sports Bar
- @ Jack Daniel's
- @ Findley's
- Cliff Stax Burgers

- Paisano's Pizzeria & Vino
- Old Hickory Steakhouse
- The Falls
- Conservatory Wine Bar (level 2)
- Library Lounge
- Cocoa Bean Coffee House
- American Craft Tavern
- Delta Marketplace
- Carvel / Auntie Anne's
- Cinnamon

RECREATION

- E Spa & Fitness Center
- O Cascades Outdoor Pool
- O Indoor Pool
- O Magnolia Outdoor Pool
- E Delta Riverboats
- O Delta Fountain Show
- O Gaylord Springs Go Pick-Up
- ArCADES
- WSM 650 AM

SHOPPING

- CD Cascades Necessities
- CD Magnolia Necessities
- E Magnolia Shops
- Swarovski
- Savannah's
- Cowboys & Angels
- SoundWaves Signature Store

- C Delta Necessities
- () Delta Island Shops
- The Opry Shop
- Johnston & Murphy
- Amelia's Boutique
- Kids Korral

EVENT LOCATIONS

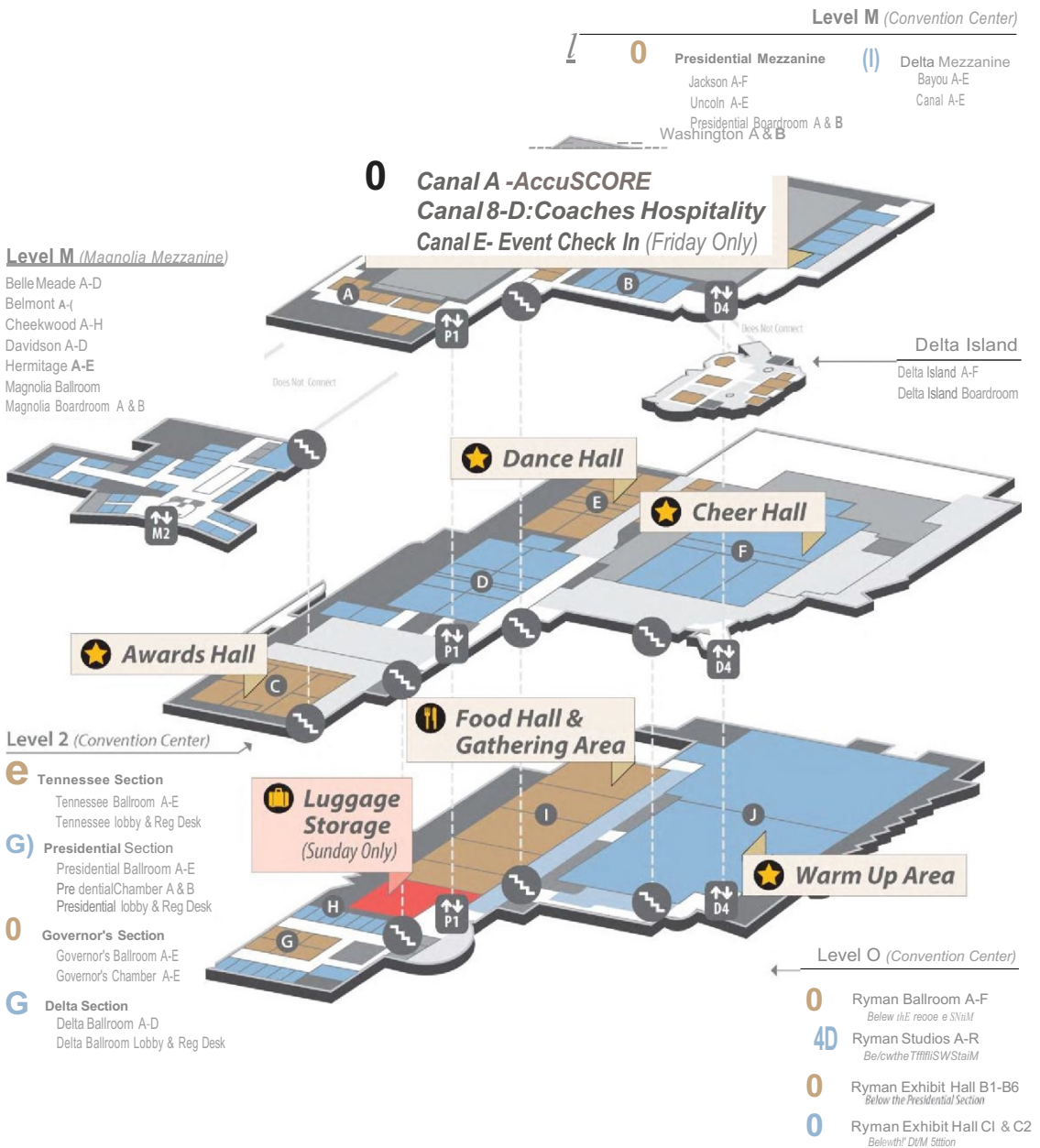
- mcrystal Gazebo
- m Lion's Head Fountain
- m Magnolia Courtyard
- m Delta Pavilion
- m Delta Landing
- || water's Edge

FOOD TRUCKS

- Q Check Amenities Guide for hours



YOUR GUIDE TO GAYLORD OPRYLAND'S
Convention Center, Meeting & Exhibition Space



Gaylord Opryland | GaylordOpryland.com | 2800 Opryland Drive, Nashville, TN 37214 | 615-889-1000

Resort Parking Map



ONE UP PARKING RATES

\$45	Gaylord Valet Parking
\$33	Gaylord Overnight Self-Parking
\$20	Commuter Daily Self-Parking

TRAFFIC PATTERNS

	Gaylord Overnight Guest Check-In
	Non-Overnight/Commuter Guest
	Gaylord Overnight Coach Parking
	Gaylord Overnight Coach Parking



Resort Code of Conduct



Code of Conduct

- Guests will be respectful to all other visitors, participants, staff, and convention center property.
- Guests will always comply with the direction and instructions from hotelstaff.
- Guests ages 21+ who partake in alcoholic beverages will do so in a responsible manner. Intervention with an impaired or intoxicated guest or a minor will be handled in a prompt and safe manner by Security and/or local authorities.
- Guests will refrain from smoking unless in a designated smoking area outside. This includes the use of e-cigarettes or any other smoking device.
- Guests will refrain from using offensive language, making obscene gestures, or wearing inappropriate clothing not consistent with a public, family setting.
- Appropriate attire (cover ups, shirts, and shoes) is required in all resort public areas outside of the pool/water attraction.
- Ryman B Hall is available for gathering in groups.
- Quiet hours are from 10:00 PM – 9:00 AM in all public spaces, guest corridors and guest rooms.
- Drug use is prohibited on property; it will be handled accordingly by Security and/or local authorities.
- Stunting & Tumbling should be restricted to practice areas and performance areas only.



Awards Info

Awards Ceremonies

Awards Ceremonies will happen in several different locations throughout the Convention Center. Please pay close attention to the location of your particular division, so you are certain you are in the correct hall, and no one misses an award ceremony.

Champion Central for National Champions

All 2022 National Champions will exit their awards hall and make their way to Champion Central. This is where teams will receive their One Up National Champion jackets and have an opportunity to take their National Champion Team Photos. Please make sure your parents know that they are not permitted inside the Jacket Distribution Room. They are, however, welcome to take as many photos as they want inside the Champion Central Photo Room.

Final Standings & Division Averages

Final results and team division averages will be posted in the Coaches BAND at the conclusion of the awards ceremony. Results will also be posted on Varsity TV.

Cheerleading Worlds Bid Winners

Bids to the 2022 Cheerleading Worlds will be announced during the event on Sunday, April 10th. Consult the final Awards Ceremony Schedule for the correct time, and location, of the Cheerleading Worlds Bid Announcements.

Dance Worlds Bid Winners

Bids to the 2022 Dance Worlds will be announced during the event on Sunday, April 10th. Consult the final Awards Ceremony Schedule for the correct time, and announcement, of the Dance Worlds Bid Announcements.

The Summit, D2 Summit, and Dance Summit Bid Winners

The Summit, D2 Summit, and Dance Summit bid winners will be announced on the Varsity Bid Reveal, Monday, April 11th at 8:30pm EST on Varsity.TV (<http://www.varsity.tv>).

Available Bids

The following bids are being awarded at the 2022 One Up National Championship:

- **The Summit:** One Up is offering 3 Paid, 5 At-Large, and 4 IASF At-Large Bids
- **The D2 Summit:** One Up is offering 3 Paid and 5 At-Large Bids
- **The Dance Summit:** One Up is offering 1 Paid and 8 At-Large Bids
- **2022 Cheerleading Worlds:** One Up is offering 4 Paid and 12 At-Large Bids
- **2022 Dance Worlds:** One Up is offering 2 Partial Paid and 6 At-Large Bids
- **The U.S. Finals:** One Up will offer Golden Tickets

If your team wins a bid at One Up Nationals, the Event Directors will turn in all your Team Rosters from the event following the announcement of all bid winners. For Worlds Bid Winners, please contact the USASF to make changes to your Team Roster. They will confirm all eligible substitutions and alternates.

Specialty Awards

One Up will award a variety of specialty awards, including the following:

- Best Technique, Best Choreography, Crowd Pleaser, Best Costuming – **DANCE TEAMS ONLY**
- Level Champion (DI), Level Champion (DII)
- Golden Boot - High Scoring L6/L7 Team

VARSITY.TV

Up to date results can be found on Varsity.tv



SPECTATORS

Need to Know Information

EVENT LOCATION

Masks are Recommended

Gaylord Opryland Resort & Convention Center

2800 Opryland Dr * Nashville, TN * (615) 889-1000 * www.gaylordopryland.com

ADMISSION

Make sure that you allow time to purchase your tickets. We do offer ticket sales on Friday from 2pm – 9pm at the Presidential Ballroom Box Office. This is a great way to beat the lines on Saturday and Sunday.

AVOID THE LINES!!!

Purchase your Tickets Online – [CLICK HERE](#)

Make sure to scan the QR code on your wristband to access the event schedule

Spectator Fees	Friday	1-Day Saturday or Sunday	2-Day Saturday or Sunday
Adult (17 years to 64 years old)	\$15	\$25	\$45
Child, Senior & Military (Child: 6 years to 16 years old; Senior: 65 years +)	\$10	\$15	\$25
5 years & Under	FREE	FREE	FREE

No refunds will be given. Cash ONLY at the door.

One Up Pro Tips

1. Purchase your tickets Friday night for the weekend. Ticket sales available from 2pm – 9pm at the Presidential Box Office.
2. If you are staying outside the resort, give yourself PLENTY of time to find parking, get inside, and purchase tickets (if not done in advance).
3. Map out your event locations so you have a smooth weekend.
4. Visit an ATM before arriving!
5. Wear comfortable shoes.

Plan Your Weekend

It takes a lot of space to host nearly 600 teams, and the Gaylord Opryland Resort is the perfect place to do so. The resort is over 3 million total square feet, so it will take some special maneuvering and general resort knowledge to help get you from Point A to Point B. Please consult the event map for the exact locations of the Competition Halls, Warm-Up Area, Awards Hall, etc.

Also, remember that parents are NOT permitted in the Warm-Up Area at any point. Please plan a different designated meeting area with your team, prior to reporting to Warm-up Check-In.

Doors to each Event Hall will open 1 hour prior to the first performance time.

Escalator Safety Rules

- No Strollers or wheelchairs
- Hold Handrails
- Keep shoes away from sides
- No Bare Feet
- Always Face Forward
- No Children Unattended

Warm-Up Area

Parents are NOT allowed in the Warm-Up area at any point. Please plan to meet your team & coaches in a separate location. Security is provided and strictly enforced. Please plan extra time to get from parking areas, ticketing booths, etc. Make sure you and your coaches have a designated meeting place for the weekend.

Spectator Wheelchairs & Scooters

Gaylord Opryland Resort has access to a few rental scooters and wheelchairs. To reserve a scooter for the event, please contact Bradley Health at 615.458.2615, or [CLICK HERE](#) to reserve now.

Soundwaves Water Experience – ONE UP SPECIAL!!!

Monday, April 4 through Wednesday, April 6 – \$46.99, full day

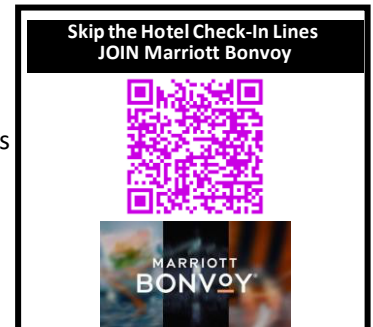
Thursday, April 7 and Friday, April 8 – \$35.99, full day

Saturday, April 9 and Sunday, April 10 – \$35.99, full day

\$20, partial day (10:00 AM – 3:00 PM or 3:00 PM – 8:00 PM)

Monday, April 11 – \$35.99, full day

BOOK NOW!!! <http://tickets.gaylordopryland.com/OneUp2022>





SPECTATORS

Need to Know Information

Masks are Recommended



In case of emergency
x5555 (house phone)
615-458-5555 (cell phone)

Spectator BAND

BAND is the official communication app of Varsity Spirit and will be utilized throughout the competition to provide important updates as it pertains to athletes, families, and friends. Join the group to access the most up-to-date schedule information, spectator pricing, purchase event photos, unlock exclusive weekend content and MORE!

SCAN ME



Priority Viewing Section

There will be a designated Priority Viewing section in each Competition Hall that is specifically reserved for friends and family members of the performing team. There is one entrance and one exit into each priority viewing area. We do not require our spectators to sit during performances, so free to jump for joy, and cheer to your heart's content. No spectators will be allowed to remain in the priority viewing section. Please move quickly when entering and exiting the priority viewing section.

Event Vendors

Be sure to visit our vendor area located outside of Delta Ballroom all weekend long. Make sure to get your official One Up Nationals event merchandise to commemorate the event!

Varsity.tv

Watch all of One Up Nationals on Varsity.TV. Register for Unlimited Access to the Best Cheer and Dance Content on the Planet – <http://www.varsity.tv> – Watch Today!

Results will be posted on Varsity.tv all weekend!

Event Photos

All photos will be taken by RT Photography. Please scan the QR code for more information!

SCAN ME



Awards Ceremony Locations

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Video/Media Policy

No Commercial Recording (audio or video) or commercial live-streaming is allowed in the event venue or other event-related venues (including, but not limited to, hotels and restaurants) or on the grounds of any such venues (collectively, "Event Locations"). In addition, the personal, non-commercial use of live streaming apps (such as Periscope, Facebook Live, etc.) to capture all or any part of a performance during the event is not permitted. By attending/purchasing admission to the event, each attendee grants permission to Varsity Spirit, LLC and its affiliates, designees, agents, licensees, and invitees to use the image, likeness, actions and statements of the attendee in any live or recorded audio, video, film, or photographic display or other transmission, exhibition, publication, or reproduction made of, or at, the event in any medium, whether now known or hereafter created, or context for any purpose, including commercial or promotional purposes, without further authorization or compensation.

Resort Lost & Found

All lost items will be turned over the Resort Lost & Found. If you have lost, or misplaced any belongings, please contact the Lost & Found Department.

x58820 – From any Resort Phone

(615) 889-1000 x58820 – from any cell outside line





Awards Schedule

Delta Ballroom D

Friday, April 8th

**FRIDAY AWARDS
CEREMONIES FOR...**
**- ALL PREP
DIVISIONS**
**- ALL NOVICE
DIVISIONS**

**All National Champions
will immediately report
to**

CHAMPION CENTRAL

7:30PM

L1 Tiny - Novice - Restrictions - D2
L1 Mini - Novice - D2
L1 Youth - Novice - D2
L1 Junior - Novice - D2
L1.1 Mini - PREP - D2
L1.1 Youth - PREP - D2
L1.1 Junior - Prep - D2
L2.2 Junior - Prep - D2

8:30PM

L1 Tiny - Novice - Exhibition
L1 Tiny - Novice - Restrictions
L1.1 Tiny - PREP
L1.1 Mini - Novice
L1.1 Mini - PREP - Small
L1.1 Mini PREP - Medium
L1.1 Youth - Novice

8:50PM

L1.1 Youth - PREP - Medium
L1.1 Junior - PREP
L1.1 Senior - PREP

9:20PM

L1.1 Youth - PREP - Small
L1.1 Junior - Novice
L2.2 Youth - PREP
L2.1 Junior - PREP
L2.2 Junior - PREP



Awards Schedule

Presidential Ballroom

Sunday, April 10th

10:30AM

L1 Tiny
L1 Mini - Medium
L3 Junior - Small - A
L4 Junior - Small
L4.2 Senior

1:30PM

L1 Junior - Small
L2 Junior - Medium - B
L2 Senior - Small

L3 Junior - Medium

11:15AM

L1 Mini - Small
L4 Junior - Medium
L4 Senior Medium
L5 Junior Coed

2:30PM

L1 Junior - Medium
L2 Senior - Medium
L3 Senior - Small
L5 Senior Coed

11:45AM

L1 Youth
L1 - U17
L2 Mini
L2 Junior - Small

3:15PM

L1 Senior
L3 Youth
L3 - U17
L3 Senior - Medium

12:15PM

L2 Junior - Medium - A
L3 Junior - Small - B
L4 Senior - Small
L5 Senior

3:45PM

L3 Senior Coed - Medium
L4.2 Senior - D2
L6 Senior Coed - XSmall
L6 Senior Coed Open - Small

1:00 PM

L2 - U17
L2 - U19
L4 Senior Coed - Medium
L4 Senior Coed - Small
L4 Senior Open
L5 Junior
L5 Senior Open Coed
L6 Junior

4:30PM

L3 Youth - D2
L3 Senior Coed - Small
L4 Junior - D2
L4 - U17
L4 International Open Coed

5:15PM

L2 Youth - Small
L2 Youth - Medium
L4 Senior - D2 - Small
L4 Senior Open - D2
L4 - U17 Coed
L4 - U19



Awards Schedule

Presidential Ballroom

Sunday, April 10th

5:45PM

L1 Tiny – D2
L2 Junior - D2 - Medium
L2 Junior - D2 - A
L6 Senior Coed - Small

6:20PM

L1 Mini - D2
L1 Youth - D2 - B
L4 Senior - D2 - Medium
L6 Senior - Small

L1 Youth - D2 - A

L1 Junior - D2 - Medium **6:45PM**

L2 Mini - D2

L4 Senior Coed - D2

L6 Senior - XSmall

L6 International Open Coed - Large

7:15PM

L2 Junior - D2 - Small - A

L3 Junior – D2 - B

L5 Junior - D2

L6 International Open

8:00PM

L3 Junior – D2 - Medium

L5 Senior Open Coed – D2

L6 Senior – Medium

L6 Senior – Open

L7 International Open Coed - Small

8:30PM

L2 Youth - D2

L2 Junior – D2 – Small - B

L5 Senior Coed -D2

L6 International Open - NT

9:00PM

L1 Junior – D2 - Small

L3 Senior – D2

L5 Senior Open – D2

L6 Junior – D2

L2 Junior - D2 - Small - C

L2 Senior- D2

9:30PM

L3 Senior Coed - D2 - Medium

L3 Senior Coed - D2 - Small

L6 International Open Coed - NT

10:30PM

Cheer Worlds Bid Announcements





Awards Schedule

Governors Ballroom

Saturday, April 9th & Sunday, April 10th

SATURDAY

8:00PM

Tiny - Duo/Trio - Jazz
Mini - Duo/Trio - Jazz
Youth - Duet - Pom
Youth - Duo/Trio - Contemporary/Lyrical
Youth - Duo/Trio - Jazz
Youth - Solo - Jazz
Junior - Duo/Trio - Contemporary/Lyrical
Junior - Duo/Trio - Jazz
Senior - Duo/Trio - Contemporary/Lyrical
Senior - Solo - Contemporary/Lyrical

SUNDAY

12:10PM

Tiny - NOVICE - Dance
Tiny - Prep - Jazz
Tiny - Jazz - Small
Mini - Pom - Large
Mini - Pom - Small
Mini - Prep - Jazz
Youth - Pom
Youth - Prep - Jazz
Junior - Contemporary/Lyrical
Junior - Variety
Senior Coed - Contemporary/Lyrical - Large
Senior - Contemporary/Lyrical - Small
Senior - Variety
Senior - Prep - Hip Hop
Senior - Kick

12:40PM

Tiny - Jazz - Large
Mini - Jazz - Large
Mini - Jazz - Small
Senior - Hip Hop
Open Coed Hip Hop Elite

SUNDAY

5:40PM

Tiny - Hip Hop
Tiny - Prep - Hip Hop
Mini - Contemporary/Lyrical
Mini - Dance
Mini - Prep - Hip Hop
Youth - Contemporary/Lyrical
Youth - Jazz
Youth - Variety
Youth - Prep - Hip Hop
Junior - Dance
Junior - Hip Hop
Senior - Prep - Pom
Junior - Pom
Senior - Pom - Large
Senior Pom - Small
Open Pom

6:10PM

Mini - Hip Hop - Large
Mini - Hip Hop - Small
Youth - Hip Hop
Junior - Prep - Jazz
Junior - Jazz
Senior - Jazz
Senior - Prep - Jazz
Open Kick

6:30PM

Dance World Bid Announcements

Fun Things to do in *Music City*

Nashville[®] MUSIC CITY

**CLICK THE NASHVILLE LOGO FOR A
LIST OF
FAMILY FRIENDLY ACTIVITIES**



ALL BOTTOMS

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30% OFF

YOUR ORDER*

ENTER CODE VARSITY30 AT CHECKOUT



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VARSITY SPIRIT

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