

CRYSTAL ICE FIGURE SKATING CLUB
Synchronized Skating Teams
Hair & Make-Up Guidelines

To be a synchronized skating team means that we are working as a team, not individuals. In addition to our skating, we are also judged on the synchronization of our costumes, hair and make-up. Please follow the directions below for both hair and make-up so we can earn all possible points for that portion of the competition.

HAIR

1. It's best to start with damp (not wet) hair.
2. Use a strong hair gel.
3. Use a fine tooth comb to capture all fly-a-ways.
4. Location of the ponytail should be level with the top of the ears directly in back of the head.
5. Use either the twist-method, sock-method or store purchased "bun-maker" for the bun, making sure it is **very secure**. **DO NOT USE BOBBY PINS FOR SECURING; YOU MUST PURCHASE THE CLIPS TO HOLD THE BUN SECURELY.**
6. All skaters must wear a matching color hairnet.
7. There should be no part showing; no loose hair flying, no bangs, etc.
8. Top off with a very strong hair spray.

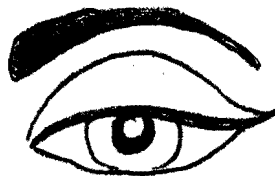
MAKE-UP

Step 1



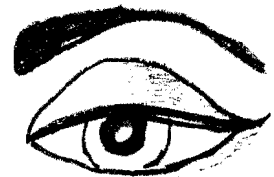
Apply the **MEDIUM GRAY (AVON)** Across the entire eyelid from eyelashes to eyebrow.

Step 2



Apply the **DARK GRAY (AVON)** across the lid to outermost corner of eye.

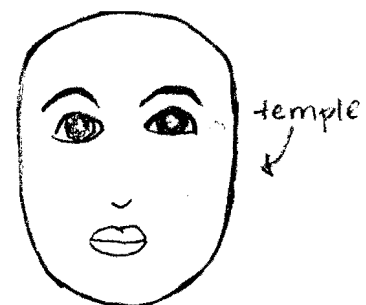
Step 3



Apply the **DARKEST COLOR** in a triangle shape at outermost corner of eye. Add a thin line along the bottom lashes using the tip of the brush.

Use **BLACK** liquid eyeliner for the upper lash line, running across the entire lid, riding along the bottom of the lashes. Use a **BLACK** eyeliner pencil along the lower lash line. Apply **BLACK** mascara to top and bottom lashes.

Apply a light foundation in a shade closely matching the skater's natural tone for easier blush application. Blush should be applied to cheeks sweeping downward from the temple toward the nose. See diagram at right.



Apply lipstick to lips and you're all set!

REMINDER: NO earrings, NO necklaces, NO bracelets, NO watches, NO piercings of any kind and NO nail polish during the competition performance.