

What do I wear to the rink?

A skater should arrive at the rink ready to skate. This includes all the necessary on and off ice equipment. Wear tennis shoes to the rink because that's what a skater needs to warm-up in. A skater can't effectively run laps and stretch in flip flops. Wear comfortable clothes to stretch in.

These can be the same clothes you skate in.



Male skaters need to dress in layers. A turtleneck is a great choice to skate in. Lycra or jogging pants allow a skater to move freely and it also helps Coaches make sure the body is where it is suppose to be. **NO JEANS** or other restrictive clothing!

Female skaters should also dress in layers. Tights and a skating dress are a must. If a dress is not available then leggings or jogging pants will do. Long hair should be pulled back from the face. **NO JEANS!**



REMEMBER-how well you skate is influenced by what you wear. A skater should be comfortable and the clothes should be appropriate for the sport of figure skating.

Don't forget to bring **BOTH** Skates! (Yes, it has happened!)

A positive, winning attitude is a must!