

Supplies Needed for The Perfect Bun:

1. Hair Bands
2. Hair Net
3. Styling Gel
4. Hair Spray
5. Bun Form (available @Sally's Beauty Supply)
6. Plastic Yarn Needles (available at Michael's)
7. Clean Nylon Thread or fishing line (available at Michael's)

The Perfect Bun:

Supplies Needed:

Hair Bands, Hair Net, Styling Gel, Hair Spray, Bun Form (available @Sally's Beauty Supply), Plastic Yarn Needles and Clean Nylon Thread(or fishing line) -both available at Michael's.

1.



Put hair into a ponytail up on the back of your head. Keep the hair smooth.

2.



Place your ponytail inside the center of the bun rat (or doughnut) and pull hair through.

3.



Throw your hair over the doughnut and wrap it around, keep it smooth, tuck it under the doughnut until all the hair is covering the doughnut. Use the end of a comb to help you tuck.

4.



Wrap the hair net around the bun 2 or even 3 times. Hold in place. Sew the net to your hair tightly with the nylon thread (or fishing line). Leave a tail at the beginning and at the end and tie a knot. Leave the tail (4 inches or so) hanging. Spray hair completely with hair spray.

5.



Put on scrunchie and tie the tail ends around the scrunchie so it does NOT slip off. Snip off extra thread and stuck it under the bun.

What does it mean to be the parent of a Synchronized Skater?

Being the parent of a synchronized skater is significantly different from being the parent of a single skater. It can be a very rewarding experience for both the skaters and the parent, but you must remember that synchronized skating is a TEAM sport, not an individual sport. That means you gain the benefits of being part of a team, but also means you are not longer the decision-maker. It is important to you, your child and the team that you can understand and accept those differences. Synchronized skating offers a fabulous opportunity. It will teach your child valuable lessons for life-commitment, teamwork, social skills, sportsmanship and time management, while providing educational benefits that come from the travel associated with the sport. And on top of all that it is a lot of fun!

What is the role of a synchro parent?

Support the Skater:

- Share in the joy of your skater's success
- Be understanding when your child or another child falls or makes a mistake
- Encourage your child to do the best they can for their team



Support the Coach:

- Do as asked
- Get your skater to practice on time
- Make sure your skater does required training outside of synchro practice
- Remember, the Coach is the technician
- Let the Coach take care of what happens on the ice

Travel with the Team:

- Keep in mind that the primary purpose for travel is competition
- The team, not the parents, will set rules regarding meals, parental visits, etc. It is the responsibility of the Coach and Team Manager to communicate that prior to the trip. It is important that the skaters and parents understand and follow the team rules. During the trip is not the time for parents to present their objection to the policies. If you have concerns, be sure to ask your questions before you leave home.
- Sightseeing is a great benefit, but it must work around the practice schedule
- Parents should provide the skaters with adequate food and sleep
- Liquor and cigarettes should be in rooms with children



Understand you may not agree with the judges results but we are layman without training. It is a lot more difficult that it looks. When in the stand do not talk about other teams unless it is positive and encouraging to the skaters and parents of the team. While sitting in the stands please cheer and applaud the efforts of ALL teams. Remember why your children do sports -participation is more important, not winning. Please teach your child to deal with result, not criticize Judges but show good sportsmanship.

Life lesson: We don't always win, even when we do our best.

Adapted from an article from USFS

Tips on Becoming a Model Team Parent

- ❑ Make every effort to get your child to practices/competitions on time, *and* pick your child up promptly - better yet, stay and watch.
- ❑ Ask your child if they had fun. Then ask why or why not.
- ❑ Focus on the FUN and participation rather than winning or losing.
- ❑ Remember making mistakes is part of a learning process... don't criticize.
- ❑ Let the Coach/Team Manager know if you have any concerns in a timely manner. They want to know so they can make every effort to improve the situation. Please discuss your concerns away from the skaters, in particular away from your child.
- ❑ Make only positive and encouraging comments to the skaters and parents on all teams. While sitting in the stands, cheer and applaud the efforts of the skaters.
- ❑ Learn the rules of Synchro Skating.
- ❑ Respect the Judges and Coaches. Mistakes happen, but every step will be taken to minimize them.
- ❑ Reinforce the Coach's instructions at home with your child.
- ❑ Encourage good sportsmanship by being the role model parent.



By working together we can make synchro skating something your child will want to be involved in for a very long time to come.