

## All about competitions

Hello from your coaching team!

Some of you are new to the world of competition and some have it down to a science! Whichever is the case, we want to provide you with some extras to equip you and your skater for competition.

Below you will find a competition checklist that you may find handy when packing for the big day! **Remember to bring 2 copies of your music** to give at registration upon entering the competition.

If you have any questions about the competition specifically (dates, fees, requirements etc.) please let us know!

### **Competition Checklist**

#### **Clothing**

- Warm up Jacket
- Gloves
- Tights if applicable
- Dress or skating outfit
- Change of Clothes
- Skate socks
- Running Shoes (optional)

#### **Equipment**

- Skates
- Guards and Blade covers
- Towel to wipe blades

#### **Extras**

- Water Bottle
- Make-up if applicable
- Hair supplies (brush, gel, elastics, clips, etc.) if applicable
- Inhaler/medications (if needed)

#### **Essentials Star 2 and Up**

- 2 CD's with solo/Interpretive music

Please remember to discuss competition costs with your coaches before registering in **any** competition. Your registration fees **do not** include any competition entry fees or coaches' fees/expenses for competitions.