**Competition Checklist and Reminders**

**Competition Checklist:**

* **SKATES!!!**
* **2 COPIES OF YOUR CD!!!!**
* Both copies of your CD (One gets checked in when you arrive for your program event. Bring one with you rink-side in case you need a backup) CDs must be CD-R (re-writable CDs will not be accepted).  If you need extra copies of your music, please make sure your coach knows a week prior to the event
* hair spray
* hair elastics
* bobby pins
* skating dress/competition outfits / props (having a backup outfit is a good idea)
* tights and/or socks (bring a back-up too)
* safety pins or sewing kit for quick fixes of outfits
* skate guards (with your name on them) and soakers. Many rinks do not have padded floors in all areas of the rink
* extra laces
* towel to dry skates
* sneakers
* tissues
* water
* change of clothes for after the event
* makeup
* Blanket or warm jacket (most rinks are very COLD in the rink area...please plan to bring extra layers and blankets if you are in the rink for long periods)
* gloves
* Video camera/camera with charged batteries

**Reminders**

* Skaters need to arrive in the parking lot 60 minutes prior to their event and check in with the coach at least 45 minutes prior to event warm up - ***the competition will start events early if they are running ahead of schedule and was noted to make sure that all skaters are aware that event may run early***
* Please check in at the registration table when you arrive at the competition and turn in one copy of your competition CD for each event with music. Check with your coach if they will be turning in your music or if you will be.
* Ask where the results will be posted when you check in.  Awards will be given out in regular intervals throughout the competition. Some competitions will post or announce awards ceremony times in advance.
* When possible, come to the rink with hair done and makeup on. It will streamline the process once you get to the rink.
* Hair must be professional and neat. Girls with long hair should have the hair secured in a bun or pony tail with no stray hairs. Bobby pins can be dangerous if they fall out. Talk to your coach about alternatives so that you do not get a deduction for things falling on the ice.
* Skater attire: ALWAYS have your coach approve what you will be wearing prior to the competition
  + Boys: Black pants and a well-fitting top
  + Girls:
    - If you have a skating dress, please make sure you have tried your dress on and skated in it prior to the competition day and have an extra pair of tights.
    - If you do not have a skating dress, black leggings and a sparkly top will suffice
    - If you are wearing a dress that is not a dance or skating dress for the competition, make sure you wear a leotard or kick pants under the dress and over the tights
* Remember to pick up your music CDs before you leave the rink.
* Make sure you have all your belongings with you when you leave.
* Be supportive of your teammates: We are a team when we compete at ISI events so please remember to cheer your teammates on whenever you can.
* When you leave your bag in the locker room, make sure all of your belongings are in your bag/garment bag and secured. Skaters can use locks if they choose but do not leave any valuables unattended.
* Do not leave cell phones and/or money in the locker rooms
* **Most arenas are very cold. As the weather warms up outside, please do not forget to dress warm and bring blankets if you will be at the rink for long periods of time**
* Hockey boxes are NOT available for parent/spectators during any competition.  Parents must use the bleacher areas or can watch from inside the lobby. Be prepared to take video and pics through the hockey glass. Flash and video lights are not permitted at skating events
* Locker room assignments are given out at registration when you check in. Once you hand off your skater to the coach after you check in, go enjoy the event. The coaching staff will assist your skater in getting them prepared.

If you have any questions that are not covered above, please see one of our team coaches or email [Sara@rosegardenicearena.com](mailto:Sara@rosegardenicearena.com) or [tiesha@rosegardenicearena.com](mailto:tiesha@rosegardenicearena.com)