

Stars & Stripes

**HOLIDAY
FUN MEET**
DEC. 18TH

HS & HS 1
12:30-2PM
HOT SHOTS 2
2:15-3:45PM
LEVEL 3
4:00-5:30PM
XCEL BRONZE
5:45-7:15PM

ARRIVE
15MINUTES
BEFORE MEET
TIME

Hairdo:

Gymnasts wear their hair in a bun for the fun meet.
Directions included.

What to wear:
Team Uniform
(will be distributed in mid-December)

HOLIDAY FUN MEET DETAILS:

The Holiday Fun Meet marks the first performance for our pre competitive athletes! They will be showcases skill-routines on the vault, bars, balance beam and floor exercise. The Fun Meets are a valuable part of the pre team curriculum as gymnasts are gaining experience and confidence with performing (in front of an audience).

The Holiday Fun Meet will not run as our Holiday Shows have in previous years. This event is included in regular fees (no registration cost) and spectator tickets are not required. Each Fun Meet will have no more than 16 athletes performing and we ask that you limit spectators to no more than 4 (per performing athlete). Upon arrival spectators (and gymnasts) need to enter through the middle door of the building, from there gymnasts will be checked in, then spectators can find seating. The main office entrance will be used as an exit only that day.

Each athlete will receive an award after their performance. We are very excited and know the gymnasts are working hard in practice for this special day!

DIRECTIONS FOR THE BUN:

1. Begin with a ponytail secured with 2 or MORE elastics (centered between the hairline at the forehead and the hairline at the neck). If the ponytail is too low, it will get in the way of skills, if it is too high it just looks silly. All bangs MUST be pulled back, also make sure there are not any bumps, and pin back (with barrettes), hairspray or gel any fly-aways.
2. Either braid the ponytail in one or two very tight braids (depending on thickness of the hair), or simply twist the hair very tightly (then hairspray and/or gel the twist).
3. Once hair is braided or twisted, wrap the braid or twisted ponytail around the base of the ponytail into a rounded, tight shape. The bun should be flat, (not cone shaped) and extremely tight. Place several bobby pins around the entire bun (several meaning at least 8-10 pins).
4. Hairspray and/or gel all around the bun for a slick, clean look. Everything must be tight to avoid hair distractions.
5. Finally, place the matching WHITE scrunchie around the bun.