



NOVA SYNCHRO CLUB

Supplies

- Gel container (Tupperware or other small container)
- Mini whisk or plastic spoon/fork for mixing gel
- Kettle for hot water
- Silicone bbq brush
- Knox gelatin (6-8 packs)
- 2-3 hair elastics (more if using the braid technique)
- package of hair pins
- package of bobby pins
- 1 hair net
- paint brush/silicone BBQ brush
- head piece/bun cover

Quick Tips

- Bun should be on a 45° angle from the ears
- Swimmers should use a minimum of 2-3 layers of gel with more put in areas around the forehead, beside the ears and back of the neck. If swimmers have bangs, ensure these are pinned back and extra gel is applied.
- In order for the hair to be tight and look professional, the ponytail should be smooth and tight with no bumps in the hair. You can use a comb to smooth the bumps back to around the elastic if necessary.

Hair Step-by-Step

1. Brush wet/damp hair into a tight and smooth ponytail at a 45° angle from the ears.
2. To hold back shorter hair use a circular comb and work it from the scalp towards the ponytail.
3. Tightly twist the ponytail and wrap around in a circular motion to form a bun (for shorter hair divide hair into two to three sections and braid with a smaller elastic at the end).
4. Put two hair elastics around the bun and use hair pins to pin stray hair into the base of the bun. Put enough hair pins along the base of the bun to hold it firmly in place. If using the braiding technique secure each braid using hair pins and form a circular bun as you wrap the braids around.
5. Once the bun is secure wrap it with a hair net, twisting the hair net and wrapping again until the entire hair net is used. Secure the hair net with a few more hair pins at the base of the bun. The bun should not move if you try to wiggle it with your hand.
6. Boil water to prepare gel. Water must be boiling hot in order to avoid air pockets/white gel.
7. When making gel use a spoon, fork or mini whisk to dissolve all the Knox into the water. Work out any lumps using the spoon.



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- a. Apply one coat of gel made with 2 packs of Knox to approximately 1/4cup of water.
 - b. Apply a second coat of gel using between ¼ -1/3 cup of water, paying special attention to the areas around the scalp and ears.
 - c. Apply a third coat of gel using the above recipe as required (especially if you have short hair or bangs).
 - d. If competing in more then one routine/day you may need to re-gel in between routines.
8. Firmly attach had piece/bun cover using bobby pins.