



TEAM CASEY

BIKINI COMPETITION PREPARATION

ALL NATURAL, NPC & IFBB BIKINI TEAM

YOUR PERSONAL COACH & TEAM CASEY CEO: CASEY SAMSEL



Certified Personal Trainer & Fitness Nutrition Specialist
5 years of experience of Online Coaching
IFBB Bikini Pro (since 2014) & 3x Bikini Olympian
5 years of experience Bikini Bodybuilding & Lifestyle Coaching
6.5 years of experience Bikini Bodybuilding & Competing
Head Coach & CEO of TEAM CASEY LLC since 2015

MORE ABOUT CASEY

Self-coached from Day 1, 2013 to her IFBB Pro Status in 2015 and all Reverse and Improvement 'seasons' from 2013 to current.

She currently has 2 Pro-wins, 11 Top-5 finishes with 7 Top-2 placings. She holds the 4th place title for the 2017 Bikini Olympia and the 2018 3rd place title for the coveted Arnold Classic Bikini International.

Total Shows:

5 amateur competitions, including 1st place IFBB Pro Card win.

26 professional competitions including three Bikini Olympias and Arnold Classic Bikini International.

“I love being able to see my athlete's evolve into true professionals. I share my knowledge with them in order to better, not just their physique and competitive goals, but to help them find more success in all aspects of their lives. I pride myself on my methods of coaching others this way, my beliefs, my knowledge, and my experiences.”

BUSINESS HOURS:

Sunday: 10am-5pm CST

Monday-Friday: 9am-4pm CST

*only changes on days in which case you have a show. Coach Casey will be available all day via text, call, and email.

PLAN DURATIONS:

The program is 12 weeks for the **initial sign-up**. If your show is sooner than 12 weeks, you can choose to use the remaining weeks to reverse diet or compete in multiple shows. After the initial 12 weeks, you may purchase another package with the same payment set up to continue.

At any point in the duration of your time on Team Casey, Coach Casey may offer discounts. If you should receive a discount on your packages for any reason, then take a hiatus from the team, you will go back to your initial start cost when you rejoin.

PROGRAM:

- **Bikini Competition Preparation (Diet, Training, & further guidance) \$975**(half due at startup) — a 12-week program for your initial start. There are monthly options available (*\$375*)after the first 12 weeks. This program includes **1 FREE posing session** (details below).
- **Reverse & Improvement Program (Diet & Training) — 12 weeks** (*\$800*)or monthly (*\$300*)option. This program does not include posing.

*Monthly packages DO NOT include a FREE posing session.

PAYMENTS FOR 12-WEEK PROGRAMS:

- ½ due upfront at sign-up or to hold your spot for a later start date, then immediate bi-weekly payments to complete your full payment 4 WEEKS before the end of the 12 weeks.
- Payments will be made via Square Up. Invoices will be sent from Team Casey with due dates. The invoices may be sent anywhere from 1-14 days before the invoice is due.

PAYMENTS FOR 1-MONTH PROGRAMS:

Payments will be made in full, upfront via Square Up. The payment to continue month-to-month will be due 24 hours before the end of your current program.

NO REFUND POLICY

ANY DELINQUENT PAYMENTS WILL ACCRUE A \$20 LATE FEE FOR THE FIRST 24 HOURS and \$5 LATE FEE FOR EVERY ADDITIONAL 24 HOURS AUTOMATICALLY VIA SQUAREUP. The new, updated invoice will be resent with any fees. If the invoice due plus additional late fee are not taken care of you will not receive any preparation adjustments until it is indemnified. ALL COSTS PAID ARE NON-REFUNDABLE FOR ANY REASON. This NO REFUND POLICY also includes: \$20 RESCHEDULING FEE for all posing sessions.

COACH TO CLIENT:

- Easy-to-understand diet and training to achieve your stage-ready physique.
- Detailed instructions on how to utilize and navigate the MyFitnessPal phone application. If you are Team Casey, you **MUST** use this to log your meal plan and your macros.
- Personalized diet plans or 'macros' calculated to your physical needs to prepare you for your show. These will work in a gradual, week to week manner to achieve a lean, well-rounded, full figured show physique. These plans and 'macros' will be based on your: current body

composition, height, weight, diminishing body weight, and body fat (if applicable) every week and will correspond with bi-weekly changing weight training workouts. You will have a base diet plan or 'macro' guideline from Day 1. This will be the plan or 'macros' we feed-up or refeed from. Coach Casey will specify when you'll feed up, what foods and how much, and when OR specific 'macro' bumps! Your base plan or 'macros' may and is most likely to change a few times during prep. As we move through prep, refeeds will be assigned accordingly to results.

- You will have FULL ACCESS to Coach Casey's personal MyFitnessPal log. Here you will be able to see YOUR Coach's unique flexible dieting style and steal all of the ideas that you can in order to keep your progress steady while enjoying your show preparation or reverse program.
- Custom and universal workouts based upon current body composition, muscle growth needs, and current activity level. On average, this requires: 5-6 days of weight training, 1.5-3 hours total of cardiovascular and conditioning exercise per week.
- Recommended, personalized supplementation for your goals.
- PERFECT PEAK WEEK to fine tweak your physique for the stage.

Instructions are detailed down to the water intake, meals, supplement removal/additions, and meal/exercise timing and duration. You will be

checking in with your Coach every day during peak week, sometimes twice a day. All of these variables above are subject to change given your physique condition.

- 1, 30-minute posing session via Skype or FaceTime. You will learn presentation, comparisons, call-outs, and fine details within 1-3 sessions. Additional posing sessions are available at a discounted rate for Team Casey:

30-minute Skype FaceTime: 20.00 (reg. 35.00)

1-hour One-on-One: 60.00 (reg. 100.00)

[YOU CAN BOOK ONLINE AT WWW.OFFICIALTEAMCASEY.COM!](http://WWW.OFFICIALTEAMCASEY.COM)

- You have the option to utilize reverse diet and training to maintain your appearance and avoid any unnecessary weight gain or metabolic damage post show. The cost and options are listed on page 4 of this document. If you are interested in receiving more information on reverse dieting and why it is important, please let us know prior to your show date otherwise we will send this information at some point during your competition weekend if we have not sent it in advance. For this method to be the most effective, it would begin the following Monday after your show when your body is the most sensitive and it is crucial to form a post-show strategy for excellence.

- Discounts on all SteelFit USA products, Glam Competition Jewelry, Pro Tan appointments and DIY supplies, BamBody Nutrition, Icon Meals, and more.
- Posts and shout outs on the Team Casey and Coach Casey's personal Instagram accounts.

CLIENT TO COACH:

CHECK-INS:

1. 1x (minimum) weekly check-ins consistently on your assigned day to ensure weekly progress.

Due to the time limitation to prepare for your show: after TWO inconsistent, incorrect, or un-fulfilled (photos AND weight) check-ins, you will be subject to termination from the team without reimbursement. *Consistency means that you take your photos in the same spot, same lighting, same angle, and similar outfits each week.

The only case that you should not have a consistent check-in is during travel. Otherwise, this is a requirement. Check-ins are 1 minute of your entire week, there should be no excuses. PHOTOS AND WEIGHT at check-in.

2. If you do not check-in on YOUR specified day and your Coach does not hear from you within 24-48 hours, we will assume you have decided to not continue the remainder of the plan and you will be terminated. However, if your reasoning is that your means of communication is lost or damaged, there are other ways you can contact your Coach and execute a check-in, so there are no excuses and again, no refunds.

Instagram: [@caseysamsel_bikini](#) Or [@team_Casey](#) (Direct Message)

Email: coachcasey@officialteamcasey.com

MY FITNESS PAL:

You **MUST** use your MyFitnessPal log! You are required to log under these circumstances:

1. Your initial plan if you have a meal plan.
2. When any changes are made at check in.
3. Every day during Peak Week.

Logging food, supplements, and water intake is crucial to your success. Honest logging is going to get you the results you are looking for. To remain an athlete on the team, you must use your application to track your food. You do not need to log exercise.

CLIENT EVALUATIONS:

These will be via Skype or FaceTime on occasion, when requested by your Coach.

TO ATTEND LOCAL SHOWS:

If your show is within the guidelines below, Coach Casey will be happy to come and guide you through your entire show day. As your coach, she will make sure that your day runs as smoothly as possible. All shows run at different paces and have different specifications. Coach Casey takes the time to make sure you are on schedule and at ease all day long. On show day, she will be with you 100% of the time going over posing, technical details, making sure your muscles stay full by food and water manipulation, and she will make sure that your physique is on point for prejudging and finals. Guidelines for show appearances are detailed below.

1HR-2HR driving distance: Show Day Fee - \$200.00 (does not include hotel stay) Coach's Pass/Tickets/Hotel: TBD	2HR-3HR driving distance: Show Day Fee - \$250.00 (does not include hotel stay) Coach's Pass/Tickets/Hotel: TBD
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*NATIONAL or SHOWS BEYOND 3 HOURS: All costs including air travel and hotel will be paid by the client(s). If this is something you are interested in, we will be able to discuss this prior to the competition.

**Coach's tickets, backstage passes, and travel cost will be split between any competitors at the same event.

**YOU CAN APPLY TO BE A PART OF TEAM CASEY, FIND
TRANSFORMATION, SCHEDULE POSING, & INQUIRE
ABOUT COACHING RATES AT:**

WWW.OFFICIALTEAMCASEY.COM

Please know that Coach Casey will get back to you in the order that your e-mail has been received. The estimated wait time is 2-3 days depending on current wait-list.