

## COMPETITION CHECKLIST

### What to bring for the locker room:

- Your skates (both of them) don't laugh, it happens!
- Dress (pants/shirt if male) and back up dress in case of rips, stains, etc. Your coach may want input on the costume worn so discuss this ahead of time.
- Competition tights (plus a back up pair)
- Practice dress and tights (pants/shirt) for practice ice
- Other dresses, costumes, props, etc.
- Matching scrunchies, hair accessories, etc.
- Hair ties, bobbie pins, hair spray, glitter, gel, brush, curling iron, hot rollers
- Make up, if desired
- Warm up jacket, gloves
- Guards are a must! If you don't have any you will need to get some!
- Medications, inhaler, Tylenol, cough syrup, etc.
- Spare laces. Make sure they will fit if you've gone up in size on skates
- Small size hand soap, tissues, hand sanitizer, toilet paper. Don't assume these items will be in the locker rooms
- Clothes to wear after competing or going home
- Water and possibly a small non messy snack. Stay away from candy and sugar.
- A small sewing kit
- Pre-glued Velcro for last minute costume fixes
- Bring a sense of humor. This is supposed to be fun!

### Prepare for your trip:

- Decide what dresses you will wear. Test any new outfits on home ice for fit, comfort and safety. Coaches will many times have input on this so remember to ask!
- Know what hairstyle you will do and practice it at home. Hair should be pulled up away from the face. Make sure all hair pieces are secure and that bobby pins will not fall out. It is best to criss-cross two together. Use lots of hairspray and gel to control "fly aways".
- Get lots of sleep and eat healthy foods
- Notify school if days off are required
- Schedule practice ice as soon as it is available for purchase. Some sessions fill quickly. Check with your coach about how many sessions you should purchase and what sessions your coach can attend.
- Polish your skates. Rubbing alcohol will remove marks; skate tape covers gouges. A new pair of laces finishes the pretty white boots!
- Good communication with your coach is priceless! Talk about your expectations, where to meet, practice ice, costumes, fears and jitters. They are there to help you!