STAR 2+ Competition Preparation Package

We ask that parents read through this package carefully with their athletes. As always, we welcome any questions you may have prior to the event as we want to ensure that competition experiences are positive for all involved.

AESTHETICS

Girls

- nude coloured skating tights (footed, in the boot). Email photos of dress options to your primary coach prior to purchasing.
- ensure undergarments are OUT OF SIGHT (no visible underwear lines)
- long hair MUST be tied back - bun, tidy ponytail (shoulder length hair only)
- use hair spray and clips (no bobby pins) to keep the look tidy and off the face

Boys

- Email photos of costume (pants with stirrups and competition shirt) options to your primary coach prior to purchasing.
- belt (if belt loops are on pants)
- match underwear colour to pant colour
- boys (& girls with short hair) must have hair neatly combed/styled with hair styling product

General Notes

- wear competition attire at least one practice prior to competition so that it can be checked. If you do not have these items they may be purchased at North Edge Ice Sports (www.thenorthedge.co).
- skaters are encouraged to purchase a Club jacket for warm-up and when at the arena (see below)
- ***winter mitts and rain/snow boots may not be worn during on and off-ice warm-up and while competing. Please bring running shoes for off-ice warm-up***
- pajama pants, inappropriate graphic clothing are not to be worn at the arena. Skaters are must abide by the Athlete Code of Conduct while at competition, especially when wearing a Club Jacket

FLASH DRIVES

STAR 2 and up: A copy of your music must be brought to the competition on a flash drive. Flash drives must be labeled with the skater's name. You can choose to organize your own flash drive, or you can have your primary coach do that for you. **Reference: Athlete Success Package for more information.**

CLUB JACKETS

The Club requires that athletes maintain consistency in appearance at special events. As such, all skaters are requested to wear the official CRSC Jacket when in the arena and on the ice. To obtain a club jacket, email teamwear@skatecampbellriver.ca. Alternatively, you can ask another skater to borrow one for your on and off-ice warm-up and practice ice (if applicable). While on warm-up, skaters should wear their club jackets and black mini gloves or bare hands. ***Winter mitts may not be worn during on and off-ice warm-up, during simulation and while competing.***

Club jackets are to be worn with pride! Please be on your best behaviour and wear only athletic or smart casual attire while wearing your jacket. Pajama pants, inappropriate graphic t's/sweatpants are not to be worn at the arena.

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SKATES

If your skates need to be sharpened, they should be sharpened a minimum of 3 sessions prior to competing. As always, skate guards MUST be worn at all times when off the ice. Before your event and on a weekly basis, check your screws and tighten them with a screwdriver (keep one in your bag). If skates are in aesthetically poor shape, they should be cleaned/polished and worn out/dirty laces should be replaced prior to competition.

SWIMMING - ***Club expectation***: While it may be tempting to swim the day before or the day of your event please refrain from swimming until ***after*** you compete!

COMPETITION DAY MEALS - Eat a small, healthy meal approximately 2–2½ hrs prior to your scheduled competition time. This will ensure adequate time for proper digestion. Hydrate with water. Athletes are advised to avoid salty, sugary, greasy foods including pop on the day of their event.

DRESS - **PLEASE GET DRESSED AND BE COMPETITION READY AT YOUR HOTEL (if applicable), NOT AT THE ARENA.** When skaters arrive at the arena they need to be ready for the competition. This includes: hair, makeup, costume/dress, Club jacket and running shoes ***(not rain/snow boots)***. Preparing for your event at your hotel will allow you to arrive at the arena to focus on the most important part, the skating! Less time in the dressing room means more time to spend getting in "the zone" with your coaches.

ARENA ARRIVAL

1. Arrive at the rink **1 HOUR PRIOR** to your scheduled time.
2. Sign in at the registration table. Ask if there have been any schedule changes. Check with the starter (volunteer at the gate) to see if they are running ahead or behind schedule.
3. Meet your coach(es) outside your dressing room. Most competitions have a policy that parents are not permitted in the dressing rooms and ice level hallways. There are volunteers to help direct skaters, so please abide by this "coaches and skaters only" policy as it is for security/safety reasons and it is respectful to the host committee. Ask the starter or registration desk if you don't know where to go.

WARM-UP - A Club coach will start an off-ice warm-up with you outside the dressing room area, approximately 45-60 min prior to your on-ice warm-up time. The coach will have you do dynamic warm up, agility, technical drills and visualization. Your coach will do their best to stay with you during your warm up, however, you may have to start your off-ice warm-up on your own if there are other Club athletes competing around the same time. Supplementary coaching will be arranged in the case of an unavoidable conflict.

Skates will need to go on about 10-15 min prior to your on-ice warm-up time. Because parents are not permitted near the dressing room, parents can put skates on their skaters in the "parent/skater room" (if it's provided at the event) or in the stands. Parents who need to tie their skaters' skates are requested to be available near the entrance to the "Coach/Skater Only" area so that we can deliver your skater to you for skate tying. Note that flash drives are to be kept at the boards with the coach when the skater is competing, so please hand it to the coach who will be putting the skater onto the ice.

THE PERFORMANCE

STAR 1-3 is about getting out and experiencing what "competition" is all about. Elements and skating quality are assessed to a standard and feedback received through their assessment report card is both private and individual. Skaters are not ranked and results are not publicly posted. Your coaching team is devoted to creating a positive competition experience to ensure all athletes feel encouraged to pursue skating. If skaters

fall during their performance, they just need to get up as quickly as they can and continue with their performance. Judges like it when skaters recover quickly from a mistake!

AFTER THE PERFORMANCE

Good sportsmanship is of the UTMOST IMPORTANCE, regardless of what happened during the performance. All of our athletes are ambassadors for the Club and that honor should be worn proudly! Skaters must always be respectful to the judges by giving a curtsy/bow to all sides that have an audience.

Should the opportunity present itself, we ask that athletes show their report card to a member of the coaching team during the event. If on-site feedback is not possible during the event, performance based discussions will occur at a coaching level. You will be contacted should we require a meeting at a later date to review a report card/performance. Send your report card photo to: trina@skatecampbellriver.ca

As with all sports, cool down is important. CRSC athletes are required to STRETCH immediately following their event as this really is the best time to improve your flexibility and prevent injury. Use this opportunity to reflect on your performance. Judges, other skaters, coaches and the public are often watching your on and off-ice actions so lead by example! Remember: after you are done, kindly ask your coach for your flash drive.

NEW: SOCIAL MEDIA

When posting on social media during the event, be sure to tag @CampbellRiverSkatingClub. Use hashtag: #skatecampbellriver To have your photos included in the club database, email: pr@skatecampbellriver.ca

Note that Campbell River Skating Club social media platforms are run by volunteers. Efforts will be made to ensure that all skaters are featured in a final post, although this may not always be possible.

COMPETITION PACKING CHECKLIST:

Follow the checklist below. ***Stay organized to stay calm!***

- ☐ Running shoes (separate from snow/rain/casual footwear)
- ☐ Skates!
- ☐ Competition tights (girls)
- ☐ Medication (if required)
- ☐ Screwdriver (for loose screws)
- ☐ Skipping rope
- ☐ Black mini gloves (optional)
- ☐ Training Book (STAR 2 and up)
- ☐ Skate drying towel, blade covers, skate guards
- ☐ Dress/Costume
- ☐ Extra tights (girls)
- ☐ **Water** bottle (no GLASS bottles)
- ☐ Hair accessories/products
- ☐ Club jacket
- ☐ Belt (boys)
- ☐ Flash drive

TIP: Print this off, fill it in and keep it in your training book!

I compete at _____ (time) on _____ (arena) and I will be at the arena by _____ (time).

Healthy snacks/meals I plan on having include: _____

We look forward to seeing you skate!
Please contact your Primary Coach with any questions you may have.