

EQUIPMENT FOR THE CAMP

1. Skates, skate guards and a towel. Check them out condition in advance.
2. Pads, plasters, silicones and everything else that needed if there are blisters and also theirs for prevention.
3. Skating clothes (also spare clothes, if the previous ones don't have time to dry before the second ice session)
4. Some gloves and a headband (if the child wears it)
5. Sneakers for off-ice sessions
6. Drink bottle
7. Cool and warmer clothes for outside off-ice sessions
8. Ballet / dance slippers
9. Clothes for ballet classes: bodysuit or other form-fitting clothes shirt, cycling pants/caps/fitting leggings
10. Sufficient hair accessories. In training, hair must have a neat hairstyle. Long ponytails and bangs interfere with training.
11. Handkerchiefs
12. It is good to wear light footwear between practices, e.g. slippers or Crocs so that the feet can "breathe" and there would be no dirt and sand in the dressing rooms.
13. Off-ice and rotation equipment:

