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Bikini Prep and Posing Coach

Competitor Check List

12-16 weeks out

- Purchase NPC card at www.npcnewsonline.com click on “join NPC now” and register online or mail your payment of \$125 to the address listed on the site.
- Begin looking at suit design, color and stone placement / choice of fasteners and connectors - suits can be re-fitted/altered a week or so before show date (your body will change between 8 weeks out and 1 week out). A good suit will cost \$350 and up, depending on fabric, stone selection and fasteners; keep in mind you can wear it to multiple shows and the “look” of the suit can be changed by applying different stones and/or fasteners easily. I suggest Toxic Angelz Bikinis toxicangelzbikinis.com, or Angel Competition Bikini <https://angelcompetitionbikinis.com>
- Purchase stage heels. Stiletto, clear 4 or 5” mini-platform - I do not recommend starting with sling backs; purchase with adjustable strap at ankle. I recommend <http://www.ellieshoes.com/showcase/default.asp>. I also recommend purchasing a second less expensive pair, in case you have a heel or strap malfunction on your favorite pair.

Ladies, if you are unaccustomed to wearing high heels, please begin to practice now using a pair you may already have - until you purchase stage shoes. Wear them while you clean, cook -

walk around your house frequently and get comfortable turning and walking with heels.

- Jewelry - purchase a large rhinestone bangle for one arm and a smaller bangle for the other arm. You can wear rhinestone rings, but I would not recommend more than one on each hand. Rhinestone earrings should be large enough to be seen through your hair, but not huge and overwhelming. Check out www.charmingcharlie.com. or competitionkit.com Necklaces and anklets are not worn. If you have a naval piercing, it's up to you to wear it or not-if you do, wear clear rhinestone-you don't want it to be a distraction.

6-12 weeks out

- Register (pay registration fees) for the show(s) you'll be competing in. If you're new to competing, register for "True Novice" (never ever competed before) "Novice" (have never won show before), "Open" (all competitors within your division) and your age category, (you can choose all ages under yours as well so - if you're 45, you can compete in 45, 40 and 35, if you'd like). The reason for registering for so many categories is because this gives you additional stage time and additional stage experience, as well as another opportunity for a win or better placement.
- Schedule (and pay for) tanning with the tanning company the promoter has booked (I recommend using host tan company so your coloring will closely match the others on stage and not stand out-not in a good way-also they will fix any tan issues). Go to the shows flier online or the shows registration/entry and select "tanning". Schedule your appointment for the night before the show - touchups are done the next morning, and a bronzer and glaze are applied just before going onto stage. "Bikini bite" is also applied just before going onto stage. This is used to glue your suit to your body - so we don't have any stage mishaps and so your suit stays in place.

Ladies, you will have to use the restroom and, inevitably, you will streak your tan. Don't stress out. They can touch those areas up before you hit the stage-don't stress over it. You can

use the old trick with a paper cup for potty trips, a funnel OR purchase a “Gogirl female urination device” act \$10.00 at target.com or order from www.competitionkit.com

- Schedule (and pay for) hair and makeup - do this early to get a good time. Go to the show’s flier online, and select “hair/makeup”. Often times if you wait until too close to the show date, you will have a midnight or 1am appointment time. You’re always welcome to do your own makeup-but be prepared to apply heavily and foundation must be a close match to the tan color (for stage appearance-the lights are harsh and unforgiving if you have flawed makeup). I recommend scheduling with one of the makeup artists who’s working the show.

**Between 4-8 weeks out of a local show
8-12 weeks for Nationals**

Book hotel room - the promotor of the shows will request blocked rooms with discounted rates at the host hotel. Request small refrigerator and microwave in your room/letting them know you are a competing bodybuilder. IF you don’t request this, it’s likely you won’t get one. IF you request both, and the hotel won’t provide one or the other, do not stress out. You can get an ice chest and use hotel ice for your food; you can use the hotel’s microwave (they usually have one available OR the show promotor will have a room for competitors to heat food). Worse case scenario - you’ll eat cold food. Don’t stress out about it - you WILL eat cold food at some point during your prep, so be prepared. Do what it takes.

I recommend booking a room at the host for ease of access to tanning and hair/makeup artists. IF you stay offsite, be prepared for the inconvenience and the need for transportation (also consider the weather).

Make flight arrangements - I recommend flying in one-two days before the show, depending on how far you’re traveling. Also, checkins are (usually) the Friday night before the show starts. You must be at checkins.

Car rental - if you so choose/or Uber.

Peak Week - begin to prepare for your big day

Personal items recommended for show preparedness

Satin Robe Black or dark colors are best because of the tanning solution used at competitions - which will stain most fabrics and cause discoloration of lighter fabrics.

Black sheet set (king) or an older set of sheets you don't mind being stained with tan residue - the hotels are sticklers for charging to replace ruined white sheets - also bring a large blanket (you will be very cold after tanning).

Black lose fitting nightgown or something very lose (or sleep in the nude). Your body will be freezing cold after tanning. You cannot wear anything tight fitting (or it will streak the tan). So, I bring a very large dark t-shirt or a lose fitting black satin short nightgown.

Bring a large tote on wheels so you can slip your shoes, flip flops, headphones/phone, robe, makeup, black towel or small blanket to sit on, jewelry, meals, resistance band with handles for warmup backstage, and any other personal items into it - you'll be toting it around a lot during prejudging and finals (show days).

Show days are very long days - make sure you are prepared

PREP YOUR FOOD in advance for all show days

I use ziplock baggies for just about everything. I also use meal containers to bring my meals for competition day / because ziplock bags are hard to work with / especially if you're sitting on the floor waiting. You will be sitting on the floor...

I order my meal bags and containers from www.sixpackbags.com - They are not cheap - but, I've had my 3 pack ,6 pack and backpack for 2+yrs and they still look great and are very durable.

Always, always be prepared to eat cold food, don't stress about it.

AND FINALLY, THE AFTER PARTY

The majority of competitors will go out after the show, especially shows in larger cities. To Eat, Drink and Be Merry! Everyone has worked hard and most competitors enjoy showing off their hard work. So, with that in mind, if you're making plans to go out afterward, make sure to purchase something special to wear and have your restaurant selected. I also recommend checking the menu so you also have your meal selected — takes the thinking out of it when you arrive HUNGRY!

I hope this has been helpful and I hope you have an amazing prep and show experience!!!!