

Synchro Checklist

Things to Bring in General

- Competition bathing suit (s)
- Black bathing suit or backup suit
- Nose plugs x2
- Bathing cap & goggles
- Towels x2
- Flip flops and/or running shoes
- Water & Snacks
- Anything else that you think you will need for the competition!

Things for Hair

- Hairbrush
- Thick hair elastics
- Thin hair elastics
- Bobby pins & Bun pins
- Hair net
- Clips if needed
- Knox (2 packs if doing 1 routine, 3 packs if doing 2 **everyone should bring 1-2 extra packs to the pool**)
- Paintbrush, bowl and spoon
- Kettle
- Nylon/bun cap
- Shampoo, conditioner, soap, comb

Things to do Before the Competition

- Look at the checklist and make sure you have everything
- Remove nail polish & cut nails
- Remove jewelry
- Do 1 perfect landrill with no mistakes before you leave the house
- Eat a good breakfast
- Get excited!! This competition is all for fun and you will all do great if you just remember how hard you worked and how much fun you will have!

Good Luck!