



Competition Hints

Before you go:

- Clean boots (jif/ shoe whitener but be gentle)
- Clean laces (do not bleach as they turn yellow) & cut them if they are too long
- You can't wear boot covers – judges don't like them
- Wear something that you can take off without ruining your hair
- Plan your journey to arrive at least an hour before you are due to skate
- Pay your coach –coach to confirm amount
- Prepare a picnic

Things to take:

- Entry details/timetable/ tickets
- Dress
- Fleece
- Skates
- Tights (and a spare pair)
- Blade guards
- Makeup
- Hair accessories
- Hair spray /glitter spray
- First aid/ sewing kit
- Inhalers if you need one
- Scissors
- Screwdriver
- Drink
- Spare copy of music
- Flowers / teddies to throw onto the ice
- Camera

When you get there:

- Register
- Find the changing rooms
- Check coach has registered your music
- Warm up
- Put skate on and tuck in laces – you don't want to trip

ENJOY THE DAY!