

Synchronized Swimming

Headpiece Construction, Headpiece and Suit Decorating Tips



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Synchro Suit and Headpiece Decorating

Materials for Headpieces and Suits

Spray Glue to temporarily attach fabric to mesh – 3M Super 77 Spray (will completely fail in the pool if the fabric is not sewn on)

Use: Headpiece construction



Glue for glitter - Jones Tones Plexi 400 (what the custom suit decorator's use) Glue can be ordered from: Sparklehaven, www.sparklehaven.com, or Jones Tones, www.jonestones.com, Jones Tones is cheaper.

Use: Headpiece and suit Decorating



Plastic Canvas for headpiece base – Both size 10 mesh and 7 mesh can be used for the headpiece base. 10 mesh has smaller squares and is easier to cut curved shapes 7 mesh has larger squares and is harder to bend/cut depending on how intricate the design is.

Use: Headpiece construction



Glitter - Jones Tones glitter is used by the custom suit decorators and can be ordered from either Sparklehaven or Jones Tones, Jones Tones is less expensive. Glitter can also be purchased at Michaels and Joann Fabrics; however, it sometimes isn't as sparkly. In addition glitter at both stores is often sold in smaller quantities and can end up costing much more depending on how much is needed.

www.sparklehaven.com

www.jonestones.com

Another source for sequins is Up2Par.biz. Here is a link to the website. **There are also good instructions on how to apply glitter available at Up2Par.** Prices are competitive, I have not ordered from them, however.

<http://www.up2par.biz/glitter.html>



Use: Headpiece and suit decorating

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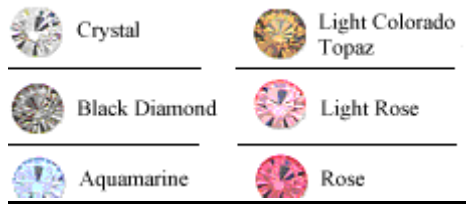
Glue for crystals - E6000 this is sold at Sparklehaven, Joann Fabrics and Michaels. Separate nozzles can be purchased from Sparklehaven. E6000 with the nozzle included is sometimes available at Michaels and Joann Fabrics, but, not always. The nozzle is very helpful if you want to glue on strung sequins, headpiece loops or trim. A nozzle is not needed to glue on crystals*



www.sparklehaven.com

Use: Headpiece and suit decorating

Crystals - Swarovski crystals are most sparkly and more expensive. Acrylic rhinestones can also be used and can be found at Michaels and Joann Fabrics.



Clear crystals can be purchased from:

Sparklehaven: www.sparklehaven.com

MJTrim: <http://www.mjtrim.com> (has good prices with both clear and lots of color crystals in stock)

Note: You have to call / email Sparklehaven to see if they have color crystals in stock.

Murielle Roy Co: www.murielleroy.com also carries crystals...smaller numbers and more expensive.

Another source for sequins is Up2Par.biz. Here is a link to the website. **There are also good instructions on how to apply crystals available at Up2Par.** Prices are competitive, I have not ordered from them, however.

<http://www.up2par.biz/crystals.html>

Use: Headpiece and suit decorating

Beads for headpieces – Beads are often used to edge headpieces. It can really help a headpiece stand out. Joann Fabrics often has precut lengths of beads in their dollar bins and also has them in their trim area and also sells them in the trim area (usually you can find gold and silver beads) The Joanne superstore in Maple Grove or Prior Lake are often a better source for trim. The Ridgedale Joann Fabrics is smaller with a smaller trim area. A typical size for trimming headpieces is **4mm**.



Use: Headpiece decorating

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Loose sequins and beads for sequining - Sparklehaven is the good source for loose sequins.

Zodiac sequins have the most sparkle, but, sometimes it is good to get solid sequins especially for black.

10mm and 8mm sizes are often used on suits and headpieces.

Another source for sequins is Up2Par.biz. Here is a link to the website. **There are also good instructions on how to sequin available at Up2Par.** Prices are competitive, I have not ordered from them, however.

<http://www.up2par.biz/sequins.html>



Use: Headpiece and suit decorating

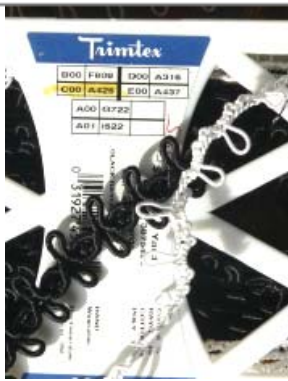
Strung sequins – Joann Fabrics sells some in the trim area...not a great source -not many colors...Hancock Fabrics has almost totally discontinued stocking trims of any kind.

Murielle Roy Co, www.murielleroy.com , is a very good source for strung sequins. However, materials such as crystals and loose sequins are more expensive at murielleroy.com than Sparklehaven.com.



Loops for headpieces – Headpieces can be secured by adding wire loops to headpieces (see below) or using fabric loop trim. Fabric loops can either be sewn on or E6000 can be used to secure the loops to the headpiece.

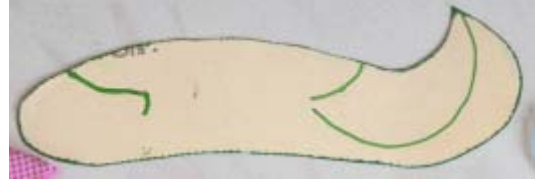
Loop trim can be found at Joann Fabrics, but, often sells out during high school synchro season.*



Synchro Suit and Headpiece Decorating

Headpiece Assembly Example

1. Figure out a shape for the headpiece and draw it on some paper that is not too light weight, i.e. construction paper, grocery bag. Try it out on a swimmer's head with bun to make sure the size and shape are pleasing and will not be uncomfortable to wear.



2. Put pattern under mesh and trace shape with a sharpie pen.

3. Cut shape(s) out of the mesh



4. Determine color of fabric to be used

5. Put down newspaper and do this step either in a garage or area where you won't ruin anything. Put plastic mesh cutout down on clean newspaper and spray with 3M Super77

6. Move plastic mesh to another clean piece of newspaper and place fabric over sticky mesh.

7. Smooth fabric over mesh. Fabric should adhere to plastic mesh.

8. Cut around fabric and you now have a base for the headpiece ready to be decorated



Synchro Suit and Headpiece Decorating



9. If making a multi-piece headpiece, sew together now

10. Loop – Wire/Fabric: The next steps can vary depending on if you are using loops or wire for pinning the headpiece in. If you are using wire, the wire must be added to the headpiece as the next step. Wire takes 2+ hours per headpiece...you must manually create all the loops and hand sew them on. When first starting out making headpieces, fabric loops are easier to do and can be done last if you want to glue them on with E6000 or need to be sewn on now before decorating if you decide to sew*

11. Secure fabric on headpiece - The silver/gold beading around the edge services two purposes. First it adds dimension and shows up really well against the hair. More importantly, it is the step that permanently secures the fabric to the plastic mesh. If this is not done around the edges, the fabric will come right off the plastic mesh...3M Super77 is temporary!!

12. Now it is time to decorate the headpiece...crystals, sequins, glitter etc... All can be used. Headpiece examples are shown below. I have also included an instruction guide I sent out a few years ago for a suit and headpiece we used for the high school team. **

Synchro Suit and Headpiece Decorating

Headpiece Examples



Suit that matches the zebra headpiece...
Shows them both together



Make sure to wear headpiece up on the bun

Synchro Suit and Headpiece Decorating

Example: Headpiece Assembly and Suit Sequin Decorating Instructions

Decorating materials provided for headpiece and suit sequining

Headpiece

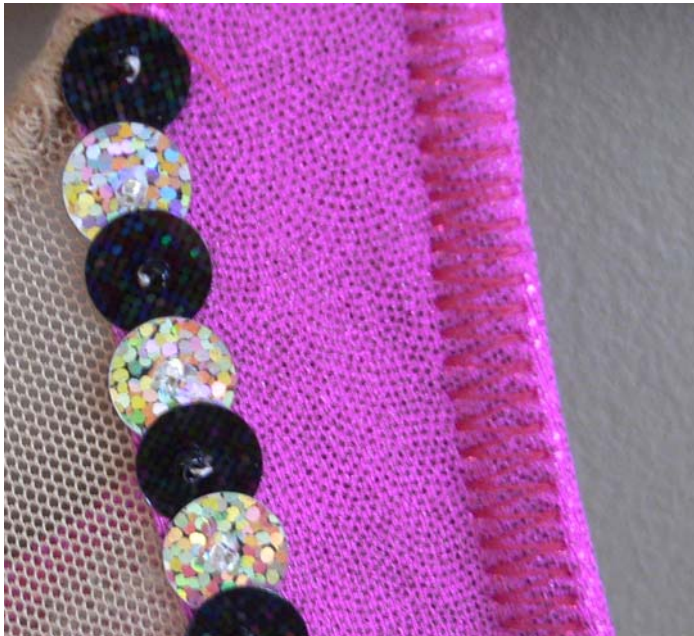
- Partially assembled headpiece
- Loops for headpiece
- Silver beads to sew around the edge of the headpiece

Suit

- Silver sequins and clear beads
- Black sequins and black beads
- 12 crystals

Materials you will need to finish the decorating

- Needle (small enough to pass thru the beads used to attach the sequins) beading needle*
- Thread for attaching the sequins and beads on the headpiece (a mid-tone gray works well, clear or white) viscose 100% rayon is strong.
- E6000 glue with a nozzle (comes with most E6000 glue)
- Toothpicks (ideally) to assist in gluing the crystals
- Something to stretch the suit for sequining (suit stretcher)



What you will need for sequining...

1. Something to stretch the suit...suit stretcher or embroidery hoop
2. A beading needle...there is usually 1 or 2 in a variety pack of needles or you can get the right size at Joann Fabrics....ask them what type to buy for this type of work if you are unsure.
3. Thread, I used a mid-gray colored nylon thread for both the black and silver sequins. Some suit decorators suggest using a single strand of Nymo, Conso. Sulky 100% Viscose/Rayon is what I use. These are very durable and easy to work with. The thread is not seen, so an exact match is not necessary. Clear thread is a little tricky to sew with. It is totally up to you and what you are comfortable with.

Synchro Suit and Headpiece Decorating

To sew on the sequins, make sure to stretch the suit, a suit stretcher is ideal, so that there is enough give. (There have been some situations where the suits weren't stretched and the sequins flew off as soon as the girls tried to put on the suit).

You want to overlap the sequins to make sure that no pink shows between the sequins (like fish scales).

Suggestion: Sew on about 15 or so at a time, tie a knot and start the next 15 again. This reduces the number of sequins that may fall off if some thread breaks



Example of sequining completed

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Crystal Application Instructions

How to glue crystals on the back mesh area

1. Stretching or otherwise stabilizing suits makes it easier to apply crystals. The best glue is E6000. It dries very quickly and is immediately very tacky. E6000 goes on clear and dries clear.
2. E6000 fumes are quite potent. Only use this product in a very well-ventilated area.
3. Pour crystals into a small, flat dish or saucer. Place several crystals face down for speed. Using a sharp object (needle, toothpick), pick up a dot of E6000 from the tube, pick up a crystal by touching the back with the glue on the pin, and place on the suit. Touch lightly to “set” in place.
4. Allow a little of the glue to come out beyond the crystal to adhere to the glass itself. There is a mirror backing on crystals that can separate from the glass leaving you with little dots of silver on the suit and crystals on the bottom of the pool. It doesn't always happen, and is not critical to application, but it is a good idea whenever possible. The glue will not show from 10 feet.
5. Clean the point of the applicator and the neck of the tube whenever the glue starts to become less transparent. This seems to be a chemical reaction that dries up the glue and can ruin a whole tube. The opaque stuff will not adhere well either.

The glue should dry for 24-48 hours before going into the pool

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Example: Headpiece Construction Instructions

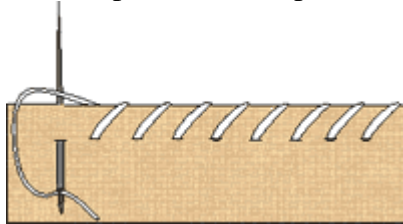
You each received a headpiece with 2 things remaining to be done
Sewing on the silver beads around the edges of the fabric and gluing or sewing the black loops to the back of the headpiece so the girls can pin the headpiece on.

Sewing on the silver beads

I drew the beads (on my computer) on the photo above since I haven't been able to sew my headpiece yet...note the beads go all the way around the pink and just follow the outside of the zebra. The fabric is only **temporarily attached** to the mesh using 3M Super77 glue. It will come off in the water within a couple of minutes without having the beads sewn around the edge. If you don't have time to sew on the beads, **DO NOT** use the headpiece!

Attaching the loops

When sewing on the loops, do not wrap the thread around the edge of the headpiece.



Don't do this:

The loops can be either sewn on or glued. They take a beating, so, make sure that either way you do this, the loops are secure. You can also use wire if you wish. It takes about 2 hours to put the wire on the headpiece. If you are interested, please contact Terri Bodin.

How it should be worn

Place the pink side to the front, zebra in the back with the curves on the left side of the bun.