

How to Prepare for Competition

To prepare for a Skate Ontario competition, focus on creating a consistent training routine, both on and off the ice, to build technical skills and mental fortitude. This includes a structured training schedule, practicing the full program, and simulating competition conditions. On the day of the competition, establish a routine with proper warm-ups and visualization, arrive early, stay hydrated, eat a healthy meal, and focus on performing the program consistently.

Physical preparation

- **Follow a training schedule:**
Create a consistent training schedule and stick to it, focusing on both on-ice and off-ice exercises.
- **Perfect your technique:**
Work with your coach to perfect the required moves and elements for your routine.
- **Build endurance and strength:**
Incorporate off-ice training focusing on core, flexibility, and agility to build endurance and strength, but avoid exercises that put you at risk of injury.
- **Practice under competition conditions:**
Train with your competition music, wear your competition outfit, and practice your warm-up routine before each run-through.
- **Listen to your body:**
Ensure you get enough rest and recovery, and don't push yourself too hard, especially in the final days before a competition.

Mental preparation

- **Visualize success:**
Before the competition, take time to visualize a successful performance, including your jumps, spins, and choreography.
- **Develop a competition routine:**
Establish a pre-competition routine that includes a warm-up and a full run-through of your program.
- **Practice positive self-talk:**
Remind yourself that a competition is just another practice day and that you are prepared.
- **Arrive early:**
Get to the competition venue at least 45-60 minutes in advance to give yourself time to park, check in, and get settled without feeling rushed.

Competition day

- **Stay hydrated and eat well:**
Drink plenty of water and eat a healthy breakfast and snacks to stay energized.
- **Follow your routine:**
Stick to the routine you've practiced, including your warm-up, stretching, and program run-through.
- **Mentally prepare:**
Use visualization and positive self-talk to get into a focused and confident mindset.
- **Review your performance:**
After your performance, review what went well and what needs improvement with your coach.