



## Meet Day.... What to Expect



- Be at the arena in plenty of time. You should arrive at least 20 – 30 minutes early. A full date meet can last anywhere from 6 to 8 hours so be prepared to be there.
- Check in at Registration if someone from our club has collected the club's helmet covers. You can usually find them in the locker room we have been assigned to.
- Find the locker room that is assigned to Ridge Meadow. This is the area where you can put your gear and change.
- After changing look in the bleacher area often you can see Ridge Meadows members sitting together. These seasoned skaters and/or parents of skaters are open to giving feedback on what happens at a meet.
- List of skaters and the races will be posted somewhere in the rink. From this, you should be able to see which races you will be skating in. This will tell you which race number will be your first race.
- The arena clock normally keeps track of the race number. Generally it is important to be ready about 10 races before your race and you should head down to the marshalling area to wait for your race.
- The Clerk of the Course or Heat Box Steward is the person who tracks when all the skaters will be racing. Report to the clerk and/or listen for your name being called. He/She will be calling out names for and directing you when you will be skating. You will be asked to sit with the other skaters in your race. Your position on the starting line will be assigned to you.
- **DON'T FORGET ALL YOUR SAFETY EQUIPMENT!!** You will not be allowed to skate without your helmet, neck guard, shin guards, knee pads, eye protection, cut proof ankle socks and **Non – Woven Gloves**. There can be “no exposed skin” except on the face so make sure everything is covered.
- After a race, you must get off the ice as quickly as possible. **Dry your skates**, and wait for the next race.
- Don't forget to **HAVE FUN** and cheer on your team mates!!!!
- **Bring some warm clothes**, a blanket or jacket. Most ice rinks are "freezing cold". Bring an extra set of clothing for skaters including socks and underwear.



## PREPARATION

### *What should I bring?*

The night/day before the meet prepare your skating bag.

- Skates** – should be sharpened
- Guards** - skates should be stored without guards. The blades should be protected by wool guards or by wrapping them in cloth.
- Helmet** - should fit properly and be in good repair
- Knee pads, shin guards, neck guard and ankle protectors** are mandatory
- Gloves** - should be vinyl or leather for best protection. A spare pair is advisable
- Skating uniform** and change of clothes, socks and underwear
- Skate sharpening equipment**
- Optional - hair dryer** to quick dry damp clothes
- Towel, spare laces safety pins, band-aids, etc.**

**Bring a snack and possibly a lunch.** Most ice rinks have a concession; however, the quality of the food is not nutritional enough for an athlete. Remember that if you leave to go at get food outside of the arena there have been times where officials will start the race earlier than planned so it is better for the skater to stay and have someone run out and get food.

#### **Bring:**

- Fruit juices
- Meat sandwiches
- Fruit or dried fruit and nuts
- Granola bars
- Water bottle with water, NOT Gatorade or other sports drinks

#### **Avoid:**

Candy Bars and Pop - they will give you only short term energy. Your body will react by burning off the extra sugar and more, so you'll be in need of sugar very soon and won't be able to perform during your race.

Hot Dogs, Hamburgers and French Fries - these are very greasy and hard to digest. All your energy is focused on your stomach, not on your legs.