

Are You Gellin'??

Here's What You Need:

- Knox towel. (old towel)
- Knox gelatin.
- Lots of bobby pins.
- Hairnets.
- Ponytail holders.
- Fine-tooth comb.
- Styrofoam coffee cups.
- Plastic spoons.
- Pastry brush or 1" paint brush.

Here's What You Do:

Step 1: Prepare your jell-o..

Put a small amount of hot water in the bottom of your styrofoam cup. Empty 2-3 packets of gelatin into the cup and stir with the plastic spoon until the mixture is smooth and clear, adding hot water as necessary until you reach the consistency of really thick honey. You DO NOT want any lumps. Mixture must be thick so that it doesn't dissolve during the performance.

Step 2: Make your bun..

Pull all hair up into a tight, smooth ponytail at the CROWN of the swimmers head. (This should not be on top or on the back of the head but directly over the crown. Ask a coach to show you the first time.) Secure ponytail with a ponytail holder. Wrap ponytail into a tight, neat bun and secure with bobby pins. (Long hair can be braided prior to wrapping into a bun if needed.) Wrap the bun in a hairnet, twisting it over the hair 3-4 times, and secure with bobby pins. All hair should be flat and tight to the scalp.

Step 3: It's time to Knox..

Wrap a towel around the swimmer's neck and shoulders to catch any drips. Using the pastry brush, paint the gelatin mixture onto the hair starting at the hairline and TOWARD the bun. You may also paint over the bun and hairnet to keep everything in place. Make sure that ALL hair is coated evenly, and thickly, with the gelatin. There should be NO dry hair visible. Let the hair air-dry. **VOILA! Now you're gellin'!!**

Once the hair is dry headpieces are secured with more bobby pins. It takes a LOT of bobby pins to do our hair. Please pack LOTS of extras. We do not recycle these after use.

When the hair is completely dry it will feel very hard, but never fear – it will rinse out with hot water and shampoo and leave your hair shiny and healthy! It also helps protect the hair from chlorine.

Total estimated time for Synchro Hair: Approx. 20 minutes.

REMEMBER: Pack lots of extra bobby pins, hairnets, ponytail holders and gelatin! It will be necessary to prepare hair each day of the meet, with touch-ups in between.