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## COMPETITION CHECKLIST & REMINDERS

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As we prepare for competition season, use this as a guide to help both you and your skater feel prepared and ready to go for this exciting part of the sport!

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### PACKING CHECKLIST

#### Clothes

- Skating tights without holes (2 pairs)
- Competition dress
- Backup dress (if available) in case of emergency
- Skating jacket
- Sweatpants/warm up pants
- Tennis shoes

#### Skating Bag

- Skates
- Guards
- Extra skate laces
- Tissues
- Water bottle
- Jump rope (if available)

#### Hair & Makeup

- Hairbrush
- Hairbands
- Bobby pins
- Hairspray/hair gel
- Eyeshadow
- Mascara
- Blush
- Lipstick/lip gloss

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### DAY-OF REMINDERS

#### Practice Ice

- Arrive 20-30 minutes before scheduled practice ice with skating outfit on & hair up (does not need to be in competition hairstyle)
- If the main check-in table is open, have skater check-in for the competition (done once per competition)
- If Caroline is not in the rink with another student, check in with her for off-ice warm up
- If Caroline is in the rink with another student, do off-ice warm up & put on skates
- Be ready to go with skates on 5 minutes before scheduled practice ice
- If your skater is Caroline's only athlete on the ice, she will have a lesson with them for the whole time they are on the ice, normal coaching rate will apply
- If Caroline has multiple skaters on the ice at once, she will divide time equally among them & the coaching rate will be adjusted accordingly
- This time is used to get your skater acquainted with the ice & to make sure they feel ready to skate their program in their event. It is not meant to be a typical practice session & program music will not be played

#### Competition

- If not already at the rink for practice ice, arrive at least 1 hour prior to event warm up completely ready to go (skating dress, hair, makeup)
- If you haven't done so already, have skater check-in for the competition (done once per competition)

- If Caroline is not in the rink with another student, check in with her. Around this time, we will say goodbye to parents, family, and friends for a bit so we can focus on mentally and physically preparing for competition time
- Skater & Caroline will check in for the event with the rinkside ice monitor to let the competition officials know that skater is here & to see if the competition is running on schedule, early, or late. Often times, event times can shift as the day goes on, so this is an important step
- If Caroline is in the rink with another student, have skater check in for the event with the rinkside ice monitor & then begin off-ice warm up until she can join you. You will be made aware in advance by Caroline if this will be the case.
- Skater will complete extended off-ice warm up with Caroline in designated off-ice area (when available) or in other area (typically outside of the ice rink area when possible so as not to interrupt competition or have skater get cold). This warm up will include normal warm up with addition of stretching as well as off-ice walk through of program & positive visualization
- With 20-30 minutes left before start of event, skater will be returned to parent to begin getting skates on in locker room or other designated area. Coaches are not allowed in locker rooms, so please send skater out to Caroline once skates are on. Make sure skater has tissues, water bottle, and extra laces with them. Caroline will have music backup
- At this time, the parents, family, & friends should move to the bleachers to await the start of the event
- Event will start with a 4-6 minute warm up. This time is to get skater's muscles warm & to let them attempt each element in program once or twice. Warm up run throughs will be rehearsed with skater ahead of time
- When the skater is the first in the skating order for their event, they will finish their warm up 1 minute early in order to breathe, get water and tissues, & talk with Caroline until their name is called
- Once skater is done competing, they will be released from Caroline & can take off skates, join parents, family, and friends in the bleachers or elsewhere in the ice rink. They are not required to watch the rest of their event unless they would like to. Results are usually posted 10-30 minutes after the conclusion of the event
- Please keep dress, hair & makeup on until after results are posted so that, in the event your skater earns a medal in their event, they are able to accept their medal in their competition attire
- If your skater is Caroline's only athlete for the event & she is able to be there for all off ice time, the normal coaching rate will be charged for 1 hour. This rate is adjusted if Caroline has skaters in other events leading up to your skater's event
- If Caroline has multiple athletes for the event, the off-ice and on-ice time will be shared & the rate will be evenly split for the 1 hour

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## GOOD SPORTSMANSHIP

- A practice ice session is not an indicator of how any skater will do come competition time. Both parent & skater should remain calm and positive. Don't let a less-than-perfect practice affect attitude regarding the competition

- At all times during competition (including practice ice & all other times at event venue) refrain from talking negatively about others at the rink. This includes comments about attitude, dress, level, or performance. You never know who may be within earshot!
- A warm up is not an indicator of how any skater will do come competition time. Both parent and skater should remain calm and positive. Don't let a less-than-perfect warm up affect their attitude regarding the competition
- No matter how your athlete skates their program in competition, they should come off the ice with a smile. While it is okay to know that it was not their best skate, they should instead channel their emotions into thinking how they can improve at their next practice or competition. Crying, displays of anger or disappointment, or other negative reactions when getting off the ice, in the locker room, in the bleachers, or in other areas of the ice rink are displays of poor sportsmanship. Parents should help enforce this by channeling negative emotions and thoughts towards motivation to continue practicing hard & preparing for the next competition
- Placement in an event should never change a skater's impression of how they skated. The only thing each skater has the power to control in competition is how they skate their own program. Crying, displays of anger or disappointment, or other negative reactions after seeing placement lets other skaters in the event know that you don't believe they deserve the placement they earned, making them feel bad about their accomplishment, & is a display of poor sportsmanship