



# Markham Skating Club

## Welcome to the World of Figure Skating Competition

Competitions are great fun and great experience! Competing allows skaters the opportunity to show off the skills they have trained so hard to perfect, to meet skaters from other clubs and learn some valuable lessons too!

### What to Wear

Your coach will probably have some suggestions. When in doubt, the rule of thumb is *Keep it Simple!* Skate Canada does have some rules regarding attire, and failure to comply may result in deductions:

- Although pants/unitards are now allowed for female skaters, most still wear a skirt or dress.
- Men must wear full-length trousers.
- The use of skin tone “illusion” fabric must not comprise more than 50% of the upper body, and must be tasteful in placement. (Don’t assume that all outfits you see in stores are acceptable for Skate Canada competitions).
- Failure to comply with these rules may result in deduction from the skater’s presentation mark.
- Remember a warm up jacket for off- and on-ice warm-ups. (It’s great to wear a Markham Skating Club jacket. It shows your club pride and really looks sharp on the ice during the group warm up!)

Here are a few other things to consider when choosing competition attire:

- Consider your skater’s music for the overall performance style.
- Consider both your child’s skin tones and what looks good on the ice; stronger colours often work well.
- Remember that skaters have to jump and spin, so while some outfits may look nice in the store they may be difficult to perform in.
- The skater should be able to practice in their outfit a few times before competition to ensure everything looks good, stays in place, and is in no way impeding the skating.
- Skating tights are usually beige and are thicker than nylons. They should fit well and be in good condition; no pilling or rips. Packing an extra pair in case of an unexpected tear is a good idea!

### Skates

- If you are wearing tights that do not cover the skate boot, ensure skates are clean and polished.
- Your skates should be sharp, but the skater should practice a few times after sharpening and before the competition. *Do not sharpen them right before competition day!*
- A broken or loose skate lace will result in an automatic deduction if the skater is forced to stop. Check those laces and pack an extra pair in your skate bag. *(Be sure they are the right length!)*
- Always tie laces in a double bow and make sure to tuck in loose ends. *The loops can get caught in the other skate, often resulting in a nasty fall.*

### Hair and Makeup

- However hair is done, it must be well secured to ensure it won’t fall out part way through a program. Longer hair in a bun, braid or a neat and tidy ponytail are good choices and don’t distract from the performance. *Always secure wispy hair with gel or hairspray.*
- Makeup is not necessary. If you choose to use makeup, ensure the skater’s face isn’t overpowered – a tiny bit of colour is all that’s needed!

Everything on the skater’s body during competition (including hair accessories, bobby pins, and even band aids) are considered part of the costume. Anything (even that band aid) that falls off will result in an automatic deduction.

### **When To Get There and What To Do**

- Double check the schedule the day before the competition, as sometimes last minute changes are made.
- Leave lots of time to get to the competition, especially if you have never been to that arena before.
- Arrive at least 1 hour before your scheduled skate time; there is a lot to do before you skate! When you get there you will register and check in your music. There can also be last minute schedule changes on the day of the competition. You could be skating earlier than you thought and you don't want to feel rushed.
- Check in with the Ice Captain near the arena gate; it's important they know where you are.
- Find your dressing room and get sorted out. Put on your running shoes. Then find your coach and work with him/her on your off-ice warm up (physical and mental prep) before getting your skates on. There will be a group on-ice warm up before your individual skate.
- Do not leave your skates or personal belongings, including your competition outfit, unattended in a dressing room. Ask a friend or family member to look after them until you put them on, and again after you take them off while you wait for results or watch your friends compete.
- A curtsy or bow to the spectators and judges after your skate is a great way to finish your program – but ask your coach about this before competition day.

### **After You Skate**

- After everyone in your group has skated, results will be posted (there may be a bit of a wait). Whatever the results are, be gracious and proud. Congratulate your fellow competitors on their efforts.
- Check out when your fellow Markham Skating Club competitors are skating, and cheer them on!
- Before you leave the arena – PICK UP YOUR MUSIC from the registration desk!

### **Support**

- When you have found your skater's coach, leave your skater and head for the stands. Mental preparation before competing is important, and is difficult for skaters to do with family milling around.
- While parents may be nervous for their child(ren) – remember that this event is for them and if we appear strong, relaxed and confident, chances are they will mirror that on the ice!
- *Caroline Shireff, parent of two national and international level competitive skaters, gives excellent advice: "Keep your game face on the same in good times or in bad. Don't jump three feet off the ground and hug everyone in sight when your child wins. Likewise, don't dissolve into tears and berate the judges when they place in the bottom half of the flight. Your child needs to know that their place in your heart doesn't depend on a place on the podium. No matter what the result, they need your unconditional love and support more than anything!"*

### **Your Skating Bag – Competition Checklist**

- Skates – clean and polished.
- Skate guards.
- Extra laces (check length ahead of time).
- Extra tights (2 pairs).
- Your music CD – maybe 2 copies.
- Skating outfit – you may wear your outfit to the arena or change there. If you choose to change there, remember to pack your outfit and tights! (Yes, it's happened before!)
- Running shoes for off-ice warm up.
- Warm up jacket.
- Your coach may have other suggestions – check in advance.

**When it is your turn to skate:  
Smile. Do your best.  
Enjoy every minute – you deserve it!**

