



### **You will need...**

- Brush and/or comb
- Good strength hair ties x 2
- Small rubber hair ties x 5
- Competition scrunchie (teal)
- Bobby pins
- Hairspray and/or hair gel
- Glitter hairspray

***\* See page below for photos of each step.***

#### **Step 1**

Pull hair back into tight, neat ponytail. Hair may be braided around the front of head to the side if you wish.

#### **Step 2**

Plait hair into 3 - 5 plaits, depending on the thickness of your daughter's hair, and secure with small rubber hair ties or rubber bands.

#### **Step 3**

Use another small rubber hair tie to tie all plaits together just above all the other hair ties. Remove the hair ties from the individual plaits.

#### **Step 4**

Fold all plaits in half and use a good strength hair tie to secure hair.

#### **Step 5**

Put in competition scrunchie. Use bobby pins to pin down the tails of the plaits if necessary.

#### **Step 6**

Use gel to comb back any flyaways around the base of the neck, ears and front of face. Hairspray all over to secure. Add glitter hairspray. (Please use towel around shoulders to spray glitter if gymnasts are in tracksuits or leotards)



Step 1



Step 2



Step 3



Step 4



Step 5



Step 6/Finished!