



FCA Fake Hair Instructions

All cheerleaders have the option to wear the fake hair to all competitions.

NO CHEERLEADERS ARE TO HAVE BOBBYPINS IN THEIR HAIR – REGARDLESS OF WHETHER IT IS THEIR NATURAL HAIR OR THE FAKE HAIR.

All individuals must wear bows. Headbands are not an option and bows are not optional.

Instructions if Wearing Fake Hair:

Hair needs to be pony-tailed into the natural hair following the instructions below.

Prior to using hair for the first time, cut the combs out of the inside of the fake hair and sew 1 or 2 ponytail holders into the netting inside the hair where the 'top' comb was previously located. Make sure they are secure. (Note: Some people also put a ponytail holder at the location of the bottom comb.)

MAKE SURE HAIR IS IN TIGHTLY!!

Items needed in addition to the hair:

1. Hair nets
 2. Ponytail holders
 3. Hairspray or gel
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1. Place natural hair in a high, secure ponytail at the crown of the head. All hair should be pulled straight back from the face into the ponytail (no parts and no bangs are permitted). (NOTE: This is the trick to everything working well. This ponytail needs to be very tight and secure. If the ponytail is not tight, the fake hair will cause it to pull down and loosen throughout the day.)
 2. Wrap ponytail around itself into a bun. (NOTE: If hair is very long and/or thick, it may be easier to do this if you wet the ponytail first. The goal is to get the bun small enough to fit under the fake hair.)
 3. Cover the bun with a hair net and twist the hairnet around the bun until the hair net is tight and the hair is secure.
 5. Place the hair upside down so that the netting is facing up toward the ceiling and the hair is falling into the face.
 6. Secure the ponytail holders around the bun 2 or 3 times (like putting in a ponytail)
 7. Flip the hair over the bun and pull the strings tightly. (Make sure to cover the entire bun with the fake hair.)
 8. Wrap the strings around the bun multiple times and then tie tightly.
 9. Spray natural hair with hairspray to maintain appearance throughout the competition.

NOTE: Natural hair must be pulled back and into the ponytail very neatly. Use hair gel/paste/spray to make sure the hair will stay back in the ponytail. Secure any shorter hairs with hair clips.

Please talk with your team mom if you have questions regarding hair – they can direct you to mom's on your teams that are experienced with the fake hair. If you need additional help, please contact Bonnie at cheering@comcast.net.