

HOW TO DO YOUR BUN

As of 1 October 2013

BALLET BUN STYLE

INSTRUCTIONS

1. Pull the hair back into a ponytail in the centre of the back of the head. Use water/gel to secure any stray hairs if needed. Smooth out any bumps with a brush or comb, then secure with an elastic band.
2. If the hair is particularly thin, teasing or back combing the pony tail can add volume to the bun.
3. Twist the ponytail until it is like a long rope - Plaiting is also good for long thick hair. Start to coil the rope around the base of the ponytail, pinning along the way. French pins (the ones that look like V's) are better at holding the bun than bobby pins. When inserting pins, don't poke them straight in, poke them through the hair outward, then flip them to poke back into the base of the bun. This will ensure the pins don't fall out.
4. Place the hairnet over the coiled bun. Secure in place with French pins.
5. Spray with hair spray to prevent loose strays getting out of place.

3.



French Pin



Bobby Pin

Gymnasts should **NOT** use glitter hair spray.

Gymnasts should **NOT** spray hair spray at Displays or Competitions - Please do this at home.