



SOUTHERN  
ALBERTA  
SKATING  
ACADEMY

## Competition Checklist

- ✓ Polished skates with clean laces
- ✓ Extra pair of laces
- ✓ Hair neatly tied back
- ✓ Hair spray, clips, bobby pins
- ✓ Make up
- ✓ Black zipper sweater/jacket (no hoodies)
- ✓ Competition costume & back-up costume
- ✓ Black mitts
- ✓ Beige tights with no holes
- ✓ Solo music (2 copies)
- ✓ Skate guards, soakers and towel
- ✓ Running shoes for warm up
- ✓ Skipping rope
- ✓ Screw driver and extra screws
- ✓ Thread and needle
- ✓ Band-Aids and Kleenex
- ✓ Water bottle
- ✓ Healthy snack

**And above all, a smile and a positive attitude!**