

Competitions

STARSkate participants love to compete! Competitions allow for skaters to receive more feedback from judges. The Winfield Skating club promotes a number of competitions a year for skaters to test their skills in a competition setting. Preparing for a competition is a great motivator for skaters, providing a "reason" to practice. Not all competitions are open to all levels of skaters. Coaches will advise what level your skater is at and if the competition is open to them.

Before Competition:

- You need to check the skating in BC website for schedules and event start times. Some parents prefer to travel to the event the day before, particularly if there's an early start time. There will be information about hotel accommodations on the hosting clubs website.
- Decide what dresses you will wear with input from your coach. Test any new outfits on home ice for fit, comfort and safety.
- Know what hairstyle you will do and practice it at home. Hair should be pulled up from the face. Make sure all hair pieces are secure and that bobby pins will not fall out.
- Notify your skaters school if days off are required.
- Good communication with your coach is priceless! Talk about your expectations, where to meet, practice ice, costumes, fears and jitters. They are there to help you!
- Allow yourself plenty of time to arrive at your destination, particularly if you're not familiar with the route.
- Don't forget to bring your skater's music (USB) and the costume!
- You should arrive at least 60 mins before your scheduled ice time. This will allow you plenty of time to register and find your dressing room. Parents are not allowed in the dressing room.

What to Expect:

- When you arrive, find the registration desk. Register your skater. Programs may be provided for an additional fee
- If there are multiple rinks know their names and where you will skate.

- Locate bathrooms
- Enquire about where and when medals will be presented
- Find your coach and ask if they are running ahead/behind schedule
- Find the area where the results will be posted. This will show the order that you will skate.
- When results come in, another sheet will be taped over the skate order with the final results
- Whenever possible try to watch your fellow skaters and cheer them on
- Realize that your coach may have a tight schedule. If there are multiple rinks your coach may need to be in two places at one time
- If this is your first competition you may want a little help from another club member. Don't be afraid to ask, we've all been there!

What to Bring:

- Clean laces, polished skates
- Hair neatly tied back off the face
- Warm-up jacket, black gloves
- Competition dress and beige tights – for girls. For boys – a dress shirt and pants
- Skate guards, soakers and a towel
- Sneakers for an off- ice warm up. Consider any off-ice warm-up equipment (skipping rope, skate spinner and yoga mat are good to bring as well if you have them)
- Spares - extra laces, tights/socks
- Solo music – USB
- Thread and needle
- Hairspray and clips, bobby pins, make up
- Band-aids, kleenex, medication (inhalers, etc)
- Water and small non-messy snack
- A warm blanket
- Camera – No Flash!

And most importantly.....

Don't forget your smile! You are a proud member of the WSC and our club is here to have fun! Bring your manners and a positive attitude. We are representing our club and community!