



STAR 1 Competition Preparation Package

Please read this package carefully prior to the event so that a positive competition experience can be had for all involved.

AESTHETICS

Girls

- nude coloured skating tights (footed, in the boot) and an Academy Coordinator approved skating dress (send photos to h@skatecampbellriver.ca)
- ensure undergarments are OUT OF SIGHT (no visible underwear lines)
- long hair MUST be tied back - bun, tidy ponytail (shoulder length hair only)
- use hair spray and clips (no bobby pins) to keep the look tidy and off the face



Boys

- Academy Coordinator approved skating pants with stirrups and a competition shirt
- belt (if belt loops are on pants)
- match underwear colour to pant colour
- boys (& girls with short hair) must have hair neatly combed/styled with hair styling product



General Notes

- wear competition attire at least one practice prior to competition so that it can be checked. If you do not have these items they may be purchased at North Edge Ice Sports (www.thenorthedge.co).
- skaters are encouraged to purchase a Club jacket for warm-up and when at the arena (see below)
- **winter mitts and rain/snow boots may not be worn during on and off-ice warm-up and while competing. Please bring running shoes for off-ice warm-up**
- pajama pants, inappropriate graphic clothing are not to be worn at the arena. Skaters are must abide by the [Athlete Code of Conduct](#) while at competition, especially when wearing a Club Jacket
- Get "competition ready" clothing/hair/makeup at home or your hotel (if applicable), not at the arena

SKATES

- skates need to be sharpened a minimum of 3 sessions prior to competing
- skate guards MUST be worn at all times when off the ice

SWIMMING - Club expectation: While it may be tempting to swim the day before or the day of your event please refrain from swimming until **after** you compete!

ARENA ARRIVAL - You must check in at the registration table 1HR PRIOR to your skate time

- sign in at the registration table. Ask if there have been any schedule changes. Check with the starter (volunteer at the gate) to see if they are running ahead or behind schedule.
- meet your coach(es) outside your dressing room. Parents are not permitted in dressing rooms and ice level hallways. Local volunteers will help direct skaters, so please abide by this "coaches and skaters only" policy as it is for security/safety reasons and it is respectful to the host committee. Ask the starter or registration desk if you don't know where to go.

WARM-UP - A Club coach will start an off-ice warm-up with you outside the dressing room area about 30m prior to your on-ice warm-up time. This will include jogging, footwork drills, jumps, core work, stretching etc.

Skates will need to go on about 10-15 min prior to your on-ice warm-up time. Because parents are not permitted near the dressing room, parents can put skates on their skaters in the "parent/skater room" (if provided) or in the stands. Parents who need to tie their skaters' skates are requested to be available near the



STAR 1 Competition Preparation Package

entrance to the "Coach/Skater Only" area so that we can deliver your skater to you for skate tying.

THE PERFORMANCE - Skaters must always be respectful to the judges by giving a curtsy/bow at the end of their skate.

STAR 1 skaters receive an assessment report card only. They are not being ranked and results are not publicly posted. STAR 1 is about getting feedback to aid development! In this format, it also helps skaters experience what "competition" is all about. We do ask that athletes make an effort to show us your report card during the event should the opportunity present itself. However, the CRSC coaching team may or may not be able to provide on-site feedback following each performance. Rest assured that performance based information is being discussed at a coaching level and you will be contacted should we require a meeting at a later date to review a report card/performance.

As with all sports, cool down is important. CRSC athletes are strongly encouraged to STRETCH immediately following their event as this really is the best time to improve your flexibility and prevent injury. Use this opportunity to reflect on your performance. Remember that judges, other skaters, coaches and the public are often watching your on and off-ice actions. Lead by example!

NEW: SOCIAL MEDIA

When posting on social media during the event, be sure to tag @CampbellRiverSkatingClub. Use hashtag: #skatecampbellriver

If you would like your photos to be included in the club photo database for future use, please email them to: pr@skatecampbellriver.ca

Note that the Campbell River Skating Club social media platforms are run entirely by volunteers. Every effort will be made to ensure that all skaters are featured in a final post, although this may not always be possible.

COMPETITION PACKING CHECKLIST:

Follow the checklist below. ***Stay organized to stay calm!***

- | | |
|---|--|
| ☐ Running shoes (separate from snow boots) | ☐ Dress/Costume |
| ☐ Skates! | ☐ Extra tights (girls) |
| ☐ Competition tights (girls) | ☐ <u>Water</u> bottle (no GLASS bottles) |
| ☐ Medication (if required) | ☐ Hair accessories/products |
| ☐ Screwdriver (for loose screws) | ☐ Club jacket |
| ☐ Skipping rope | ☐ Belt (boys) |
| ☐ Black mini gloves (optional) | |
| ☐ Training Book (STAR 2 and up) | |
| ☐ Skate drying towel, blade covers, skate guards | |

We look forward to seeing you skate! Questions?

H McFarlane h@skatecampbellriver.ca