



# Competition Checklist

- \* Check your flight number and schedule at [skateontario.org](http://skateontario.org) .
- \* After your last skate at your home arena, obtain your MUSIC and put into your skate bag. You should already have an extra copy of your music.
- \* If you are not wearing boot cover tights, make sure your skates are clean. Try and remove any scuffs.

|                       | ✓           | Item                                                                                               | Reason                                                                                                                                                                                                                                                                |
|-----------------------|-------------|----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>In Garment Bag</b> |             | Competition outfit in garment bag.                                                                 | (Unless you are wearing it to the competition)                                                                                                                                                                                                                        |
|                       |             | Good tights (no holes)                                                                             | 2nd pair for those who wear two pairs                                                                                                                                                                                                                                 |
|                       |             | Skating sweater or jacket                                                                          | Zipper-opening, either solid black or white, rhinestones acceptable. Or Club jacket. To be worn during warm-up.                                                                                                                                                       |
|                       |             | Sparkly earrings                                                                                   | nothing dangly...studs that add sparkle                                                                                                                                                                                                                               |
|                       |             | Gloves                                                                                             | Either black, white or nude, or coloured to match skating dress.                                                                                                                                                                                                      |
| <b>In Skate Bag</b>   |             | Music                                                                                              | 2 copies! (one will be handed in at the music desk, the other as a back up, given to the coach)<br>** UPDATE - Most competitions now require music files to be uploaded in MP3 format by a certain deadline. Backup file now on USB, labelled with name and category. |
|                       |             | Running shoes                                                                                      | for warming up behind the scenes                                                                                                                                                                                                                                      |
|                       |             | Jump rope                                                                                          | for warming up behind the scenes                                                                                                                                                                                                                                      |
|                       |             | The 'hair' necessities                                                                             | Hairspray, comb or brush for touch-ups, any accessories (scrunch, jewelled hairpins, etc) extra elastics, bobby pins                                                                                                                                                  |
|                       |             | Makeup bag                                                                                         | lipgloss, mascara, eyeshadow, blush, kleenex, safety pins                                                                                                                                                                                                             |
|                       |             | Skates!!                                                                                           |                                                                                                                                                                                                                                                                       |
|                       |             | Hard guards                                                                                        | for walking in areas not protected by rubber mats, and to prevent dulling of blades by walking through small gravel brought in by spectators                                                                                                                          |
|                       |             | Soft guards                                                                                        | to store skates in your bag, absorbent                                                                                                                                                                                                                                |
|                       |             | Blade towel                                                                                        | to wipe off ice from your blades, prevents rusting                                                                                                                                                                                                                    |
|                       | Clean towel | to sit on once you are wearing your competition outfit (in case bench is dirty or will snag dress) |                                                                                                                                                                                                                                                                       |

- Parents:
- \*Phone charged for taking photos or video.
  - \*Usually there are vendors who are selling DVDs or professional photos.
  - \*Blanket for bleachers.