

Hello Parents,

Together the coaches have decided we would like the girls to wear their hair in a bun for all upcoming competitions. In case you are new to buns, hopefully the following will help...

- Please put a few elastics in the ponytail so it can support the bun for the entire meet of flipping around.
- Then twist hair around ponytail (if child has really thick or long hair braid the ponytail) and use an elastic as well as hair net (hair net can be purchased at CVS) to keep the bun tight.
- Next pin the bun and hair net with either bobby pins or hair pins.
- Finally put scrunchie around bun, don't wrap, just pin scrunchie with bobby or hair pins.

After many years of doing competition buns this formula usually works LOL. If anyone needs help let the coaches know ahead of time and we can help at the meet. Just please come early and prepared with their hair in a tight ponytail and supplies (brush, hair net, hair pins, extra elastics, scrunchie & hair spray). Hope this helps!

See everyone at the meet!

Your Coaches