



PARENTS GUIDE FOR COMPETITIONS

Please find below important information for every competition

Please bring:

- Music - both master copy and spare.
- Club tracksuit for warm-ups
- Yoga mat for off-ice warm-up
- (If possible) I-pod with competition music (for off ice warm up)
- Water
- Banana(aids hydration and energy)
- Guards(for walking on hard surfaces)
- Competition Attire (including dress, jacket, tights & spares, hair accessories, make up, hairspray etc....)

Please remember:

- Competitors should arrive at the ice rink at least one hour before their event starts. On arrival skaters should have competition dresses on and hair and make-up finished.
- The hour before the event starts is for the competitor to familiarise themselves with the ice rink and begin their warm up, this time should not be used to get ready.
- Finally, your coach will give you a meeting time and place to begin warm up etc. It would be helpful if parents could kindly leave their children with the coach at this point, until the competitor has finished their programme. Parents should not enter the warm up areas or rink side official areas.
- If children need help tying their boots then of course parents can help, but otherwise coach and competitor should be left alone. Parents can trust that if there were any problems then you will be the first person your coach will contact.