

***Preparing Your Skater for Competition* by Lori Lilly-Cook**

So it has come time to enter the world of competition with your students! The following are a few key things to help you in preparing yourself, your skater, and their parents for this new venture you are about to partake in.

Coaches Responsibilities:

- ❖ Make sure your skater's test records and ISI membership is current
- ❖ Selection of music and the correct time for that level
- ❖ Choreography for all programs
- ❖ Approve competition attire
- ❖ Instruction of criteria to prepare for event
- ❖ Making sure that the correct requirements are in the skater's programs. (If you are not sure of a maneuver or capability of performing a maneuver at a certain level, do not be afraid to ask your skating director or a higher level coach.)
- ❖ Making sure correct level is on competition form
- ❖ Competition form has all required signatures, including the skating director, if required
- ❖ Forms are mailed on time
- ❖ Positive feedback on performance
- ❖ Parent is informed of correct day/time of event
- ❖ Parent is informed of what time to arrive prior to the event
- ❖ Check in procedures
- ❖ Directions to arena
- ❖ Make sure your skater is checked in with ice monitor at proper time before event
- ❖ Check for any "scratches" or changes in the skating order
- ❖ Make your skater aware of the entrance and exit door and verify the correct side for compulsory events. (Remember - some compulsories are skated on a full sheet.)
- ❖ Verify the length of the warm-up and go through on ice warm up procedures
- ❖ Double check the order of the compulsories
- ❖ For your skater of what to do if they fall, forget their program, the music stops, etc.
- ❖ Proper billing of services

Parent's Responsibilities:

- ❖ Check Equipment— Skates sharpened no less than one week before competition, and new or cleaned laces, hooks, and polished boots

- ❖ Paperwork and fees
- ❖ Sleep and dietary habits
- ❖ Adequate practice time for event
- ❖ Proper attire approved by coach
- ❖ Coaching support
- ❖ Transportation to event
- ❖ Coaching fees for event
- ❖ Making sure skater is present for all practices and lessons before event
- ❖ Skater is equipped with what is required by coach for competition: warm-up sweater, gloves, clean laces, polished skates, etc.
- ❖ Schedules are usually emailed, mailed or faxed to the arena 10-14 days before the event. IT WILL NOT HELP TO CALL EARLIER. It takes a lot to make it all work and a schedule will be mailed once it is finalized. (Remember that competition schedules are always changing, right up to the end of the competition.) Your coach should give you the times for your events.
- ❖ Parents are responsible for making any school cancellations, etc.
- ❖ Do NOT take competition information over the phone. Most arena employees are not familiar with figure skating terminology and often give out the wrong information.

Skater's Responsibilities:

- ❖ Be on time for all practices and lessons
- ❖ Use practice time constructively
- ❖ Remember you are skating against yourself - not other skaters
- ❖ Strive to better your last performance. Conduct yourself in a respectful manner at competition.
- ❖ Thank your coaches
- ❖ Get a good night sleep the night before competition.
- ❖ Remember your smile!

Competition Reminders:

- ❖ Make sure forms are completed and returned to coach by required date
- ❖ Several weeks before competition try on costume and check for comfort
- ❖ Buy new tights and laces
- ❖ Check skates for sharpening
- ❖ Check for copies of music and notify coach if more are needed

- ❖ One week prior: Make sure costume is clean, clean and replace laces, polish boots.

Make sure your skating bag has the following:

- ❖ 2 or more copies of the music
- ❖ Extra laces (correct size)
- ❖ Skate polish
- ❖ Skate guards
- ❖ Warm-up sweater
- ❖ Gloves (no holes)
- ❖ Extra tights
- ❖ Tennis shoes for warm-up
- ❖ Mat to stretch on and/or jump rope
- ❖ Your costume and back-up dress (just in case)
- ❖ Any make-up you require
- ❖ Any hair needs (brush, barrettes, scrunchies, ponytail holders, etc.)
- ❖ Your “emergency bag” (spare screws, screwdriver, Band-Aids, aspirin, needle and thread for repairs, safety pins, etc.)
- ❖ Your event schedule and directions to event
- ❖ Remember - if event requires air travel pack your skates, costume, music and essential items as a carry on

The Day of Competition:

- ❖ Hair is done neatly and securely off the face before arriving
- ❖ Arrive one hour before your first event. ISI competitions are under no obligation to run on time. Events do run early.
- ❖ Check in with registration and turn in music
- ❖ Never leave your skates unattended
- ❖ Check in with your coach
- ❖ Say good bye to parents and entourage
- ❖ Visualize where you will start and end your program and where your elements will go for compulsories
- ❖ Check in with door monitor (make sure you know if they are on time)
- ❖ Do not go too far away after checking in