

## Skaters/Parents Competition Checklist

I've had several requests to put together a checklist for competitions. This is based on personal experience as a skater and coach as well as tips from other people. If you have a suggestion or tip - please email it to [skatevacationland@gmail.com](mailto:skatevacationland@gmail.com).

Remember - every coach has their own style and method. It's important to ask their preference and opinions for your skater.

### What To Bring:

#### Skaters:

- Your skates (both of them) - don't laugh, it happens!
  - Spare laces
  - GUARDS (Hard and soft)
  - Screw driver (for blade tightening if needed)
- Competition dress/outfit
  - Backup outfit in case of rips, stains etc.
  - Your coach may want input on the costume - so please check ahead of time.
- Competition tights + backup tights
- Practice outfit for practice ice
  - VFSC Club Wear is preferred
  - Black Jackets are preferred if you do not own a VFSC Club Jacket
  - Pants, jacket, shirt, gloves
- Hair accessories
  - Brush, hair ties, clips, bobbie pins, hair spray, gel, curling iron, rollers, etc.
- Make up - If desired
- Medication if needed
  - Inhaler, tylenol, other OTC meds, etc
- Kiss and Cry bag - if you have one
  - Good place to store: water bottles, tissues, bandaids, hand sanitizer, small sewing kit etc.
- A sense of humor - AKA HAVING FUN!

#### Parents:

- Medical insurance information & doctors contacts
- Auto and roadside assistance information
- Extra spending money if desired
- Extra copy of skaters music
  - Either on CD or on your phone.
    - If on Phone - be sure to bring an adapter

- Skaters schedule
  - Be sure to check with your coach on when you need to be at the rink.
- Coaches contact information
- Hotel information in needed
- Rink information
  - How to get there, which doors to enter etc.
    - Should be listed in the competition announcement

#### What to expect to spend:

- Hotel Costs
- Gas
- Food - concessions/meals on the road.
  - Many hotels offer free breakfast - which is a nice bonus.
- Video / Photos of your skater
  - Usually available and some competitions include one free video with your registration. Check the announcement for details.
  - Some competitions do not allow you to photograph the awards - but you may be able to purchase photos if you'd like.
- Vendors - most competitions have them. They vary from basic skating needs to custom dresses, boots/blades, jewelry and more. You may find items that are unavailable anywhere else.
- Commemorative T-Shirts/Sweatshirts - some competitions offer these and the skaters usually love to match with their buddies. These can run anywhere from \$30 - \$80 depending on the imprints you choose and style of attire.
- Check your skater/coach contract - most coaches require split payment of hotel, mileage, food, etc on top of regular competition fee and practice ice fees. Discuss this with your coach well in advance and be sure to ask clarifying questions.

#### When you arrive:

- Find the registration desk and check in.
  - Most everything is virtual including the schedule and placements.
- Locate the "ready rooms", Locker rooms, and bathrooms
  - Parents are not allowed in Locker rooms or Ready rooms.
- Know which rink is which if there are multiple rinks running at the competition.
- Arrive AT LEAST one hour before your event.
  - Check with your coach on their preference.
- Find where awards will be held and results posted.
  - This will also typically show the order in which you skate.

- Find your coach!
  - They will have you check in with the ice monitor and will usually know if the competition is running behind or ahead.
- Warm up!
  - Stretch and warm up your body. It's best to stay moving the entire time so your body can do what it needs to on the ice.

### Misc....

- It's always best practice to cheer on your fellow skaters - whether they are in your club or not! VFSC has a great history of always being kind at competitions and we ask you to continue that tradition.
- Make friends with other skaters! Sometimes you'll see the same skaters at many competitions throughout your years and it's fun to chat with them while waiting to skate.
- Understand that your coach may have a very full schedule. If your coach needs to be in multiple rinks at one time, discuss this prior to leaving for competition. Your skater should know the following:
  - How to warm up alone
  - When to be at the rink
  - When to get their skates on
  - When to check in with the ice monitor
  - Know which side of the ice they will be competing on if applicable.

There may be instances in which another VFSC will have to put your skater on the ice - so plan ahead.

- Some coaches prefer their skaters not to swim or use hot tubs the night before a competition. Please discuss this with your coach.
- Don't be afraid to ask questions! Whether it's your first competition or your 10th, always ask for help!
- Always snap a photo or get a copy of your skaters results sheets - especially if you are in Sr Club as this is required for criteria. Even if your skater is not in Sr Club - it's nice to have a record of their accomplishments.

- Competitions can either be gut wrenching high pressure experience OR it can be a blast. It's up to you and your skater. Not every event will be your skaters best - but it can always be fun.
  - VFSC coaches stride for skaters to perform their best and always look at the positives. We hope to instill the best attitudes whether a skater wins or gets last place. Please be an active participant in your skaters behavior at a competition. As my coach always said - save the tears for the car!
  
- It's important to remember that judging is subjective - so when all the skaters in a group skate well, it's a preference of the judges and not necessarily something your skater/coach did or didn't do. Even if your skater performed the best they've ever done - sometimes that might not be enough to take the win, but it's important to be proud of them and make them feel great about it.
  
- If you have concerns about your skaters performance/placement - the competition is NOT the place to discuss this with other parents/skaters/your skater. Have a discussion with your coach after the competition has concluded and be open to hearing honest truths.
  - Remember - your coach has a busy schedule and while they will have their notes about competition, please do not corner them and distract their coaching flow. This has a negative impact on not only the other skaters they work with, but could also affect your relationship with your coach.

Your goal as a parent is to keep your skater's spirit alive! No matter how they do in the sport of figure skating, they are a rock star for getting out there and doing their best!