

# Star Athletics Competition Pony-Tail

## Products You Will Need:

- Hair brush
- Black THICK hair elastic(s)
- Bobby pins (most are available to match with hair color)
- HAIRSPRAY (recommended: Aqua Net or something with STRONG HOLD)
- HAIR GEL (recommended: Dep or something with STRONG HOLD)
- Fake Pony- Tail
- Hair net/bun cover (if needed)
- Competition bow

**Step 1:** Start with washed/clean hair. Athletes should use hairspray and gel for texture to help hair stay up.

**Step 2:** Blow dry hair. The smoother the hair is at this step the easier it is to put up later. Be sure hair is fully dry, straight, and free of knots.

**Step 3:** Brush hair up into HIGH ponytail at CROWN/TOP of your head. Ponytails should be high enough that the bow will stand up and be seen. Use thick hair elastics to secure ponytail at TOP of head. **It may be NECESSARY to use MANY elastics. If your hair falls down during practice, then you aren't using enough elastics.** Bobby pins should be used to keep shorter hair, flyaways up.

**Step 4:** Twist your ponytail. Wrap it around to form a tight bun. Put an elastic around the bun to secure it. (Again, you may use more than one.) Place a "bun-cover" over the top of the hair if necessary. (Follow the directions in the "Pony-Tail" video.)

**Step 5:** HAIRSPRAY entire hair, flyaways etc to ensure ponytail will stay in place

**Step 6:** Follow the directions in the "Pony-Tail" video. (Available on All Star Info page.)

## FAQ-

**\*HALF UP HALF DOWN:** Only girls with short bob hair cuts are allowed to wear their hair in this manner. If your hair is touching your shoulder but "short" it still needs to go all up with bobbie pins, etc. All athletes with this hair style MUST be approved by your coach. If you have any questions about this, please direct them to Stephanie.

**\*POUF:** Not allowed.

**\*BANGS:** All long bangs can be pulled back using bobbie pins. **NO BRAIDS!**

**\*HAIR COLOR:** All athletes are asked to have dyed their hair back to a natural color by competition season. Highlights, lowlights etc are perfectly fine, but we ask that any other colors be returned to normal. Example: No PINK, BLUE, GREEN Hair color or streaks. All athletes who have any questions about this should direct them to Stephanie.