



OCTOBER 29TH FUN MEET



TIMES:

Hot Shots 1 & Level 3 -
12:00

Hot Shots & Hot Shot 2 -
1:15

Xcel Bronze -
2:30

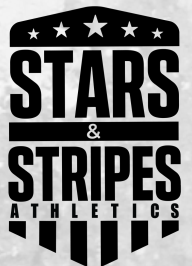
Each fun meet will last approximately 30-60 minutes. The Gymnasts will showcase their skills on all 4 events and receive an award at the end of their performance.

ARRIVAL:

- Please have your gymnasts arrive 15 minutes prior to their start time
- Upon arrival, gymnasts and spectators need to enter through the middle door of the building. The athletes will get checked in and the spectators can find seating.
- Athletes should wear their 2022-23 team leo and scrunchie with their hair in a bun for the fun meet

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 RED scrunchie around the bun.



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