



## Figure Skating Competition FAQ

### **What should my athlete pack for competitions (for the rink)?**

- Skates, hard guards, rag, soakers, extra set of laces (in case they break), screwdriver (in case screws on the bottom of the skate need tightening).
- Competition tights (no holes)
- Competition dress(es)/costume
- Nice warm-up jacket (not a winter coat - needs to be fitted and not bulky) to wear on ice
- Gloves
- Headphones (if skater wants to listen to competition music while warming up off ice)
- Proper undergarments (if needed)
  
- Hair gel/ hair spray
- Hair clips (NO BOBBY PINS)
- Pony tails, scrunchie - whatever using to do hair
- Other hair accessories (e.g. flower, curling iron, brush, etc.)
  
- Makeup (what parent and skater are comfortable with)
  - We recommend some mascara, lipstick and blush
  
- Yoga mat or blanket if stretching on the ground
- Tennis shoes

### **What time should my athlete be at the rink for a competition?**

At minimum, one hour early. Competitions generally note if they run early, they will continue to run early and will not wait for an athlete. Arriving an hour before the event assumes that the athlete is ready to go - just needs to warm up, get dressed and put on skates! *If your athlete is going to do their hair and make-up at the rink, plan to arrive earlier.*

### **What to do when arriving at the rink?**

The athlete will need to check in! At this time the LOC (local organizing committee) will give the athlete/parent any information they need regarding the competition, locker room assignments, etc. After checking in, put all things in the locker room. Please note there may be rules about who is allowed in the locker room. If they are not posted at the front desk, please ask (Safesport regulations).

Then, it is best to go visit the 'check in' volunteer on the rink for your athletes' upcoming event. Ask this volunteer what event they are on and if they are on time/ahead, etc. Coaches may have this information as well.

### **What to do leading up to the event?**

Your coach will work with the athlete to help prepare off the ice. Athletes will generally do a dynamic warm-up, a light stretch, go through their program off the ice, do some off ice elements, visualization, etc. We'll keep an eye on the event schedule and prompt the athlete to put her skates on. Once the athlete is ready to go, she will need to 'check in' with the attendant rinkside. This should be done 1-2 events prior to your athletes event.

- This lets the volunteer know all the skaters are here and ready for their upcoming event!

### **What should my athlete wear for the on ice warm-up before the competitive event?**

Your athlete will get a short warm-up (a few minutes) on the ice before their event. They will wear their competition dress for this warm-up. They can also wear a light jacket and gloves for warm-up (not a winter coat - a semi-fitted jacket). Athletes will be with their coach for this part of the event (parents go grab the best seat in the house!).

### **What should my skater wear for competition?**

USFSA sets forth rules about what an athlete is allowed to compete in. To simplify things, athletes need to wear tights and a skating dress. Dresses may be very simple or as elaborate as you choose. Certain events allow different types of dresses to be worn and entertainment events allow for costumes. Hair and make-up for competitions should reflect your athlete's personal style, allowing for basic to complicated hair-do and make-up. For all events except "showcase", hair should be **pulled up and away from the face**. Always do a final check with your coach before purchasing dresses/outfits, hair and make-up before signing up for a competition so you can work with her on making sure it's appropriate/allowed for the event and music. Feathers/fringe are not allowed. Any sequin or bead must be securely fastened to the dress.

### **The event is over, now what?**

We generally ask the athlete to leave their dress on until results are posted, in preparation for taking podium pictures (top 3-4 usually). Athletes can take their skates off if they so choose.

Results are posted anywhere between 5-20 minutes after the event (all competitions take different times). Once results are posted the event is complete and the athlete is able to hang out, prepare for the next event, etc. If your athlete is hanging out before the next event, be sure they are careful in dress/tights (don't spill any food on them!). Lastly but most importantly, don't forget to celebrate your athlete's work, regardless of results!