

POISING & SCHEDULING

As you know, posing and stage presence is a big portion of scoring! You could be doing too much or not enough OR you may just need to switch to poses that suit you better!

To keep it short, I charge \$55 (plus tax) for the first 30-minute session via Skype. Any session after that is \$35 (plus tax) for 30 minutes. Any sessions after the first, can be used for questions regarding suits, advice, stage presence, shoes, and anything else that comes to mind!

My hours for posing are:

Monday: 12pm — 4pm

Tuesday: 12pm — 4pm

Thursday: 12pm — 4pm

Friday: 12pm — 3pm

Saturday & Sunday: N/A

*Any posing outside of NPC | IFBB, including European (also seen at the Arnold Amateur), T-walks, etc. is a small additional charge of \$5.

*If you would like to travel and pose with me one on one, the cost would be \$100/hr. During this time, you can me any questions you would like regarding

prep, peak week, work out intensity, suits, the best shows, physique critique, etc.!

If you're interested, you can schedule a session as soon as possible at WWW.OFFICIALTEAMCASEY.COM/POSING.

Please be ready 5 minutes early in suit and heels for your session.

ONLINE POSING

Please let us know if you would like to pose via FaceTime or Skype. If your preferred method is Skype, please be sure to add me 1 day prior to the posing session. If we have any connection issues via FaceTime or Skype, this will cut into the posing session. Find an area with great connection before the appointment. Please be ready in suit and heels. You may reschedule your session for a \$20.00 fee if scheduling is within 1 week of the original appointment. Taxes will be added in invoices.

SKYPE ID: caseyifbbpro

FaceTime: contact 24 hours before for information

ONE-ON-ONE POSING

Please arrive early. You may change into your suits and heels at the posing location, but note that this will cut into our session. Once your appointment is booked. You are responsible for emailing Team Casey 1 day prior to our session to receive location details. KEEP IN MIND: Team Casey is on Central Standard Time. No refunds for missed appointments. You may reschedule your

session for a \$20.00 fee if scheduling is within 1 week of the original appointment. Taxes will be added in invoices

KEEP IN MIND: I AM ON CENTRAL TIME. If we cannot start at the originally planned time, we will need to reschedule. Rescheduling fee will be \$20.00. Taxes will be added in all invoices.

**THANK YOU! I AM LOOKING FORWARD TO
WORKING WITH YOU!**