

## Meet Hair

We are now requiring a certain hairstyle for ALL of our gymnasts, it is simply a "high" ponytail or bun. We are no longer allowing, braids, pig tails or low ponytails or buns as acceptable meet hair. Most gyms require their gymnasts to all wear the exact same hairstyle and while we are not going to require that, we are making this requirement.

Rules for a High Ponytail are:

- Ponytail needs to sit at the crown of the head, so that if you look at the gymnast head on, you would be able to see the top of the ponytail from the front.
- Ponytail may not fall below shoulder length. If hair is too long for this please either curl the ponytail into tight curls so that the hair falls above the shoulders OR put hair into a bun if hair is too long with curls.
- Bangs, etc., must be out of the face. If you are using clips for this they must either match the gymnast's hair OR match the leotard color.
- Please wear scrunchie or bow that matches the leotard. Do not just have a plain rubber band securing the ponytail.
- You may use glitter hair spray if you would like.

I know this all seems a little silly and trivial, but we want to give all parents an idea of what looks good for gymnastics hair, because having the "gymnast look" is important for meets.

Below are some examples of GREAT meet hair with a high pony tail



Here are some ways we DO NOT want meet hair to look like:



On this last one the bun is acceptable, but the clips are not...