

# HOW TO PREPARE FOR COMPETITION

## Competition/Simulation all levels:

### What you need:

- ✓ Club jacket and/or sweater with NO hood or Black/White/any sweater with NO hood
- ✓ Black or white gloves (NO HOLES and CLEAN)
- ✓ Competition dress
- ✓ Tights (NO HOLES and CLEAN)
- ✓ Blanket (to keep you WARM!)
- ✓ Skates CLEAN
- ✓ MUSIC (2 CD's for each program: one CD labelled MASTER)
  
- ✓ SMILES 😊
- ✓ Runners (for warm up)

### Procedure:

1. Plan to arrive well before your assigned ice time (1-2 hours)
2. Register and hand in music
3. Find Dressing Room assigned to your club
4. Locate Ice Captain: see where they are in the planned program
5. Depending on time you may be able to watch some of your team mates compete, if you do, **CHEER** them on!
6. Plan a dryland warm up routine and include the following:
  - a. Stretching (arms, legs, ankles, feet, back)
  - b. Jumping (simulate the jumps in your program)
  - c. Side shuffle (both ways)
  - d. Sideways cross overs (both ways)
  - e. Do a dryland walk through of your routine
7. Get dressed: hair, make up, dress, skates, jacket, gloves
8. Be ready to compete your best
9. EYES UP 👁️
10. SMILE 😊