

# **2016-2017 Competition Hair Guide**

## **Level 1-2**

All Level 1-2 gymnasts will wear curly or braided & looped under “Pigtails” for all competitions.

The Pigtails should be neat, and secured “HIGH” upon the head. If your child’s hair is short, then please gather as much hair as possible into each pigtail, and secure the remainder of their hair with “clips”- No Bobby Pins!

## **Level 3-10 & Xcel**

All Level 3-10 & Xcel gymnasts will wear curly or braided “Pony Tail” or “Bun”.

The Ponytail should be neat, and secured into a “HIGH” position. If your child’s hair is too short to reach into a HIGH Pony, then you will need to gather as much hair into the high pony position, and secure the remaining hair, with clips or a braiding technique.

## **REMINDERS**

*\*Curled hair that does not hold a tight curl & hangs below the ears, will NOT be allowed!!*

*\*All hair must be off the nape of the neck!!!!*

*\*The use of hairspray & gel will help keep the hair looking smooth.*

*\*Using a regular toothed comb or bristle brush, will help w/ smoothing*

*\*The Scunchie, or Goody brand ponytail holders, seem to work best!*

*\*When curling the hair, please use sponge rollers. For short hair, a curling iron will probably work best.*

*\*Remember to only dampen the hair prior to using your rollers.*

***If you need further assistance please speak with your daughter’s coach.***