

PRACTICE ICE: SESSION SELECTION

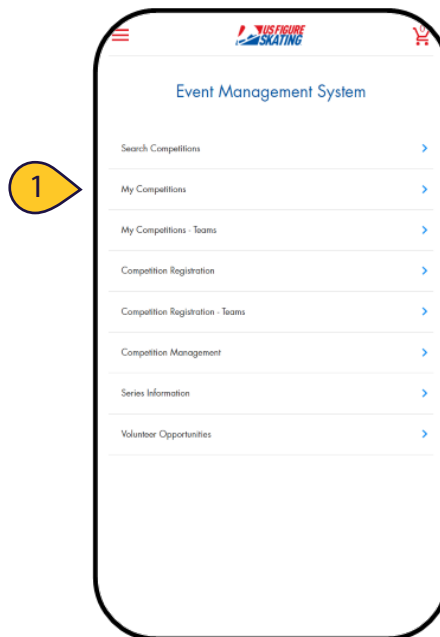
Access Path: EMS > [My Competitions](#)

During the Selection Window, competitors who have purchased credits or packages during the pre-purchase period can redeem their credits and schedule practice ice sessions.

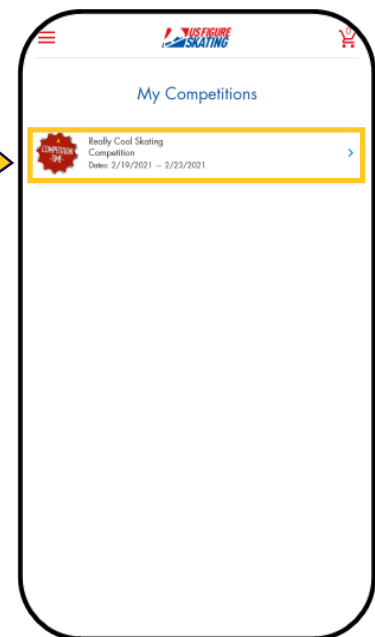
Note: At many competitions, official practice ice (OPI) and pre-event warm-ups (WU) are scheduled by the referee on a rolling basis after credits are purchased. If so, you will only be able to self-schedule unofficial practice ice during the selection window.

Practice Ice session availability, eligibility, and cost are determined by the LOC, based on competition level. Please review the competition announcement and website to verify information about practice ice sales, as this information varies across competitions.

1 After logging in to Members Only (m.usfigureskating.org), select EMS. Select My Competitions.

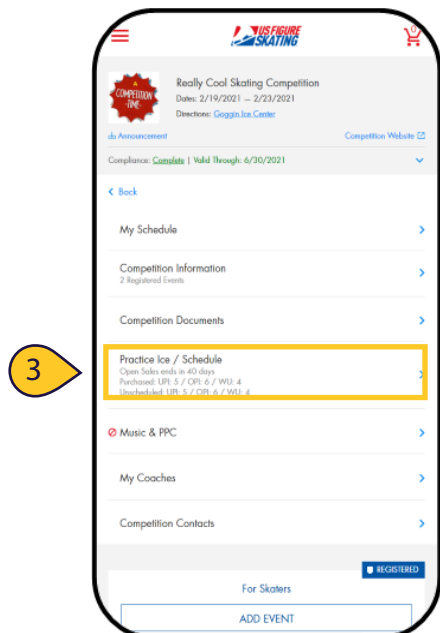


2



2 Select your competition.

3 Select Practice Ice / Schedule.






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- 4 Click/Swipe left or right to switch ice surfaces.
- 5 To filter the list, select **View** and check the following boxes appropriately:
 - "Available Practice Ice"
 - "My Schedule"
 - "Event Schedule"

6 Select a **Date** to view.

7 Select a session to add it to your schedule. Tap or click it again to remove. Follow the prompt to confirm removal.
 Note: Sessions on your schedule are denoted with the following icon: 

8 To download a PDF of your Schedule click **My Schedule**. To download a PDF of the full schedule, click **Competition Schedule**.

The screenshot shows the 'Practice Ice' selection screen for the 'Really Cool Skating Competition' (Dates: 2/19/2021 - 2/23/2021, Location: Goggin Ice Center). The interface includes a 'View' dropdown menu (set to 'Available + My Schedule'), a 'Date' dropdown menu (set to 'Friday February 19, 2021'), and a list of ice sessions. The sessions are as follows:

Time	Session Name	Skaters	Ice Surface
6:00 AM - 6:10 AM	UPI Intermediate Men Excel	0/2	UPI
6:30 AM - 6:40 AM	OPI Intermediate Men Excel	1/2	OPI
7:00 AM - 7:10 AM	UPI Intermediate Men Compulsory Moves	1/2	UPI
9:30 AM - 9:40 AM	WU Intermediate Men Excel	0/2	WU
10:00 AM - 10:30 AM	Intermediate Men Excel	1	
11:40 AM - 11:50 AM	WU Intermediate Men Compulsory Moves	0/2	WU
12:00 PM - 12:10 PM	Intermediate Men Compulsory Moves	1	

At the bottom of the screen, there is a 'TOTAL: \$0' indicator and two buttons: 'CREDITS' and 'PAY'.