

Formal Wear Modeling

AND MODEL STANCE

The tips we will be going over during your Training Session, and the ones listed on this flyer, will help you to achieve success at the pageant and in your future endeavors.

If you practice these tips in front of the mirror or in front of your parents, you will be sure to gain self-confidence and start building your modeling skills.

One of our goals here at NAM is to help you be the best in your Formal Wear Presentation that you can be.

NAM is a pageant that encourages you to relax, be yourself, show your personality, and just have fun!



To achieve the classic "Model Stance," just place your feet at 12 and 2 o'clock.

TIPS FOR A SUCCESSFUL FORMAL WEAR COMPETITION:

- **Model Stance.** When standing, whether on stage or in everyday situations, practice Model Stance. Place one foot at the 12 o'clock and the other at the 2 o'clock positions. This will ensure good posture. (See Diagram)
- **Share your smile with the judges.** A great smile will get you a lot of points.
- **Be yourself.** Relax and show your wonderful personality. Make eye contact with each judge. Remember, the judges are the ones scoring your efforts.
- **Have fun on stage.** If you are having fun, it will show in your eyes and in your smile.
- **Selecting your formal dress:** Your formal dress should make you feel special! Remember, the girl makes the dress.
- **Selecting your shoes:** Make sure that your shoes fit nicely and are comfortable to wear. They should complement your dress selection and be age-appropriate. Be careful when wearing heels! While heels can be fun, you will need to be able to walk comfortably on stage. Heels are not required.
- **Don't look down.** Looking down gives the appearance that you are uncomfortable. Besides, the judges want to see that great smile when you are on stage!
- **Choose the "Look" that is you.** When choosing a hair style, remember that the judges will want to see your face and your smile.