

Attaching Cheer Curls



Using an Ouchless^(TM) pony band, pull child's hair into a ponytail.



Wrap into a sloppy bun. It does not need to be neat, tight or flat at this stage. Fasten with a couple of hairpins, just to hold it in place.



Take the hair net and place it over the bun. Pull firmly toward you.



Criss-cross (twist) the hairnet over the bun (away from you).



And twist firmly again



Repeat the "twist and flip" method with the hair net until you cannot do it any longer. The bun will now be compact and flat. Anchor the base of the bun with a few hairpins.



Most hairpieces have 2 flat combs. 1 top 1 bottom as shown. Hold hairpiece top to bottom



Push bottom Comb up unto bun.



Now bring top comb over bun-Push comb in between scalp & ponytail holder.



Sew the edge of the wiglet into the hair at the base of the bun. You will do a basic baste-stitch. Go from the edge of the cap into the hair.



Repeat the sewing action, bringing the needle down into the hair. Keep repeating this all around the cap until you are back to the top of the head, opposite side you started. Knot the thread into the hair.

Try to leave a thread long enough to find, but short enough not to be seen. You will need to locate it and cut it to remove the hair.

The most secure method of attachment includes sewing. ALL gymnasts should use the sewing method.