

## Island Waves

### Competition Packing List

- Check your laces - not too long, not too short
- Sharpen skates - Nantucket Skating Club tries it's best to coordinate sharpening dates to best fit the synchro schedule so please take advantage of these times
- Skate bags need to have luggage tag with girls name and "Island Waves"
- Please remove finger polish and trim nails accordingly

#### Skater's Packing List

- Black Trans pak bag(Zuca bags are not allowed)
- Skates
- Extra newish tights as back-up
- Black practice dress
- Skate guards - soft and hard - label hard guards with name and Island Waves
- Towel to wipe down skates

#### Travel Uniform

- Hair in very slicked back bun with black scrunchie ( or team hairpiece - whichever is decided on)
- Black travel pants with tights underneath - no undies please
- Team jacket and scarf
- Button-up shirt or wide neck t-shirt so that they can easily go up and over hair/bun reducing the amount of fixing we need to do
- Mondor jacket is optional for warmth

\*\* Locker room mom will transport all competition dresses, hair pieces, make-up and new tights. New tights will be distributed during prep time and then returned to bag to reuse for next competition.