

# Tips For Competitors and Parents

*Welcome to our annual Competition! This event is full of fun, good skating, and new ideas. It's also free to the public. Here are a few tips that will help maximize everyone's enjoyment of this experience:*

---

## ***Remember to smile and have fun!***

---

### **Be Early**

Please arrive one hour ahead of the scheduled warm-up time for your skater's event. We may run ahead or behind schedule at different times due to a variety of factors outside our control.

### **Be Ready; Stay Warm**

Try to arrive at least partially in costume and ready to skate! Stay warm as long as possible. You can wear a sweater and gloves during warm-up (before you compete).

### **Dressing Room**

Expect the bathroom to be crowded. The Club sponsors a Dressing Room area in the Vendor Tent, so check for that -- it's a great convenience.

### **When You Arrive, Check the Schedule of Events**

Compare the events currently being skated to the time estimated on the schedule so you'll know how far ahead or behind schedule we are. However, note that we may catch up quickly by skipping a resurfacing, so don't assume that we'll stay behind schedule.

### **Report to Event Check-In Area**

A good rule of thumb is to arrive at the event check-in area near the back corner of the rink **at least one warm-up group ahead of your own** scheduled warm-up (usually about 30 minutes ahead). Listen to the public address system for announcements telling groups of skaters to report to the check-in area for warm-up. If your group is called and you haven't checked in, yet, quickly go to the check-in area and tell the volunteer on duty your name so they can check you in officially. After checking in, please stay in the check-in area.

### **What Does Mom or Dad Do After Check-In?**

Take a seat in the stands and relax. Parents are not allowed in the Event Check-In Area, and we have volunteers on hand to help the skaters.

### **Be Prepared**

All kinds of technical (and personal) glitches may occur, so be prepared for anything -- an extra pair of laces, clear nail polish to stop runs in tights, an extra pair of tights, facial tissues, etc.

### **Back-Up CDs**

Skaters who have had their own music prepared should have a back-up CD readily available in case something goes wrong with the original.

### **No Food or Drink Allowed in Check-In Area**

Please make sure all performers' tummies are full well ahead of checking in for an event. Answer the call of nature (visit the restroom, even if you don't think you need to) before putting on your costume!

### **Grooming Tips**

Skaters should be neatly groomed and dressed. Do not allow hair to fall loosely; we suggest a ponytail, braid, or bun. Tuck laces in to the top of the boot or under tights -- do not let them dangle! Do not wear jeans or baggy clothing that obscures the body line. Be sure that underwear doesn't show under skirts and that straps don't show. For over-the-boot tights, be sure that they are secured and not riding up around your boots. Go easy on the make-up. Minimize or omit jewelry -- they can get in the way or fall off during competition, creating a hazard for everyone.

### **Need Rental Skates?**

Competitors who need rental skates are not charged for their use during the competition. Ask an Ice Chalet employee to get your skates, and return them to the counter when you are done.

### **What If You Forget Your Program?**

If you stop during the first few seconds of your program, you can re-start your program without a penalty. Make sure the judges understand that you would like to start again.

### **What If You Fall?**

If you fall, get back up as quickly as possible and continue skating your program. A fall is *not* a disaster! It may not affect the scores as much as you might imagine. Skaters are allowed to attempt a maneuver again. We believe this is an important "life lesson" for our skaters: what matters most is that the skater gets back up and completes the program (as long as the skater is not hurt, of course).

### **After the Event**

Let your skater know you are proud of him/her no matter how well he/she places in an event. What's important is that they tried. It takes a lot of courage to skate in front of an audience.

### **Be A Good Sport**

Please represent our rink well by showing good sportsmanship. Be polite and friendly to visiting skaters and their families -- they are our guests.

### **Questions?**

Please ask us if you have any questions.