

# COMPETITION CHECKLIST

## What to bring for the dressing room:

- Your skates (both of them) don't laugh, it happens!
- Dress 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.
- Music – Copy from the rink, back up cd and back up tape! Don't forget to pick it up at the end of the weekend!
- Competition tights (plus a back up pair) No holes or runs please!
- Other dresses if you are doing multiple events (optional)
- Matching scrunchies, hair accessories, etc.
- Hair ties, bobbie pins, hair spray, glitter, gel, brush, curling iron, hot rollers
- Make up
- Warm up jacket, gloves (no holes)
- Running shoes, warm up pants, yoga mat, skipping rope, skate spinner for off ice warm up.
- Guards are a must! If you don't have any you will need to get some!
- Medications, inhaler, Tylenol, cough syrup, etc.
- Spare laces
- Small size hand soap, tissues, hand sanitizer, toilet paper. Don't assume these items will be in the dressing rooms
- Clothes to wear after competing or going home
- Water and possibly a small non messy snack. Stay away from candy and sugar.
- Bring a smile!

## What to bring to the competition:

- Your schedule with events, times, rinks, etc.
- Flash photography is not allowed. Turn it off or bring black electrical tape to cover your flash.

Always plan to be at the arena AT LEAST one hour prior to your event start time. They don't wait for you! Register at the registration table and check in your music immediately when you arrive at the arena. Find one of the GPSC coaches.

Know how to get a hold of your coach in case there is ever an emergency and you need to pass information on to them!