



2026 ICE SHOW NEWS

Cochrane Figure Skating Club

DRESS REHEARSAL

- ALL skaters participating in the ice show are required to attend dress rehearsal on Friday evening (March 27th)
- Dress Rehearsal will begin promptly at 5 pm; all skaters are in the opening number of the show and must be ready to be on ice with costumes and skates for the 5 pm start.
- Friday night dressing room supervisors are asked to please arrive at the arena between 4:30 and 4:40 p.m. so they can get settled in before skaters arrive.
 - Skaters in CanSkate are to arrive no later than 4:45 p.m. wearing their base layer; they will sign in at the registration table and be escorted to their assigned dressing room.
 - Skaters will remain with their dressing room supervisor until the end of rehearsal (approximately 7-7:30 p.m.) and then will be signed out by a parent/guardian

SHOW DAY

- Saturday dressing room supervisors are asked to please arrive at the arena by 1:00 p.m. so they can get settled in before skaters arrive.
 - Skaters at all levels are to arrive no later than 1:30 p.m. wearing their base layer; they will sign in at the registration table and be escorted to their assigned dressing room.
 - Skaters will remain with their dressing room supervisor until the end of the show (approximately 3:30 p.m.) and then will be signed out by a parent/guardian
 - **PreCan skaters - see over for your instructions**

SAT. A.M. ICE

StarSkaters and select feature skaters may be asked to come to the arena for an extra practice opportunity on Saturday morning before the show.

Coach Isabelle will make this decision during Friday's dress rehearsal and will speak with specific skaters (& their parents/guardians) to let them know and advise them as to their on ice arrival time.

These skaters will still have time to get ready for the 2 pm show.



SHOW: Sat. March 28 @ 2 pm
Admission: \$10, under 5 yrs free

COSTUMES

- Base layers = the clothing that skaters will wear to & from the arena both days; most costumes will be layered over top of these.
- Extras = costume pieces that some skaters have been asked to bring from home; these should be brought to the arena on Wed. 25 and will remain at the arena until the end of the show on Saturday.
- Costumes = have been sourced by the Club and are on loan to skaters; all will remain in the dressing rooms
- If you are unsure about your skater's costume requirements, please check with the program liaisons: Lindsay (CanSkate) or Amber (StarSkate)

DRESSING ROOMS

A draft copy of the supervision schedule was sent to all volunteers on the weekend; if you haven't yet confirmed, please email cochranefsc@gmail.com asap.

NOTE: only assigned supervisors are allowed in dressing rooms. All other parents/guardians will drop off/pick up their skaters from the Registration table.

**Skaters will remain with supervisors for the duration of the rehearsal/show, including intermission.

PreCan skaters are the exception – see over



Instructions for PreCan Skaters / Parents

PRECAN GROUP 1

Caleb T., Charlie A., Cora N., Emma S-J., Ellie P., Everly B.,
Jasper S., Pyper L.

PRECAN GROUP 2

Alec C., Brynlee G., Marianna M., Reid S., Rosalyne B., Theo B.

- PreCan skaters will be accompanied by 1 adult to their assigned dressing room no later than 20 minutes before the start of the rehearsal / show. They will assist the dressing room supervisor in getting their skater into costume and then put on their skates & helmet.
- PreCan skaters will participate in the opening number and then each of their group numbers are scheduled shortly afterwards (early in the first half of the show). While skaters are on ice and with the ice captain, the accompanying adult can view the show from behind the glass at the lobby end of the arena.
- When your skater's number is over, please return to the dressing room to help remove skates and costumes. Your skater can now join you in the stands to watch the rest of the show.
- IF your skater wishes to return to participate in the closing number of the show finale (and there is no obligation to do so), please let the Board members at the Registration table know and they will tell you when to return in the second half in order to get ready in time.

EXTRA DRESSING ROOM INFO FOR ALL SKATERS

- Please ensure that all of your skater's personal belongings are labelled with their name.
- If your skater has a pair of skate guards, please pack them in their bag.
- In order to protect our costumes, only send water for drinking in the dressing rooms and please ensure that snack items will not stain costumes and are allergen-friendly.
- There will be a reserved seating section for skaters & supervisors to view the show but there will also be stretches where skaters must remain in their assigned dressing room.
 - If your skater wishes to bring something to help pass the time, it should be a quiet activity item. Phones and other electronics are discouraged.

We are so looking forward to our show! Skaters, PAs, Coaches, and the Ice Show Committee have been working hard for months to prepare. Kindly share the show details with your family and friends and encourage them to come out and watch. Our skaters deserve to be cheered on and celebrated!

Please note: there will be no flower sales on site during the show so you will need to plan ahead; CMHA will be opening the canteen for food and beverage sales.