

New to Competitions?

Competitions can be stressful, but they can (and should be) also be a tremendous amount of fun. Below are some tips on how to prepare for a competition that make being there easier.

- 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 criss-cross two together. Use lots of hairspray and gel to control “flyways”.
- Get lots of sleep and eat healthy foods (but don't try anything new the night before the competition)
- Make hotel reservations early.
- Schedule practice ice as soon as it's available for purchase. Sessions fill quickly.
- Polish your skates. Rubbing alcohol will remove marks, skate tape covers gouges. A new pair of laces finishes the pretty white boots!
- Print the schedule and carry a copy with you. Highlight your events, warmup times and communicate with your coach about your arrival time (many times 1 hr in advance of the warmup). Your coach will be busy coaching other athletes so you should know which locker room to go to and what time your warmup is.
- Talk to your coach about expectations, where to meet, practice ice, costumes, fears and jitters.
- Bring a back-up CD of your program music in case there's a problem with the music. Know where to find it quickly.
- Make an emergency kit:
 - 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