



### **Competition reminders:**

For some of you this may be your child's first competition for others you are seasoned and can just use this as a checklist☺:

- ✓ Runners.
- ✓ Skipping rope.
- ✓ Dress/costume.
- ✓ hair done in a bun or any other up do with hair off of the face (please hair spray any fly-away hairs so that it looks sharp and won't be flying in skaters face- no pony tails)
- ✓ Tights that do not have any holes in them.
- ✓ Skates (please use white shoe polish prior to competition to hide any of the brown/grey spots).
- ✓ Water bottle.
- ✓ Gloves.
- ✓ A light sweater to wear on warm up with no hood (preferably your MRSC jacket) and another warm jacket and track pants for before/after.
- ✓ Healthy snack.

### **Other reminders:**

- Be at least one hour early.
- Depending on the schedule, your skater may have any one of the MRSC Coaches take them through the competition. I will let you know in advance who will be there.
- Once you arrive have your skater register and hand in **2 copies** of their music.
- Have your skater come find me (or other MRSC coach) once they have registered/handed in music.
- We will get there about 45 minutes early or may already be there with other competitors.

### **Results:**

Please be respectful of the judge's decisions. Every sport comes with victory and defeat. Be happy and enthusiastic when your athletes succeed. Allow them to express their feelings after a disappointing performance *privately* with you or I, but also help them see the positive side of the competition or focus on their efforts for the next day. Teach your athletes to lose with dignity and win with grace.

**Most importantly, let's all have a good time, GO Maple Ridge! Parents, cheer LOUD!**