Volleyball coach with a whistle

6 inch (15 cm) hoop, 4.6 × 4.6 in (11.7 × 11.7 cm)



Colors by number: page 2.
Fabric: teal cotton or linen.

What you need

A 6 inch (15 cm) hoop.

A 9 inch (23 cm) square of teal cotton or linen.

An embroidery needle, size 9.

18 colors of floss (page 2): one skein of each color (an estimate from the drawing's lines and shapes).

A white pencil, and small scissors.

Onto the fabric

Fabric that lets light through: page 3 on a bright light, the fabric over it; trace with a white pencil.

Other fabric: print page 3 on a sticky wash-away sheet, stick it on, stitch through it and rinse it away.

Or white or yellow carbon paper, colored side down, page 3 on top; trace with a ballpoint and go over a faint line with a white pencil.

Then hoop it, inner ring under, tight as a drum.

How to read it

Floss has six strands: cut 18 inches (45 cm), pull out the number named one at a time, and lay them together.

Start a filling with tiny stitches, a line with a small knot; end under stitches on the back.

Every stitch in pictures: flossfield.com/embroidery/stitches.

New to this: flossfield.com/embroidery/guides/how-to-start.

Stitch in this order

Where a stitch page says otherwise, follow this list.

1. **Straight stitch**, 3 strands
   Tassel



2. **Long and short stitch**, 1 strand
   Whistle mouthpiece, whistle face, white panels, blue panels



3. **Satin stitch**, 2 strands
   Whistle cord, whistle ring, hook, air slot, whistle pea, ball seams, ball edge



4. **Split stitch**, 2 strands
   Whistle lines, cord shadows

5. **Straight stitch**, 1 strand
   Cord twist



6. **Padded satin stitch**, 2 strands
   Cord binding, whistle rim, whistle collar, whistle lug, tassel knot



Take out lines that still show, press face down, finish the hoop or sew a pillow.

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A number is a color of the list. Fine lines show which way the stitches lie: do not stitch them.



1	DMC 742 Light Tangerine	7	DMC 744 Pale Yellow	13	DMC 931 Medium Antique Blue
2	DMC 975 Dark Golden Brown	8	DMC 413 Dark Pewter Gray	14	DMC 932 Light Antique Blue
3	DMC 350 Medium Coral	9	DMC 414 Dark Steel Gray	15	DMC 799 Medium Delft Blue
4	DMC 3865 Winter White	10	DMC 415 Pearl Gray	16	DMC 797 Royal Blue
5	DMC 318 Light Steel Gray	11	DMC 741 Medium Tangerine	17	DMC 798 Dark Delft Blue
6	DMC 939 Very Dark Navy Blue	12	DMC 3753 Ultra Very Light Antique Bl...	18	DMC 809 Delft Blue

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Print at 100% and measure the square. Trace the black lines only. The gray ring is the hoop: fold the fabric in four and lay the folds on its ticks.

On the drawing a broken line inside a shape is where two shades meet: trace it, do not stitch it.



1 in
25.4 mm

Not 1 inch (25.4 mm)? Print again at 100%.

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