

COMPETITION EXPECTATIONS

Coaches are the foundation of our program - they make all things possible for our skaters. Ahead of competitions, private lessons prepare our skaters and that comes with a private lesson fee. When we attend a competition there are some additional fees that we can expect to pay - we cannot expect our coaches to attend to our skaters at a competition without proper compensation, after all, they are professionals. Coaches may vary with their fee schedule, but some things are consistent across the board.

★ Planning for a Competition

- Skaters should be started in private lessons with a coach that is willing to attend competitions no later than 6 weeks before the intended competition.
- Skaters should discuss different types of events that can be entered in at upcoming competitions and make a plan with their coach. Some common events are listed below. Learn more about competition event details in the [Compete USA Competition Manual](#).
 - Basic Elements/Compulsory Moves
 - Program w.music/Freeskate
 - Showcase - Dramatic or Light Entertainment
 - Showcase - Interpretive
- For programs that require a song, music must be age appropriate and **approved** by the coach
 - Visit [Cody Figure Skating Club - About Your Music](#) for some tips!

★ Registering for a Competition

- Upcoming competition information can be found on High Altitude Skatings Website under Members and [Upcoming Competitions](#)
- Most local competitions host their registration on [EntryEeze](#)
 - Each competition will publish an announcement that includes all general information about the competition (ie. dates, events, facility info, travel info, etc)
 - Skater/Family will be expected to complete registration for the competition
 - Coach can assist with helping define all events for which to register
 - After registration, coach and skater will communicate as to who is expected to provide music by the required deadline

Competition Expenses

★ Shared Coach Expenses

- These expenses can be split among any skaters traveling to a competition with the same coach
 - Mileage reimbursement at the current USFSA rate. \$0.655 as of 1/24/2023.
 - Hotel rooms as needed
 - Meals

★ Individual Skater Coach Fees

- Practice Ice Coaching Fees
 - While coaches are not physically on the ice, they are present rinkside and are actively coaching their skater and helping them mentally and physically prepare for their events
 - Coaches may charge an hourly rate depending on the length of practice ice, or a flat fee
- Event Fees
 - Coaches work with skaters throughout the day to be prepared at the right times to get on the ice and perform their best, this fee covers that time.
 - Some coaches will not charge for Showcase - Interpretive events, as they are not able to actively coach the skater during this event