

Figure Skating

Competitions & Success



Necessities:

- Skates
- Dress/Outfit
- Tights (non-ripped)
- Two copies of your music (master copy turned in at registration and practice copy as a backup)
- Spare laces
- Your schedule and driving directions (If traveling out of town)
- Guards and soakers
- Warm-up jacket and gloves (I suggest a team jacket)
- Make-up
- Hairspray, brush, scrunchies, clips, bobby pins, and all other hair items you'll need
- A few snacks and water bottles
- Money to buy souvenirs, dresses, t-shirts, photos, etc.
- A favorite stuffed animal or item
- Homework (if you are missing school)
- Camera

Competition Timeline and Tips:

- Skate on practice ice the day before or day of the event
- Utilize practice ice to the fullest (run through programs, work on elements in program)
- Set back up alarms, to prevent over-sleeping and missing an early practice or event
- Arrive *at least* an hour before your first scheduled warm up
- Be dressed and ready or change as soon as you arrive
- Wear your warm up jacket to prevent spills on outfit (drink water only and avoid sticky snacks)
- Remember to register for your events when you arrive and turn in your master copy of music
- Start warming up and stretching about thirty minutes before you get on the ice
- Try going to the restroom during this time
- Put on skates about twenty minutes before your group takes the ice for warm up
- Bring your practice copy of music with you to have your coach hold during your performance
- Visualize skating clean, talk to coach, do whatever makes you feel comfortable and relaxed
- Remember to smile and breathe!
- Pick up your awards before you leave and your music at the check in desk
- Stay in your outfit until you take your group pictures

Competition Etiquette:

- Keep all talk positive. Do not talk about other competitors in the audience. You might offend another parent or skater, and your actions reflect your club and rink. A judge may overhear snide remarks!
- Stay seated while a skater is on the ice. Just like you do not want an obstructed view of your skater, offer the same courtesy to those around you.
- If you have other children, please keep them close by and do not allow them to run unsupervised around the rink. This is a distraction to other skaters, parents and coaches and is a safety issue.
- Keep belongings close by. You will want to bring a blanket and/or cushion as a spectator, but don't sprawl out so much that other spectators cannot enjoy their own space. Be sure to keep your drinks upright and

Nick Kraft, Skating Director · Independence Skating Academy at Centerpoint Community Ice

Silverstein Eye Centers Arena · 19100 E Valley View Parkway · Independence, MO 64055

O: 816-442-6128 · M: 816-859-9920 · nick_kraft@comcastspectacor.com

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avoid spills at all costs!

- Clapping and cheering for your skater at appropriate times is fine. Do not bring bull horns, cowbells, or any other device that may create a distracting noise.
- Take as many pictures of your skater as you would like, however be sure the flash is off. This can disrupt your skater and is a safety hazard.
- When checking results, do your best to keep your emotions in check. If you are pleased with your placement, it's fine to be happy, but do not gloat and announce it to the world. There could be a skater next to you checking their results that is disappointed with his/her standing. If you are disappointed with your results, remember it is just one event, there are many more, and remind yourself why you skate. Ask yourself how you will prepare differently for the next event/competition, instead of being upset and causing a scene. Parents, rather than compare your skater to the other skaters, and making excuses as to why the skate was upsetting, recognize it's a fact of life on the ice. Give your skater a big hug, and look forward to improvements.
- Compliment skaters from other rinks if you enjoyed their performance, or if they had a clean skate. Even though we compete against each other and may represent different clubs, we want to follow the rules of good sportsmanship whenever possible. Make friends in the locker room and be kind to everyone.
- Avoid the area around the gate where the coach is attempting to put the skater on the ice. Let the coach do their job and you enjoy the show from the stands.

Other Questions:

- Who do I represent at competitions?
 - To compete in competitions, you must have some type of US Figure Skating Membership. When you sign up for Learn to Skate Classes and pay your annual \$12 fee for liability insurance, you hold Basic Skills membership through the Independence Skating Academy. You may hold associate or full membership through our home club, Heartland Figure Skating Club. You will eventually need to hold full membership through Heartland, or another charter club, when you are ready to take official figure skating tests.
- Where can I purchase the Independence Skating Academy or Heartland FSC Team Jacket?
 - Fill out the Jacket Form, available on the Centerpoint Community Ice slat board, and drop in the Heartland FSC box.
- What about hair and makeup?
 - Talk to your private coach for specifics. In general, hair should be pulled back out of the skaters face, either in a bun or ponytail. Refrain from nail polish and dangling jewelry as it can be a distraction. Makeup should be kept natural.
- Where do we stay when out of town?
 - For a complete competition experience, find out where other skaters are staying and try to book a room at the same hotel.
- Anything else I should know?
 - Do not go swimming or sit in the hot tub before you compete – doing so relaxes your muscles and we need them to be responsive. Also, if you need to sharpen your blades, do so at least one month before the competition.