

CURLS...CURLS...CURLS!!

Cheerleader Parents and Girls,

It's never too early to start thinking about competition hair styles.....

Here are just a few pointers for you:

1. Buy your products early!!!
 - Rollers: either blue or yellow sponge rollers or perm rods.
 - Curl rolling papers (some think this makes the job easier)
 - Styling gel (preferably Dep Sport Gel)
 - Freeze It hair spray
 - Hair dryer

2. Here are how the teams will be styling their hair:
 - MASCOTS- two high pigtails, curled
 - SUPER MIDGETS- one high ponytail, curled
 - MIDGETS- one high ponytail, curled
 - JV- to be announced by coach
 - VARSITY- to be announced by coach

3. Here are the basics:
 - Separate the girls hair into one or two tails
(Depending on their squads style)
 - Put hair up in elastic bands
 - Take very small sections of hair, approximately ¼ inch or smaller
 - apply gel to section, encase rolling paper around hair section (if you want to use them)
 - wrap hair around roller, applying gel as needed
 - spray section with hair spray liberally
 - You must dry hair at night & in morning

4. The girls will need to sleep in these curlers overnight

5. When removing curlers in the morning, BE CAREFUL!!! Some time the curls stick and are difficult to remove, DO NOT BRUSH OUT THE CURLS!! The bigger girls may come to competition with curlers intact, to be removed right before they compete.

6. Please remove the mascots and Super midget's curls prior to leaving home.....sometimes tears are shed over pulled hair, and we don't want the girls to be

upset before they compete!!

ORGANIZE A CURLING PARTY AT YOUR HOUSE THE NIGHT BEFORE
COMPETITION!