



# COMPETITION - DATE

## TO DO LIST

### 1 - REGISTRATION

- ☐ Check requirements (level...)
- ☐ Register for competition
- ☐ Fill in forms
- ☐ Pay fees
- ☐ Discuss travel with coach
- ☐ Make travel arrangements
- ☐
- ☐

### 3 - ON ARRIVAL

- ☐ Arrive at least 1h before
- ☐ Go to check in
- ☐ Turn in music tracks
- ☐ Find changing room(s)
- ☐ Understand layout of rink(s)
- ☐ Find result boards
- ☐
- ☐

### 2 - DURING WEEKS BEFORE

- ☐ Collect event numbers + times
- ☐ Notify school of days off
- ☐ Practice with outfit
- ☐ Practice with hairstyle
- ☐ Get blades sharpened
- ☐ Polish skates
- ☐ Get direction to ice rink(s)
- ☐ Pack (see next page)

### 4 - DURING / END

- ☐ HAVE FUN!!!!
- ☐ Cheer all the skaters
- ☐ Take pictures
- ☐ Get music back
- ☐ Get copy of result sheet
- ☐ Take notes (good / improve)
- ☐ Celebrate!
- ☐





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## PACKING

### EQUIPMENT

- ☐ Labeled skate bag
- ☐ 2 skates
- ☐ Blade soakers
- ☐ Dry cloth / towel
- ☐ Skate guards
- ☐ Music copies x2
- ☐ Warm up equipment (rope, mat...)
- ☐
- ☐

### VARIOUS

- ☐ Water bottle
- ☐ Non messy Snacks
- ☐ Hand sanitizer
- ☐ Copy of all documents
- ☐ Proof of age (e.g. report card)
- ☐ Tissues
- ☐ Tampons / Pads
- ☐

### EMERGENCY

- ☐ Replacement laces
- ☐ Screws & screw driver for blades
- ☐ Band-Aids
- ☐ Blister packs
- ☐ Safety pins
- ☐ Needle & Thread
- ☐ Transparent nail polish (for tights)
- ☐

### CLOTHES

- ☐ Practice outfits (if practice time)
- ☐ Event costumes
- ☐ Competition tights
- ☐ Replacement tights
- ☐ Team / club jacket
- ☐ Warm up clothes
- ☐ Running shoes
- ☐ Everyday clothes
- ☐

### HAIR & MAKE-UP

- ☐ Make-up kit
- ☐ Make-up remover
- ☐ Brush / comb
- ☐ Hair ties
- ☐ Bobby pins...
- ☐ Hair spray
- ☐ Hairstyle elements
- ☐ Medications
- ☐

### PARENTS

- ☐ Warm clothes
- ☐ Seat cushion
- ☐ Extra batteries / memory cards
- ☐ Snacks
- ☐ Camera (flash off)
- ☐ Medical insurance info
- ☐ Road assistance info
- ☐

### GIFTS





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## EXPENSES

SKATING  
(registration, coach...)

TRANSPORT  
(gas, flights...)

FOOD &  
HOTEL

EXTRAS  
(Videography,  
souvenirs...)

**TOTAL**

**RESULT**

**LEVEL**

**COMPETITION**

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