

## **Warm-Up & Cool-Down Information**

If you are considering having your skater Warmed-Up and Cooled-Down at a competition, it is imperative that you contact me at the time you send in the competition forms. The reason is to enable me to let you know if I will be at that competition as well as to have a record as to the number of skaters that with which I will be working with. Then, as soon as you get your times, contact me immediately to guarantee your skater's spot and to find out if any conflicts exist with any skaters competing that I may personally teach. All of this is necessary to alleviate confusion as well as stress on the child as to whether or not I will be there for their Warm-Up. If I can't be at the Warm-Up, I can set-up a program for the skater to utilize.

It is important to note that for those who do not contact me in a timely matter once the competition forms are sent in or skating times have been released, I will not be able to guarantee a spot for them due to limited availability and time. Once you do let me know which competitions they are doing you must still contact me as soon as possible when they receive their skating times to guarantee a spot.

If you have any questions, please contact us at Champion Sports Advantage.

Thank you,

Champion Sports Advantage