

## **2012 Atlantic Spring Seminar Information Packet**

Thanks for choosing our Seminar. This event will be filled with valuable information and helpful tools to assist your contest preparation.

### **Posing & Presentation**

These will be live, working sessions lasting approximately 2 hrs. Individual presentation, group posing/quarter turns, and stage walks will be assessed, critiqued, and improvised. All groups will be divided into different posing rooms for practice sessions.

### **Suit & Costume Selection**

We will discuss how to stone your suit with a demonstration and how to choose a cut and color for your body type. Tips on what to look for and avoid, how to “fit” your suit and how to properly wear it for your show.

### **Figure .vs. Figure Model .vs. Figure Physique**

We will talk about the differences judges are looking for between the three divisions through powerpoint demonstration.

### **Makeup, Hair & Jewelry Selection**

We will discuss how to choose and apply make-up properly for onstage, how to choose a flattering hairstyle and how to wear complimentary jewelry for each round of competition.

### **Training Techniques & Principles**

We will discuss building and shaping, weight training, cardio and lightly touch on different training programs and how each individual program benefit the body

### **Nutrition, Supplementation, Dialing in the Final Week & Metabolic Post-Contest Aftermath / Maintenance**

Q& A Period regarding nutrition plans, various supplements and contest prep requirements for dialing in the final week. Guest Speakers for bothn Metabolic Post-Contest Maintenance & Supplementation

### **Goal Setting, Marketing yourself & Staying Motivated**

We will promote and discuss proper ways of goal setting to stay on track the last two weeks before your show and methods of staying motivated. Ways of marketing your face, shape and body for photo shoots, magazine appearances with the ability to sell a product.

### **Tanning**

Real Live Demonstration of applying Tanning products. We will talk about attaining a base tan, what tanning products to use and how they differ, how and when to use them, and how to apply them

### **What Else we'll Provide!**

In addition to the invaluable competition advice and experience you'll receive, we will offer an information booklet, microwave, coffee/tea, and water and gift bags.

Be prepared for a day of learning and FUN!

Thanking you in advance and we look forward to seeing you at the seminar!

***For more info, contact us via e-mail: Heather Leblanc or Garry Bartlett***

***[figure@heatherleblanc.ca](mailto:figure@heatherleblanc.ca) or [grbartlett@yahoo.com](mailto:grbartlett@yahoo.com)***

# 2012 Atlantic Spring Seminar

Date: March 17<sup>th</sup>, 2012

Time: 9:00 am to 4:00 pm

Where: Le Chateau Moncton, 100 Main St, Moncton, NB

- **What to bring :** Posing suit, swimsuit, OR sports bra/spandex shorts or sweats  
**\*\*Important:** High Heels (3 ½" – 5 ½" in height) and
- Food for the day – cooler packed **\*\*Microwave** will be available for use

## Proposed DRAFT Schedule:

9:00 – 9:10	Welcome & Introductions
9:10 – 9:50	Model .vs. Figure .vs. Figure Physique (Slideshow Presentation)
9:50 – 10:15	CBBF & NBPFA (Explanation of the organizations and what it means to you), Reviewing the Classes, Competition Procedures
10:15 – 11:00	Supplementation (Adam Walker, CMM)
11:00 – 11:30	Post Contest Blues & Resetting your Metabolism (Debbie MacRae, National Level Figure Competitor and C-PFT)
11:30 – 12:00	Presenting your best self: Tanning Demonstration and Book your Makeup with Ginette Melanson – Sign up sheet*
12:00 – 13:00	Lunch - *Room will be cleared out of tables – chairs will remain along the wall at approximately 12:45 pm
13:00 – 13:30	Welcome - Our IFBB Pro's Jean LeBlanc (Atlantic Classic 2012 Info Report), "Jaclyn Wilson" & "Rachel Vienneau-LeBlanc" (Introduction & Pro Show Updates)
13:30 – 14:00	Q&A Session – Guest Panel (Garry, Heather, Jean, Jaclyn, Rachel & NSABBA Rep)

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## Questions/Interesting Topics:

- Suits, Shoes, Jewelry (What looks best on you and what's best for Figure / Figure Physique .vs. Model)
- Makeup, Hair, Nails, Waxing, Tanning
- General Discussion & Judging Criteria
- Mental Tips to Success & Staying Motivated
- Competitor Checklist
- Q & A Period for Nutrition, Training & Final Week Contest Preparation
- Upcoming Contests & Events

14:00 – 15:30 Practice Time with Individual Feedback (Posing, Foot Positioning, Walking in heels, quarter turns and t-walks)

## **Model, Figure & Physique**

**PLEASE NOTE\*:**

**14:00 - 14:45 - Models will practice posing while the Figures will be debriefed outside in the Corridor by Rachel Vienneau & Facilitators**

**14:45 - 15:30 - Figures will practice posing while the Models will be debriefed outside in the Corridor by Jaclyn Wilson & Facilitators**

**15:30 - 16:00 Mock Contest with Panel of Judges**

**FAREWELL & GROUP PHOTO FOR INSIDE FITNESS**

~2012 Atlantic Spring Seminar ~  
Registration Form

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Level of Experience & Shows you've competed in  
(Never competed, 3 or less shows, 3 or more shows):

Category: Figure \_\_\_\_\_ Bikini Model \_\_\_\_\_ Figure Physique \_\_\_\_\_

Primary Subjects of Interest - Circle (3)

- Training Techniques & Principles
- Diet Contest Prep/Off-season/Dialing In/Post Contest Blues/Supplements
- Posing & Presentation
- Tanning
- Stoning & Suit Selection
- Make-up/Jewelry/Hair
- Judging Criteria & IFBB Rules
- Marketing yourself and Motivation Techniques

Please provide your full mailing address and phone # and cell # below:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/Town: \_\_\_\_\_

Postal Code: \_\_\_\_\_ E-mail: \_\_\_\_\_

Phone #: \_\_\_\_\_ Cel#: \_\_\_\_\_

- Cost is \$50.00 per person taxes included

**\*\*Please send on or before March 9<sup>th</sup>, 2012. Payment methods include certified cheque, e-mail money transfer, paypal or money order. Cash registration can be made in person. Payment must accompany registration form. Payment is non-refundable.**

**\*Email Money Transfers - Send to [figure@heatherleblanc.ca](mailto:figure@heatherleblanc.ca) - Password: Seminar**

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