



Tips to get ready for Competitions

- 1. The night before, make sure you have everything set out or packed. You will need:**

Tights – clean with no rips

Skates, of course!

Dress/outfit (and a spare dress)

Two copies of your music (one to hand in and a back up copy)

Spare laces (correct size for your skates)

Your schedule and driving directions (if you have never been there before)

Guards and soakers (blade covers)

A warm-up jacket or sweater and matching gloves

Make-up

Hairspray, a brush, some scrunchies, clips, bobby pins and all other hair items you'll need

A few snacks and water bottles

Money to buy souvenirs, if wanted

A favorite stuffed animal or item

Homework you have if you are missing school

Camera

Small sewing kit with pins

Screwdriver (to tighten up screws on your skates)

Contact information for your Coach – phone number, cell phone, e-mail

- 2. Once you have everything packed, take a warm bath and get dressed in your favorite, most comfortable pajamas. Go to sleep a little earlier than usual, especially if you are skating in the morning.**
- 3. Eat a small healthy breakfast of proteins and carbohydrates, and don't eat too much.**

- 4. Arrive at the rink at least one and a half hours before you warm up. Once at the rink:**
 - a. Register, get ready, then relax until you have practice ice or your group warm-up.**
 - b. Check and remember your skating order.**
 - c. Check in with your Coach so that she can let you know when to start warming up and when to put on your skates (at least one flight before you skate).**

- 5. Make the most of any practice time you get. Don't spend it talking to other skaters, or working on moves that aren't in your program, especially risky ones. Run through your program as much as you can. Remember to look up and smile.**

- 6. Around 30 minutes before you go on, depending on what you need to do, start getting ready. Use the restroom, spray on some extra hairspray, touch up make-up – whatever you need to do and this is a good time to start stretching.**

- 7. Before you go on the ice, do what makes you feel best. Hold your favorite stuffed item if you brought one, visualize yourself skating a clean program, practice your program on the ground, talk to your coach, jump around to get rid of the jitters; whatever makes you feel good is fine as long as it is not disruptive to other skaters. Remember to take off your warm-up jacket and gloves and take deep breaths. Believe that you are going to have a great skate – a positive attitude helps.**

- 8. Skate your best! Look up and smile like you practiced, and don't feel rushed. Do all of your elements as best as you can and be proud of yourself, no matter what place you take.**

- 9. Remember to pick up your award afterwards if you get one, and take a group picture if it is required.**