

## How to Dress For Figure Skating Practice

The key to “dressing for success” in figure skating is to look nice and neat. Do not allow your child to come to the rink for practice looking messy or sloppy. If your child is running to the rink directly from school, allow some time to change before skating practice.

### Skating Clothing

**Rule of thumb: Form-fitting clothes that stretch are better than tight, restrictive or oversized clothes that restrict movement.** An instructor/coach needs to see a skater’s body alignment to give proper advice and feedback about technique, so form-fitting clothing that allows for movement is better.

Girls should wear skating dresses and beige-colored tights for practice. Try to keep boots clean and polished, or wear boot covers or over-the-boot tights to protect the boot’s finish.

Unitards, leggings and leotards have become acceptable for skating practice in recent years, but check with your coach first before allowing your child to wear something different than a skating dress for practice.

A nice sweater or snug sweatshirt can be worn over a skating dress; stay away from baggy “hoodie” sweatshirts. Even if it is very cold in the arena, do not allow your child to practice in a heavy or bulky coat. If possible, stay away from baggy sweatpants and baggy clothing in general.

Boys should wear black skating pants and a neat, plain-colored, long- or short-sleeved shirt and a nice sweater.

Gloves or mittens of a plain color are also a good idea.

**Boys skating boots should be black and girls skates should be white or tan.**

Many new figure skaters may be practicing in a used pair of skates. If your son has been given a white pair of skates, take the time to either put black boot covers over the white boots or go to a shoe repair store and change the white boot to black. They will feel more comfortable.

### Hair

A girl’s hair should be tied back or put up. It is very important that hair be away from the face. If you are in a hurry, it is fine to quickly put your daughter’s hair in a ponytail. If her hair is very long, you may want to braid her hair or put it in a bun so that a long ponytail doesn’t distract your daughter as she spins and jumps. If your daughter has bangs, make sure they are cut short, curled or pinned back.