

2014-2015 Competition Info Packet

Hello skaters and parents!

As we begin the new season here at the Centre Ice Rink, your coaches would like to help clarify and organize competition details for the year. We do understand that the competitive side of figure skating can bring up many questions and concerns, so our goal is to give you an outline of the competitions that we will be attending this season, some of the expenses that are involved, and frequently asked questions regarding competitions.

Competitions for the 2014-2015 Season

We have selected the competitions that we think you would most enjoy and that we would be able to attend. By narrowing down and focussing on fewer competitions, we are hoping to encourage a more unified team spirit and presence when we travel for competitions. So if you are thinking about competing this year, please take a look at the list below, then sit down with your coach and decide which ones you would like to aim for!

| Dates | Event | Location |
|--------------------|----------------------------------|--------------------|
| Nov 21 - 23, 2014 | Autumn Skate | Wilmington, DE |
| Jan 18, 2015 | New Year's Adult Invitational | Ashburn, VA |
| Feb 6 - 8, 2015 | Keystone Games (USFS & ISI) | York, PA |
| Mar 12 - 14, 2015 | Eastern Adult Sectionals | Pittsburgh, PA |
| Apr (TBA), 2015 | Iceworld Basic Skills and Beyond | Abingdon, MD |
| Apr 14 - 18, 2015 | Adult National Championships | Salt Lake City, UT |
| May (TBA), 2015 | May Day Open and Basic Skills | Laurel, MD |
| July (TBA), 2015 | Philadelphia Summer Competition | Aston, PA |
| July (TBA), 2015 | Skate Wilmington | Wilmington, PA |
| August (TBA), 2015 | Hershey Open | Hershey, PA |

This is not a complete list of competitions available and is not meant to exclude the possibility of attending other competitions. As always, the coach and their skaters will make any decision regarding the individual's skating.

Before you decide to do a competition, it is wise to have a good idea of the costs involved. These costs are fairly standard throughout the country. The following list will familiarize you with the expenses you can expect.

Competition Expenses

Membership Fees

First, to compete you must be a current member of either the U.S. Figure Skating Association or ISI (the Ice Skating Institute). The type of membership needed will depend on the type of competition you are planning to attend and the **membership fees** vary from year to year. While most of the competitions we are attending are USFS, there are ISI competitions available if that is the route you choose. The most convenient way to become a USFS member is through the Bay Country Figure Skating Club (BCFSC). By joining BCFSC you automatically become a USFS member, are eligible for USFS competitions, testing and reduced ice fees on BCFSC sessions. For more information check the BCFSC website at: www.baycountryfsc.org. For more information on becoming an ISI member, please check out their website at: www.skateisi.com.

Entry Fees

Once you become a USFS or ISI member and are eligible to compete in competitions sanctioned by those organizations, the next expense to consider is the **entry fee** for each competition as well as each individual event. Each competition is different and as it gets closer to competition time, they will release an announcement sheet that breaks down each event and the cost to enter. Once the announcement is released, it is a good idea to sit down with your coach and discuss which events would be the best suited for you or your skater.

Music

Most skaters will compete with a program to music either selected by or approved by their coach. In almost every case the music will need to be edited. This requires a certain level of expertise and can be a time consuming project. It is important that the music flow naturally and not sound as though it was just chopped up. It is very noticeable when music is edited badly. While you can have music edited at a professional sound studio, many coaches have learned to edit music in order to provide a less expensive alternative. The following list will give you an idea of what you can expect to pay for music editing.

Music editing fees* (based on length of program):

| | | |
|------------------------|---------------|-------|
| Basic Skills | (1:00 +/- 10) | \$15 |
| No Test / Preliminary | (1:30 +/- 10) | \$25 |
| Pre Juvenile | (2:00 +/- 10) | \$35 |
| Juvenile | (2:15 +/- 10) | \$40 |
| Intermediate | (2:30 +/- 10) | \$45 |
| Novice | (3:00 +/- 10) | \$55 |
| Novice /Junior | (3:30 +/- 10) | \$65 |
| Junior /Senior | (4:00 +/- 10) | \$75 |
| Senior | (4:30 +/- 10) | \$85 |
| Open / Novice | (5:00 +/- 15) | \$95 |
| Junior / Senior /Adult | (6:00 +/- 15) | \$115 |

*Fees include ONE copy, however files are saved digitally for the season.

Additional copies are available for \$5 each.

Costumes

Skaters generally have a dress or costume for their program. Costumes can be purchased from several vendors or online and the cost varies greatly. You can have dresses or costume custom made, however these will generally be more expensive. Whatever your budget is there is likely a dress or costume to be found.

Practice Ice

Competitions frequently offer practice ice for the skaters. Usually the practice must be reserved and paid for ahead of time. These practice sessions usually range in cost from \$15.00 - \$25.00 for a twenty or thirty minute session.

Travel

Some competitions run for 2 or more days and you may need to stay at a hotel. Remember to keep your own travel expenses in mind when thinking about signing up for a competition

Coach's expenses

Coach's Transportation/Lodging Fees

For each competition, the coach's expenses will be split equally by all students the coach has attending the competition and break down as follows:

Cost of mileage = 25 cents per mile (round trip, calculated from Coach's home address to competition or airport)

Cost of tolls (if applicable)

Cost of flight (if not within driving distance)

Cost of hotel (if needed)

Cost of rental car (if needed)

Event and Lesson Fees at the Competition

Event fees are charged for time the coach spends with the student at the competition (getting ready to go on the ice and when the skater is actually competing). This fee is charged for EACH EVENT that the skater is participating in during the competition.

Event Fee = the cost of a 20 minute lesson with that coach

Lessons on practice ice during competition = same as normal lesson rates

Test Session Expenses

For test sessions held at the Centre in Harrington: no fees will be charged.

For test sessions held at other rinks:

Travel expenses will apply as above

Event fee will apply

Practice time (if available and utilized) will be charged at the regular lesson rate

Please keep in mind that once the Competition announcement is available it is easy to determine what the expense will be and you will be better able to decide if and which competitions you will enter.

Frequently Asked Questions

What level does a skater need to be to start competing?

Any level! There are competitions for ALL levels and ages. It really just depends on the skater's goals and desire to compete.

What does my skater wear to compete?

Typically, you will see most female skaters in skating dresses with tights and males in stretchy black pants with a nice shirt. The most important things to consider when deciding what to wear are: stretch (fit and ease of movement) as well as music selection. Ideally, the skater's "costume" should suit the music they are skating to. This is a good thing to discuss with your coach to see if they have any specific ideas or preferences.

How is music selected and cut? How often do we need to change 'programs'?

Music selection will depend on what type of event the skater is interested in competing in. Some events (such as Free Skate) are a little more serious, whereas others (such as Artistic, Dramatic, or Spotlight) can have a lighter theme and are focussed on music interpretation rather than the elements in the program. Music can be selected by the skater, parents, or the coach, but will need to be approved by the coach before it is used in competition. Technically, music cuts can be done by anyone who is familiar with music cutting software, but there are a few things to consider when the music is being cut - such as length, transitions, and a nice ending. It is a good idea to check with your coach to see what they recommend. Again, the music (and the cut) must be approved by your coach before it is used in competition. Once program music is cut and the program is choreographed, it is a good idea to try to stick with the same program for a year or two (or until the skater moves up to another level that requires a longer cut of music). This allows the skater and the coach to focus more on the elements instead of spending too many lessons working on new choreography. Often times, we can keep the same general choreography and simply change the elements to make the program stronger as the skater progresses.

What do I do if my coach cannot be there to "put on" my skater?

Do not start reaching out to other coaches. It is your main coach's responsibility, and ultimately, their decision whom they would like as a substitute if they are not able to attend. Often times, it is a little bit of a strategy to figure out who can attend and who needs to stay at the rink to cover all bases. It is perfectly fine, however, to check with your coach to see if they have talked to or lined-up a substitute for the event or if they would prefer for you to check with a specific coach.

How early do I need to get to the rink for the competition?

Please keep in mind that most competitions expect you to be ready to go on up to an hour before your event. They will not postpone an event if you are not ready or if you are running late. Therefore, it is a good idea to be at the rink in PLENTY of time. It is recommended to be at the rink at least 2 hours before your scheduled event. This will give the skater a chance to check in and get stretched, finish final touches on hair or makeup, put skates on, and relax a bit. If you are driving, please allow extra time for traffic, road construction, meals, finding the rink or hotel if you've never been, etc.

What do I need to bring to the competition?

The more competitions you do, the more familiar and prepared you will start to be, but until you feel comfortable making your own checklist, check out the attached "Competition Checklist" to give you an idea of some of the things to consider. It's a good idea to start getting some of these things together a few days before you actually leave for competition.

Competition Checklist

| Skate Bag | Parent's List |
|---|--|
| <input type="checkbox"/> Skates! | <input type="checkbox"/> Skater's USFSA number |
| <input type="checkbox"/> Soakers (Soft guards) | <input type="checkbox"/> Skater's event days/times |
| <input type="checkbox"/> Skate guards (hard) | <input type="checkbox"/> Directions to rink/hotel |
| <input type="checkbox"/> towel to dry skates | <input type="checkbox"/> Info about area - food, attractions, etc |
| <input type="checkbox"/> Gel pads | <input type="checkbox"/> Cooler with water and snacks |
| <input type="checkbox"/> gloves (2 pair) | <input type="checkbox"/> Blanket (maybe 2) |
| <input type="checkbox"/> under tights (2 pair) | <input type="checkbox"/> Warm jacket/gloves |
| <input type="checkbox"/> Over the boot tights (2 pair) | <input type="checkbox"/> Something to read |
| <input type="checkbox"/> Competition skate dress(es) | <input type="checkbox"/> Camera (charged) |
| <input type="checkbox"/> Extra skate dress | <input type="checkbox"/> Empty memory card for camera |
| <input type="checkbox"/> Warm-up jacket | <input type="checkbox"/> Video Camera if desired (charged) |
| <input type="checkbox"/> tissues | <input type="checkbox"/> Blank disks/tapes for video camera |
| <input type="checkbox"/> Change of clothes | <input type="checkbox"/> Coins for tolls/meters |
| <input type="checkbox"/> Socks, shoes and sneakers | <input type="checkbox"/> Coach's number programmed into phone |
| <input type="checkbox"/> Water bottle | <input type="checkbox"/> Checkbook |
| <input type="checkbox"/> 2 copies of music (labeled) | <input type="checkbox"/> Cash for snacks, souvenirs, etc. |
| <input type="checkbox"/> Extra copy of music on a different brand of cd | <input type="checkbox"/> Gifts/flowers for skater :) |
| <input type="checkbox"/> Activities (ipod, nintendo, coloring, etc) | |
| Hair/Make-up Kit (Keep in Skate Bag) | Emergency Kit (Keep in Skate Bag) |
| <input type="checkbox"/> brush and comb | <input type="checkbox"/> extra skate laces |
| <input type="checkbox"/> hairspray and gel | <input type="checkbox"/> screwdriver (fits screws on skate blades) |
| <input type="checkbox"/> ponytail holders | <input type="checkbox"/> few extra screws for blades |
| <input type="checkbox"/> scrunchies | <input type="checkbox"/> safety pins |
| <input type="checkbox"/> clips/barrettes | <input type="checkbox"/> sewing kit with pre-threaded needles |
| <input type="checkbox"/> hair net | <input type="checkbox"/> band-aids and neosporin |
| <input type="checkbox"/> make-up (keep it light and natural) | <input type="checkbox"/> Meds (ex: aspirin, inhalers, etc) |
| <input type="checkbox"/> chapstick/lip stuff | <input type="checkbox"/> stain remover (ex: "Tide to Go pen") |

What to do when you arrive at the rink for competition:

1. Be at the rink an hour to two hours before your scheduled event.
2. Have your competition music CDs ready to hand in as soon as you check in.
3. When you arrive at the rink, check in with the ice monitor so that they know you are present and to see if things are running on schedule. They should also be able to tell you the order you will skate.
4. Check in with your coach so that he/she knows you are at the rink.
5. Make sure to warm up before taking the ice (running, jump rope, stretching). Allow about 20 minutes of warming up before putting skates on.
6. Put skates on about 15 minutes before scheduled ice warm up time.
7. Come to the ice warm-up prepared with: jacket, water, tissues, and a copy of your music. Normally, your coach will stand at the door for your ice warm-up (they're not allowed on the ice).
8. Be sure to stretch after you skate to prevent injuries and muscle soreness.
- 9. Don't forget to pick up your music before you leave the rink.**

Remember that competition should be a fun and learning experience. You should always carry yourself in a positive and professional manner. Good sportsmanship is the most important tool that you can bring to a competition.