

You Will Need-

- 1 Large Hairband 1x 60cm Green Ribbon
- 4 Small Elastics
- 1 Medium Elastic Very Strong Hair Gel, Hairspray and Glitter Hairspray

* Ribbons must be bought at the office

>Start by wetting hair and applying gel liberally through to ends. Collect hair in a high ponytail placed centrally and in line with top of head. Use the large hairband for this.

>Divide the ponytail into two halves and comb each half out sideways. Divide each section into half again and reapply some gel to each section as you are ready to commence plaiting. Try to plait down as far as possible and as close to the end of each section of hair. Tie off with small elastics.

>Gather the four plaits together and using the medium sized elastic start to wind it around the plaits to hold them together. Before the last couple of turns, fold the bottom feathery ends of the plaits up and under so that you form a loop and keep twisting this elastic to anchor the loop.

>Using the pointy end of a comb, push the Green piece of ribbon through the elastic. Pull the plaits up (using the green ribbon) and under and tie in a knot at the top of the pony tail. Then tie into a bow.

> Arrange bow neatly on top of plait. Finish with a good strong hairspray and some glitter spray as well. Perfect and set to go!!!

At competition's we have noticed that coaches are having to fix gymnasts hair on the floor. To stop this we are asking that all gymnasts to have their hair as above as it won't fall out or need to be fixed during the competition. Having the girls' hair all the same makes the gymnasts look like a team and this is what we want the girls to feel. We are one big team at Cooroy and we want everyone to have a wonderful time without having to worry about hair getting in the way of a routine!

