



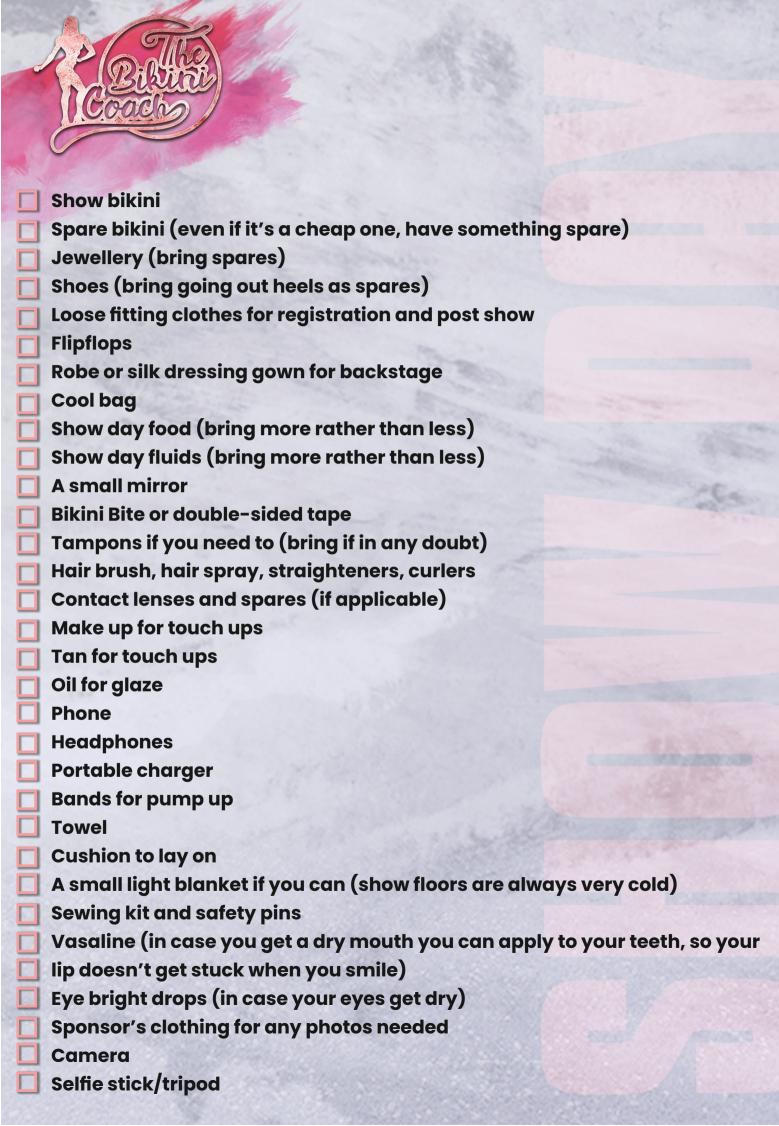
With the competition season fast approaching, we wanted to help you prepare for your first show of the season.

The final weeks of prep are challenging and overwhelming. You are stressed, emotional, exhausted and excited, all at the same time. You spend months and months to get ready for the big day. Finally, it's here! You wake up in the morning in your hotel room or arrive at the venue, you open your suitcase and realise that you forgot something! This

unnecessary stress is the last thing you need before stepping on stage.

Hopefully, our comprehensive show day check list will help you prevent this and will keep you on top of your game for show day.

Even if you have competed before, have a look as you might find something that will benefit you for your big day.





## Interested in joining The Bikini Coech?

For more info on our services just click the link below and fill out our short enquiry form.

## **ENQUIRY FORM**

Upon completion our client coordinator Catherine will be in contact to discuss the next stage to join the team. You can also book a call with our client coordinator team who can answer any further questions you may have!

## **BOOK A CALL**

Booking a call isn't mandatory, all queries can also be answered via Whatsapp and we can easily answer any remaining questions and help you get your new plans set up without taking any of your time. Our WhatsApp Number is 07733 326199 If you would like to speak to your chosen coach directly this can also be arranged. Again, please just let our team know and they will organise this for you.