Niles IceLand—Annual Ice Show

Please return form to Amy Forbes, Skating Director

How to measure your skater for their ice show costume.

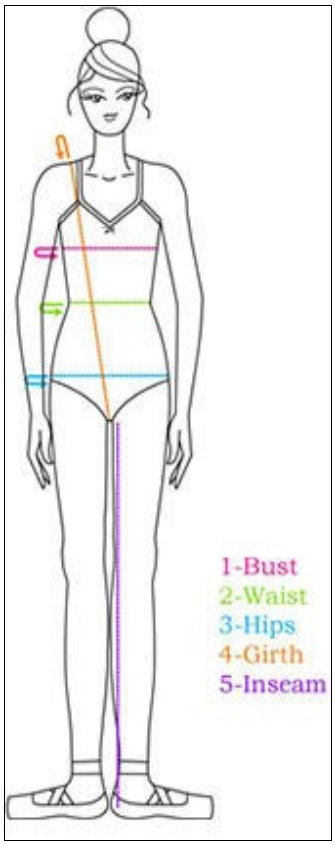
Please follow these simple steps when you're ready to take body measurements. **This form is due at the time of registration.**

- Have your skater wear undergarments or a lightweight leotard with a bra that gives the bust line their typical shape for most accurate measurements.
- Have your skater stand straight with their weight evenly distributed.

The measurement tape should be snug but not too tight on circumference measurements and stretched tight for vertical measurements.

Getting the Measurements:

- **1. Bust/Chest** – Measure over the fullest part of your chest with your arms relaxed at your sides.
- **2. Waist** – Measure around where your waist naturally indents. Keep your finger between the tape and your belly.



- **3. Hips** – Measure around the fullest part of the hips and buttocks while standing with your heels together.
- **4. Girth** – Measure from the midpoint on the shoulder towards the front, through the crotch and back around to meet the midpoint of the shoulder.
- **5. Inseam** – Measure from the crotch to the bottom. The inseam length is the number of inches, to the nearest half-inch.

Niles IceLand—Costume Measurement Form

Name:_____**Age:**_____
Cell Number:_____

E-Mail Address:_____

Ice Show Group Number and Level: _____

Ice Show Group Code and Section Number:_____

Bust:_____

Waist:_____

Hip:_____

Girth:_____

Inseam:_____

Pant Size:_____ **Shirt Size:**_____

Skater has own skates: _____ **Skater needs to rent skates:**_____
Size:_____

Parent's Signature:_____

Please note:

Skaters may need to provide small costume accessories such as tights, gloves, boot covers, black pants, black shorts, turtleneck

Please call 847-297-8010 and ask for Amy Forbes with any questions. There are also many videos on YouTube that explain