



Skaters/Parents Competition Checklist

What to bring for the locker room:

- Your skates (both of them) - don't laugh, it happens!
- Dress (pants/shirt if male) and back up dress in case of rips, stains, etc. Your coach may want input on the costume worn so discuss this ahead of time.
- Competition tights (plus a backup pair)
- Practice dress and tights (pants/shirt) for practice ice
- Other dresses if you are doing multiple events (optional)
- Matching scrunchies, hair accessories, etc.
- Hair ties, bobby pins, hair spray, glitter, gel, brush, curling iron, hot rollers
- Make up, if desired
- Warm up jacket, gloves
- Guards are a must! If you don't have any you will need to get some!
- Medications, inhaler, Tylenol, cough syrup, etc.
- Spare laces. Make sure they will fit if you've gone up in size on skates
- Small size hand soap, tissues, hand sanitizer, toilet paper. Don't assume these items will be in the locker rooms.
- Your emergency kit (see below)
- Clothes to wear after competing or going home
- Water and possibly a small non messy snack. Stay away from candy and sugar.
- Bring a sense of humor. Unless you're headed to the Olympics this is supposed to be fun!

What to bring to the competition:

- Your membership card or a copy of it.
- Some competitions require proof of age; a report card or ID card is usually sufficient.
- Flash photography is discouraged, to avoid causing distractions for skaters.

What to bring on your trip:

- Extra batteries or chargers for camera, camcorder, tapes, CDs or film
- Your coaches cell phone number
- Maps to rink and motel
- Your motel confirmation numbers
- Auto and road assistance cards, contacts
- Medical insurance info and Dr contacts
- Money 😊 (see below)

Prepare for your trip:

- Decide what dresses you will wear. Test any new outfits on home ice for fit, comfort and safety. Coaches will many times have input on this so remember to ask!
- Know what hairstyle you will do and practice it at home. Hair should be pulled up away from the face. Make sure all hair pieces are secure and that bobby pins will not fall out. It is best to crisscross two together. Use lots of hairspray and gel to control “flyways”.
- Get lots of sleep and eat healthy foods
- Notify school if days off are required
- Make motel reservations early. Many will let you revise reservations with 24 hours’ notice so over book your stay and back off days when you get your final schedule. Read fine print to make sure you don’t get charged for this!
- Schedule practice ice as soon as it’s available for purchase. Some sessions fill quickly. Check with your coach about how many sessions you should purchase and what sessions your coach can attend.
- Polish your skates. Rubbing alcohol will remove marks, skate tape covers gouges. A new pair of laces finishes the pretty white boots!
- Good communication with your coach is priceless! Talk about your expectations, where to meet, practice ice, costumes, fears and jitters. They are there to help you!

Your emergency kit may include:

- A small sewing kit
- Pre glued Velcro for last minute costume fixes
- Extra skate laces
- Rubber bands
- Extra screws and screw driver for blades (check and tighten up screws before leaving)
- Band aids, Tylenol or other OTC meds

What to expect to spend:

- The motel costs
- Gas
- Money for concessions and meals on the road. Many motels offer breakfasts included in the price. This can be a nice bonus. Look for motels with in room fridges and microwaves.
- Videography of your skaters program is sometimes available for purchase. This can run from \$35 to \$45 per event. If there are several events there is usually a discount. In most cases you must register and pay for this in advance of your skater’s event!
- Action photography. This can be spendy (starting around \$25) but you may get a picture of that midair jump that you otherwise would not have.
- Skate vendors are at most competitions. They vary and offer anything from the basics (laces, tights, gloves, practice dresses, guards, etc.) to fancy custom dresses, boots/blades, air brushed art, jewelry, and other fun stuff. You may find items that are unavailable anywhere else.
- Some competitions have a commemorative T-shirt. It may include the club or competition name and date, their logo, and often times the names of all the participants, including your

skater. There are choices as to sweatshirts, T-shirts, short/long sleeves. These start at around \$25 and go to \$60 depending on the amount of imprints you choose.

When you arrive:

- Go to registration and check in. You will turn in your music and ask if there are locker room assignments. You will most likely want to buy a program if it's not provided.
- If there are multiple rinks know their names and where you will skate. Locate bathrooms.
- Arrive AT LEAST one hour before your first event.
- Find your coach and check in with the ice monitor, ask if they are running ahead/behind schedule.
- Find the area where the results will be posted.
- Make sure you, or your coach has your back up music in a handy spot.
- If you choose to purchase videos or action photography find those vendors and make arrangements. They will usually request your event numbers.

Misc....

Whenever possible try to watch your fellow skaters and cheer them on.

Realize that your coach may have a very tight schedule. If there are multiple rinks your coach may need to be in two places at one time. Discuss the schedule prior to the competition and make plans for any conflicts. Usually another coach, or older skater, is available to put your skater on the ice (If another coach is helping put your skater on the ice, discuss any fees that may be associated with this).

Some coaches prefer their skaters do not swim or use hot tubs the night before a competition or may impose a time limit. Discuss this with your coach.

If this is your first competition you may want a little help from another club member. Don't be afraid to ask, we've all been there!

Important!!! Before you leave go back to registration and pick up your music. Most clubs will not mail it back to you if you forget.

Competitions can be a gut wrenching high pressure experience...or....it can be a blast. It's up to you. Not every event will be your child's best skate but it can always be fun. .