

JR/SR CO HAIR INSTRUCTIONS

What You Will Need:

Mesh donut or Sock Bun (the color of your dancers hair)
Two Ponytail Holders (color of your daughter's hair)
Bobby Pins / Hair Gel / Hairspray (super hold) / Comb

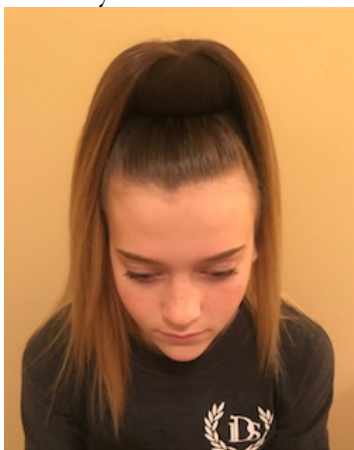


Step 1:

Slick hair up into a high ponytail on the very top of the head, about 3 finger widths from hairline. Use lots of gel and lots of hairspray to make sure you don't have any fly aways.

Step 2:

Slip the donut around the ponytail. You just put it around like it's a scrunchie, all the way at the base of the ponytail.



Step 3:

Separate the hair to cover the bun. Make sure you have the whole bun covered with hair. Apply hair elastic around the hair. Put some gel and hairspray over the hair covering the donut, to keep all the fly aways down.



Step 5:

Gather the loose hair together and start wrapping it around the donut, combing it as you go. You'll want to comb it up flat against the donut, picking up loose hair as you are wrapping, then gelling and hairspraying all of that hair after you comb it, so that it stays up on the donut. Use A LOT of gel and hairspray as you go. Smooth the hair flat so that it looks like a nice cylinder, around the donut. Just continue combing it and gelling and hairspraying it like crazy. Use bobby pins in the hair on the top and bottom of the cylinder, all the way around and try to hide the bobbie pins as well as possible.. If you use a lot of gel and hairspray, it will feel hard when it dries and it really doesn't move at all.

**Final Notes:**

If you wrap and comb it as you go, gelling and hairspraying all of it around, you should be able to get that loose hair to go up pretty high on the donut, so only the top of the donut is sticking out. The front of the bun should end up about an inch or so from the hairline, so it's very high on the top of their head.

Headpieces/Accessories:

Details and pictures will be posted on your Band App from your team mom by the end of Novemeber. Please contact your team mom directly if you have any questions.