

Test Day and Competition Checklist



GIRLS:

- ❖ Competition **Dress and Back-Up Dress** (Approved by coaches)
- ❖ **Skating Tights** without holes or runs (BEIGE ONLY – 2 pairs)

BOYS:

- ❖ Competition **Black Skating Pants** (2 pairs)
- ❖ Competition **Shirt and Back-Up Shirt** (Approved by coaches)
- ❖ Competition **Belt, Tie, Vest, Suspenders**, etc (Approved by coaches)

ALL:

- ❖ **Skates** polished
- ❖ Skate **guards** (Not soft covers)
- ❖ **2 CD's** of solo music (Given by coach)
- ❖ Black **gloves** with no holes
- ❖ Club **Jacket** OR black/white sweater (NO HOODIES)
- ❖ Extra **skate laces**
- ❖ **Hair** tied back, neat and tidy
- ❖ Moderate **make-up** is appropriate
- ❖ Pair of indoor **running shoes** for warm-up (NO BOOTS OR FLATS)
- ❖ Yoga mat and skipping rope

❖ **Arrive 1 hour before scheduled time!**

Remember to act in a courteous, respectful and friendly manner to other skaters, parents, coaches, officials, and volunteers at every Competition and Test Day!

GOOD LUCK and HAPPY SKATING