

2018 Competition Information and Checklist

Dear Parents and Skater,

Whether you are a seasoned competitor or it is your first time competing in Star 1, remembering everything you need for competitions can create a lot of unnecessary stress. Here are some helpful tips to make sure you are organized and well prepared to put your best skate forward.

The week before Competition

Competition preparation doesn't start the morning of competition day, it starts a few days earlier. These are some items to double check:

MUSIC - Double check that you have 2 CD'S of your music. If not, ask for a copy from one of the coaches. All competitions starting next season will be switching to on-line submission of your music. Then you will need only 1 CD as a backup.

COMPETITION DRESS/OUTFIT - Try on your dress/outfit to ensure that it still fits. Wear it to a session the week before so you are comfortable in it and know that everything is in working order. Inspect that sequins and sparkles are intact, and that it is clean. It is common that competition dresses/outfits get dirty or stained and you don't realize it until the next competition.

TIGHTS - Make sure that you have good, clean tights. Tights that are dirty or have holes in them are unattractive and give a bad impression to the judges. If there is a little hole you may stitch it up, but if there is a big run in the tights then you may need to get new ones.

SKATES - If your skates are badly scuffed, you may want to think about buying special tape to tape over the scuff marks (available at Skater's Edge in Coquitlam) or buy tights that go over your boots.

WARM UP JACKET - Make sure you have a proper, clean, and well-fitting, warm-up jacket. Our club jackets are preferable, but if you do not have one then a thin jacket along those same lines will do. We will be offering another opportunity for you to buy our club jackets soon, so make sure you take advantage of that when it becomes available.

The Night Before Competition

It is always a good idea to get everything you need ready the night before so there is less to worry and think about on the day of competition. Prepare:

- ✓ dress/outfit
- ✓ garment/dress bag
- ✓ skates! Clean and tidy, laces clean and no fraying
- ✓ tights
- ✓ warm up jacket
- ✓ water bottle
- ✓ skipping rope
- ✓ runners
- ✓ small snack (granola bar, banana...)
- ✓ music
- ✓ clean, matching gloves

Some skaters get dressed and ready at home, and other skaters prefer to get to the rink early and get dressed there. You need to plan for what you feel more comfortable with. If you plan on getting dressed at the rink, it is a good idea to invest in a garment/dress bag to ensure that you do not wrinkle your dress/outfit before the competition. If you plan on arriving with your dress on, wear a pair of warm up pants over top to reduce the risk of getting the dress/outfit dirty during warm up or while sitting down on something.

Important! Please do not underestimate the importance of sleep and nutrition for better performance not only on a daily basis, but especially around competition day. Make sure you eat a good, nutritious dinner and go to bed early to get a good night's sleep.

Competition Day

Whether you are competing early in the morning or late at night, ensure you eat a good breakfast. If you compete in the morning, think about eating something that allows for maximum energy yet isn't too heavy. If you compete later in the day, plan a breakfast that has more carbohydrates or something that takes longer to break down, followed by a lighter meal that provides you more energy closer to your competition time. ** If you would like more information on athlete nutrition, talk to one of the coaching team.

Plan your travel time so that you arrive at the rink at least **one hour before** your start time. If you plan on getting dressed and doing hair and make-up at the rink then that needs to be done **BEFORE** this one hour mark. Make-up should be fairly natural unless otherwise discussed with your coach. Hair needs to be in a clean and proper bun or a high ponytail if your hair is not long enough, unless otherwise discussed with the coach. All fly-away and baby hairs should be hair sprayed back.

When you get to the rink, sign in at the registration table and hand-in your music, then find the coach(s) that will be with you that day. If you have trouble finding a coach, feel free to text or call them (cell-phone numbers are available on our website). The coach will then take you to do your warm-up and let you know what the plan is.

After You Skate

If you are competing in **Star 1-3**, please keep your skates on. When your group is done, head to the lobby or wherever the podium area is for report cards, ribbons, and pictures on the podium. Your results should be up within 30 minutes after your group finishes. For **Star 4 and above**, only top 3 in the results will be receiving medals and taking pictures. The results will be posted on the the wall designated for results. If you are unsure what to do, feel free to ask the coaches, we are more than happy to explain. After everything is done, make sure you pick up your music at the registration desk.

We also ask that you stick around to help support and cheer on our other skaters if you are able to.

First Time Star 1 and Star 2 Competitors

If you are competing in **Star 1**, you do not need to worry about having music since you do not yet have a solo. Make sure you have a nice skating dress, clean tights and a practice/warm up jacket. You can find dresses at any figure skating shop such as Skater's Edge in Coquitlam, any figure skating dress will do. As above, ensure you have a skipping rope, water bottle, and proper runners. Find the coach as soon as you get to the rink and they will instruct you on what to do.

For **Star 2** competitions, make sure you have two CD's with your music that the coaches give you beforehand. You should also have a nice competition dress. Eventually, competition dresses will need to be made to match your solo, but for Star 2 any figure skating dress from Skater's Edge or any other figure skating store will do, however it is recommended that your competition dress is NOT your practice dress. Otherwise, please refer to the information above for anything else you need to know.

We wish all our skaters an enjoyable and successful year of competitions. Our hope is that this letter will help you get the most out of your competition preparation so that your competition experience is as good as possible. As your coaches, we are here to guide and work with you in all aspects of figure skating so feel free to talk to us about any concerns or comments you may have.

Sincerely,

Your Langley Coaches