

ATTENTION ALL Competitors!

High Importance - This message contains IMPORTANT information regarding the show you have registered for please read thoroughly.

Countdown to INBA Ontario Championships!

SPECIAL GUESTS:

15 time Guinness World Record Holder,

Kevin Fast

Witness this historic even as Rev. Kevin Fast will make makes ANOTHER Guinness World Record (his 16th!!!) attempt onstage at the INBA Ontario Championships!



Star 93.3 Radio Celebrity,

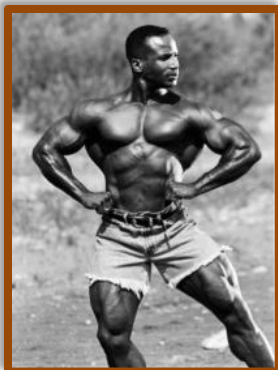
Joel Scott

Joel will be acting as the Event Emcee for his fourth year in a row!

Guest performances by,

Devin Olivieri & Kimberly McGlashon

Devin and Kimberly, from Fitness Frenzy & Premier Dance, have both successfully competed in past events. This duo has been asked to return to entertain and showcase the healthy physique as art.



Ian Walling

We are proud to welcome back our Head Judge for the event, Ian Walling. Ian is a multi-time World Champion and a leading inspiration for natural athletes worldwide. We know our competitors will receive the fairest and most detailed critiques from this highly qualified professional!



INBA Ontario Natural Championships is proud to play host to THE SISTERHOOD OF THE TRAVELING SUIT!

This suit's journey started in Lacombe, AB Canada and is traveling across the world and back to help women who are inspiring and selfless. The figure suit never stays in one person's possession for more than one show before it continues its journey.

Thank you Robyn Homans for this unique idea for PAYING IT FORWARD!

Be sure to check out Sisterhood of the Traveling Suit on FACEBOOK!

ATHLETE APPRECIATION GIFTS & PRIZES

***Over \$4,000.00 in Cash and Prizes for top athletes in:**



- Bodybuilding – Male
- Bodybuilding – Female
- Ms. Physique & Ms Figure
 - Ms Fitness
- Overall Model – Male
- Overall Model – Female
- Community Champion



- In addition to cash prizes **Overall Champions** will receive a **prize pack** valued at **\$250.00** from **Kawartha Home Fitness!!** (excluding community champion)
- **Two \$250 Gift Certificates** awarded to overall **Female Model** & overall **Ms. Physique or Figure** by **The Crystal Suit!**
- **Two \$100.00 Gift Certificates** awarded to overall **Male Bodybuilder** & overall **Male Model** by **Seductions Custom Swimwear!**
 - **Photo Shoot Package**, courtesy of INBA Photographer, Mark Walton
 - Numerous Community Sponsors - this translates into tons of SWAG!
 - EVERY Athlete receives a gift bag valued at over \$150.00 each, including
 - Uniquely Designed Awards
 - Original Event T-Shirt

*Minimum of three competitors in category to be eligible for cash and prize awards.

Back By Popular Demand! Our One-Show Event Format!

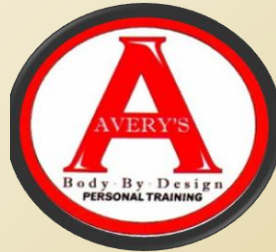
ONE SHOW Judging/Finals event!

The event will start at 1:00pm and run until approximately 8:00pm!

This means YOU, the athletes, can celebrate with family and friends AFTER the competition!
This is also a great opportunity for the audience to ask you about your experience!

After all, YOU are a HUGE inspiration!

TICKET PURCHASE INFO:



Tickets can be purchased online: www.teamavery.ca

OR Locally at:

- Living Well Natural Health Products
 - 271 Spring Street, Cobourg
 - 905-377-8998

Cost:

- Regular Seating – \$35.00
- VIP Seating - \$45.00
- Tickets that have been ordered online can be picked up at the show.
 - **You will need to bring proof of purchase.

Online registration and tickets purchasing will close Wednesday, April 24 @ midnight. Depending on the level of advance ticket sales, tickets may not be available at the show. It is strongly advised that you purchase your tickets in advance!

AFTER PARTY!

TBA!!!

Join us and celebrate your achievements with us and your fellow competitors!

EVENT DETAILS:

IMPORTANT Dates & Times:

- April 26th - In Person – MANDATORY Competitor Registration / Meeting (See Below)

MANDATORY REGISTRATION MEETING:

All competitors must attend!

Friday, April 26, 2012 @ 5:00pm – 7:30pm

- Host Hotel – Best Western Inn & Convention Center, Cobourg
 - 930 Burnham St. K9A 2X9
 - (905) 372-2105
 - (905) 372-2105

At the meeting you will:

- Turn in your music (Bodybuilding, Ms Physique and Ms Fitness ONLY)
- Be assigned your competitor number
- Sign the documentation
- Submit your drug test
- Pick up your competitor gifts
- Book your photo and video packages (optional)

SATURDAY, APRIL 27TH, 2013 : (BE AT VENUE 11:00AM!)

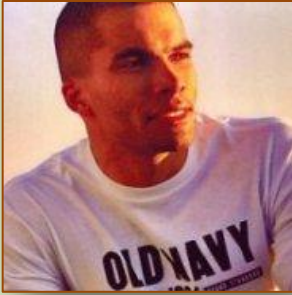
Cobourg Community Centre



- 750 D'Arcy Street
- Cobourg, ON
- K9A 0G1
- Tel: 905.372.4301 & 905.372.4301 (ext. 4210)
- Fax: 905.372.7421

PHOTO & VIDEO PACKAGES:

INBA is Proud to offer the services of TWO outstanding photographers to capture your event memories!



MARK WALTON:

A message from our Official Photographer for the show, Mark Walton:

Hi athletes,

I am honoured to be the official stage photographer for the INBA Ontario Championships this year. This promises to be the biggest event yet so I'm going to kick it up a notch too. Location shots will be available (separately) to those who want their hard earned physiques framed in a unique way. I will have my mobile lighting with me just in case.

Please check out my bodybuilding and glamour samples to get a sense of what I do: www.m2c.ca, 416-725-9805

Stage shots: I will strive to capture as many photos as possible of your stage routine. That will translate to approximately 20-30 ready to print photos in total. Each photo will be optimized to show you in your best light and supplied in both high res jpeg and low res. The photos will be delivered by download and (DVD).

Note: Photos will be mailed via DVD to your mailing address within about 4-6 weeks of the shoot. Be sure to order early! Orders taken after the show may have fewer photos per package and will be subject to an extra administration/search fee.

Cheers and hope to see you there, Mark Walton Photography

****Mark will be at registration on Friday, April 26th accepting orders. This is a great opportunity to meet him and book your photo package!***

GERRI WEATHERBEE

I have been photographing people for the last 20 years and am as passionate today about photography as I was when I picked up my first camera. I have met so many amazing people along the way, and many of my clients have turned into friends. I have been honoured to watch families grow in front of my lens. I realize how lucky I am. I make my living with a camera. I am doing what I love, and giving my clients something real to remember forever. Every face I see is a new subject to explore; every moment is a story to tell.



Contact me, and let me show you just how much I care about what I do, and why I want to help you tell your story. GerriPhotography.com

****Gerri will be at registration on Friday, April 26th accepting orders. This is a great opportunity to meet her and book your photo package!***

We are proud to WELCOME BACK,

Ian Slessor, of Ian Slessor Productions

to capture your priceless event memories and performances!

\$40.00 FULL Event Coverage!! (905-373-5744)

ON-SITE COMPETITION TANNING:

We are proud to announce that Heaven on Earth Spa will be offering competition spray tan services right at the venue!



- * Professional, beautiful tan color
- * Stress-free, non-streaking competition tan
- * Be stage ready in 5 minutes with an award winning tan!
- * Tanning glaze to set your color and preserve your beautiful tone!

Choose the package that fits you!

Ms Physique, Ms Figure, Sports Model & Ms Fitness Package - \$55.00

Bodybuilder Package - \$80.00

All packages include on site touch ups!

*Glaze available \$40.00, GUARANTEED not to streak!

Book an appointment by calling TODAY: 905-372- 0557 (Alicia Maguire) to ensure your priority sequence or drop by backstage starting at 7:00am on April 27th!

Book your appointment early to guarantee your spot!



We are looking forward to seeing you, and helping you showcase your achievements!

TeamAvery.ca

Dave Avery

- *INBA Event Producer*
- *FAME 2009 & 2010 Trainer of the Year*
- *CanFitPro Fitness Professional of the Year, finalist*
- *BodyPROUD Ambassador*

Julie Avery

- *INBA Event Producer*
- *Elite Choreographer & Nutritionist*
- *BodyPROUD Ambassador*