



Competition FAQs

PRIOR TO COMPETITION

Music

- If competition is using digital music, ensure that music is uploaded to Entryeeze or other competition site
- Even if the competition is using digital music, have at least three copies of music with you at the competition (one for you, one, one for your skater, one to turn in at the registration desk)
- Prior to the first competition of your skater's season, give a copy of program music on CD-R (not CD-RW) to your primary coach. She will keep these CDs for the season. The primary coach does not want to be handed a copy of your CD at each competition. Your competition music needs to be given to your coach prior to the first competition of your skater's season.

Please Note: You will not have access to your music once you turn it in at the registration desk so you must maintain a separate copy for practice ice

Skates

- Sharpen no less than one week prior to event
- Remove all skate tape
- Clean with Goo Gone and polish with skate polish as needed
- Replace laces no more than one week prior to event but at least 2-3 days prior to the competition, depending on the preference of your skater

Please note: If you cannot remove skate tape, clean skates and replace laces, you MUST wear over the boot tights

WHAT TO PACK/ ATTIRE

Skates

- Extra laces
- Goo Gone (if flying, this must be checked and not in carry-on bag)
- Skate polish (if flying, this must be checked and not in carry-on bag)
- Soakers
- Hard guards labeled with skater's name (use Sharpie)
- Screw driver for skates if a screw becomes loose
- Extra screws

Practice Attire

- Black club jacket
- Club dress for **ALL** practice ice sessions
- Clean black or green gloves (lime green gloves must match the embroidery thread on club jackets)
- Tights without holes
- Green ribbon for clean ponytail/ bun for neat practice ice hair

Competition Attire

- Competition dresses, preapproved by primary coach, clean and free of wrinkles
- At least two pair of competition tights – no holes. Must wear over the boot tights if skates or laces are dirty
- White sweater to wear on competition warm up ice
- Clean white gloves
- Hair ribbon that matches competition dress

Hair

- Hair gel
- Hair spray
- Yarn that matches hair color to sew bun in skater's hair – **NO BOBBY PINS**
- Plastic sewing needles
- Hair rubber bands
- Clear hair rubber bands
- 3/4" ribbon that matches the color of each dress in which skater will compete – if dress does not have matching ribbon you need to buy matching ribbon at craft store
- Hair nets that match skater's hair color (can find at Walgreens)
- Comb
- Hair brush
- Snap clips – to hold back bangs, etc.
- Hair must be neat – always and in a bun or other style pre-approved by your primary coach.

Please note: You are responsible for your child's hair – the styling, products, bows, hairnets, etc. You cannot expect a Coach or another parent to do it as they are responsible for many skaters and their own skater on competition day

Make Up

- Eye shadow
- Mascara
- Eye liner (check with Coach)
- Blush
- Lipstick
- Polish should be clear or light-colored and not chipped/multi-colored

Please note: Makeup should be minimally applied to younger skaters for a very natural look. This is not a show performance, so skaters should avoid heavy, dark makeup, fake eyelashes, glitter, etc.

Other

- Tissues
- Tylenol/ Advil
- Headphones and music for skater to use as purposeful distraction
- Yoga mat/ towel/ blanket to sit on for warming up
- Healthy snacks
- Water bottle
- Sewing kit
- Safety pins
- Clothes to change into after competition
- Band aids
- Baby wipes to remove possible stains and make up
- Two copies of your skater's schedule (one for you, one for skater)
- Skater's USFS card
- Skater's insurance card/ information
- Directions to rink
- Directions to your hotel
- NO dangling earrings – small, studs – if you have any questions, ask your coach
- Sweats to wear over your dress while warming-up

Please note: You must arrive at all practice ice sessions and competition sessions in plenty of time. You may want to practice the drive from your hotel to the competition rink so you leave plenty of time for your skater to warm up and be ready before her event. Even though GPS may denote one amount of time from your hotel to the rink, traffic patterns and road construction can affect the time needed

Please note: Break away sweat pants or sweats with snaps on the outside are ideal for the skater to wear rink side. Ivivva is currently selling these on line (<http://www.ivivva.com/products/category/girls-pants?pagesize=All>) or you may be able to find some on Amazon. This type of sweat can keep your skater warm rink side. She can have her skates on and easily remove the sweats prior to getting on the ice

HOW TO DO HAIR

Practice Hair

- Neat ponytails or buns with matching green ribbon
- Gel and hair spray should be used so there are no fly away hairs

Competition Hair

- Hair should be in a bun unless Coach directs otherwise
- Basic Steps to Great Hair
 1. Gel hair
 2. Put in neat ponytail – no bumps
 3. Braid if you would like
 4. Start to wrap in bun
 5. Put hairnet on bun
 6. Sew into head – NO BOBBY PINS
 7. Hair spray final product

Please note: If you have any questions, The How to do Hair video is on the Illinois Valley Facebook page

AT THE COMPETITION

- Go to registration desk and check in – this includes turning in music
- Know in which rink skater will be practicing and competing
- Skater needs to look for posted start orders, make note of her start order for each event, and relay this start order to her primary coach. These may not be posted when you first arrive. Keep checking for them
- Put things in locker room – look for locker room where teammates are
- Familiarize yourself with facility - find bathrooms, etc.

If you are not practicing or napping or competing, you must attend the events of other Club members and cheer them on! You may purchase a program at the event that lists all skaters, their events and skate times

For Practice Ice

- Arrive at least 45 minutes ahead of your practice ice time
- Put things in locker room – look for locker room where teammates are
- Warm up and prepare
- Check in with Ice Monitor
- Wear appropriate practice attire as outlined in this document

On Competition Day

- Arrive at least an hour before competition time
- Check in with ice monitor immediately upon your arrival
- Ask ice monitor if competition is running on time, behind or ahead of schedule. Relay this information to your primary coach
- Go to locker room to warm up and prepare

AFTER COMPETITION

- Wait for results
- Congratulate competitors
- Have skates and competition dress on for pictures if you earned a medal
- Pick up music from registration desk
- If skating IJS, get copy of scores from registration desk to share with primary coach
- No tears or pouting after competing – good sportsmanship is a must at all times. You must remember you are representing yourself, your coaches, and your teammates
- Have fun!