



# Sharper Edge Skating School

Valley Sports Arena ~2320 Main Street, Concord, MA ~ (978) 369-0088



## Competition Check List

### Skating Attire:

- The outfit should fit the music as best as possible
- The outfit should be suitable for skating and fit properly.

### All outfits need to be approved by Dawn before the day of the competition.

- Opaque skating tights should be worn with all skating outfits. Regular nylons are not appropriate. For individual events the skater has the option of wearing footed, over the boot, or ankle style tights. Team Tights must be ordered from the SESS office for all team events.
- NO UNDERWEAR should be worn on the day of the competition

### Before you leave:

- Skates:
  - Clean and polish using warm water and toothpaste (colgate, not gel)
  - Check your laces. Wash them if they are dirty and pack an extra pair.
  - Check the blades. Make sure that the screws are tight. All skaters should have a small screw driver in their skating bag.
- Music:
  - All Music must be cut through the office and labeled properly (Dawn should check this)
  - Each CD should be marked with the skater's name, level (pre A- Fs10), event (spotlight, freestyle, artistic etc.), and club.
  - Both the competition and practice CD's should be checked one week prior to the competition. If there is a problem with either CD please contact the SESS office ASAP.
  - Bring both the competition and practice CD for each event. The practice CD should be handed to the coach who is putting the skater on the ice or turned in at registration.
- Clothing:
  - Be sure to bring.....
  - all skating costumes, props, and accessories needed
  - an extra pair of tights for both team and individual events
  - a spare costume for all individual events
  - Hairspray, hair gel, pony tail holders, a brush and/or comb and any other hair necessities. **SKATERS MAY NOT USE BOBBY PINS OR HAIR PINS** (Hair must be pulled back off the skaters face. No pony tails are permitted in freestyle events.)
  - Lipstick and any other makeup that is needed. Unless otherwise instructed makeup is optional.
  - a towel to stand on while changing in the locker room
  - your Sharper Edge jacket and any other team apparel that you have.
- Food
  - Please pack enough healthy and fulfilling snacks as well as drinks. Some rinks do not have a snack bar available and some competitions can run long hours. Please no food in the locker rooms!

- Misc. recommendations that may be helpful to bring to the competition.
  - Safety pins, extra hair nets, scissors, a sewing kit, double sided tape, a sharpie marker, and a highlighter.

**When you get to the rink:**

- Check in
  - At least an hour and a half before scheduled skating time
  - Give the person at the registration table your name, team name, and competition CD for the events that you are skating.
  - They will give you a competitor's packet of information.
  - Check the program for your scheduled skating time and rink number.
  - Locate a Sharper Edge coach and find out if the competition is running on schedule.
  - Ask where the Sharper Edge locker room is located. In the locker room please place your bag in the center of the floor.
- Time to Skate
  - Check in with the ice captain at rink side, be dressed and ready to skate, 3-5 flights before you are scheduled to skate.
  - Prior to your flight, you will be allowed a few minutes to warm up on the ice. Pictures and videos of your skater are permitted (You MAY NOT video entire flights of skaters.). There is usually a photography company at the rink taking pictures of each skater. You can view and purchase these pictures at the rink.
  - Make sure the laces on your skates are properly tied and tucked in. Ask Dawn, another experienced teammate, or a coach how to do this prior to the competition.
- After you have skated
  - Results of the flights are usually posted ½ to 1 hour after the flight finishes skating
  - Medals are usually awarded for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place. Ribbons may be awarded for 4<sup>th</sup> and 5<sup>th</sup> place. 6<sup>th</sup> place and below are listed on the bottom of the results sheets and are usually awarded with medals or ribbons.
  - Awards ceremonies are subject to change depending on the competition. The procedure for how to pick up an award will be posted. This can include either picking up a medal at the awards table after the results are posted or waiting an hour for a ceremony to take place. Please keep in mind that awards for team events may take place on ice.
  - Make sure to pick up your CD(s) before you leave the rink.

**Feel free to call the Sharper Edge office with any questions that you may have.**

**Good luck and have fun!**

**HAPPY SKATING!**

