

Congratulations, you have entered the Biggest Fitness Fashion and Modeling Show, Presenting **GLIFTING GIRLS.**

Please find as much information as you need for the show, please do not hesitate to ask any further questions.

CATEGORIES

You can enter as many categories as you wish. Please book through the website <http://www.glifting.co.uk/competition-categories/>

When you book 2 categories you receive theme wear free, you will need to notify us immediately upon booking that you would like to be entered into this category. Theme wear is feathers only!

MODELLING POSING WORKSHOP

You must book your place through the website. For dates and location please refer to the link. <http://www.glifting.co.uk/shop/workshop/>

Once you have booked the workshop you will not receive any further information, you simply arrive on the day. Please bring your own food and drinks.

BIO'S

Please fill in the form on this page <http://www.glifting.co.uk/model-bio-form/> so we have your details for the show day and for the compare to read out when you step on stage.

SOCIAL MEDIA BANNERS

<http://www.glifting.co.uk/shop/social-banners/>

TANNING

All competitors **MUST** be Tanned by Show Tan please email karen@showtan.co.uk please book your tan immediately.

HAIR and MAKEUP

Hair and Make up must be booked with our artists. You will need to book through the website. You will receive your time slot on arrival.

<http://www.glifting.co.uk/shop/hair-and-make-up/>

COMPETITION AND THEMEWEAR

We work closely with our main costume suppliers. You will need to email your details requesting a follow up. www.veroniquefitnesspro.com

TANNING MOUSSE

We now stock Tanning Mousse more details can be found at

<http://www.glifting.co.uk/shop/self-tanning-mousse-dark-effect/>

All girls who step on stage will become an ambassador for our products, you will receive discounted products and a discount code for your customers. You could become the face of 2018.

BACK STAGE CONFIDENTIALITY

No videoing behind stage anyone who is caught videoing will be banned immediately. It's vital we respect everyone else's privacy behind stage.

COPYRIGHT

In the future you may get asked from businesses if they can use your image please always ask authorization from the photographer and Glifting Girls this must be in email form before you release your photo to any business.

SOCIAL MEDIA

Please like us on Facebook and share the page

<https://www.facebook.com/gliftingclothing> keep us updated of your journey.

Everything related to your preparation to stage. You can find us on Instagram.

@Glifting_girls_ Please share the pages. #GliftingGirls

You are welcome to add to your social media pages (Glifting girl)

POSTERS

If you would like a free poster for your gym/work/family/friends/car please email us with a forwarding address.

MODELS DATABASE

After the show, please submit to us any professional images with the consent of the photographer so we can add you to the database. Along with your bio details, please refer to the website under models and submit the info as detailed.

REGISTRATION

Will take place on the day of the show please check on this page for the time and location <http://www.glifting.co.uk/competitors-information/>

VENUE

OLYMPUS THEATRE

NEW ROAD

BRISTOL

BS34 8LP

You must arrive at 10am on the day of the show.

HOTELS

[Hilton](#)

[Premier Inn](#)

SPECTATORS TICKETS

www.bristolticketshop.co.uk

Competitors To do list

1. Choose Category
2. Book category
3. Book workshop
4. Book Tan
5. Find a posing coach or start practicing
6. Arrange Costume
7. Book Hotel if needed
8. Purchase spectators tickets
9. All of these details are on the website.

We have an ethos to support you every step of your journey with Glifting. So please don't hesitate to ask any further questions.

We look forward to seeing you soon!

Kind Regards

Natalia Aisha ~ CEO

www.glifting.co.uk