

*Got what it takes...
to fill her boots?*



Queen Contest Bootcamp
May 30, 2021

Medicine Exhibition and Stampede Queen Committee Queen Contest Bootcamp

Date: **May 30, 2021**

Time: **1:00 to 4:00 pm (doors open @ 12:30 pm)**

Location: Medicine Hat Exhibition and Stampede (MHE&S) Director's Lounge

Registration: RSVP to Committee chair

Lori Siedlecki: Email: royalty@mhstampede.com Cell: 403-528-0530

Objective:

To give young women, that would be interested in the Medicine Hat Exhibition & Stampede Rodeo Royalty Contest an opportunity to learn about the program in a relaxed and interactive workshop. Young women aged 14 to 24 years old (as of July 1st) are invited to the MHE&S Director's Lounge. This will be afternoon of learning about our contest, meeting committee members and current royalty, listening to past royalty share their experiences and asking any questions they may have.

The Bootcamp is put on by:

2019 MHE&S Queen Rayelle Smith & 2019 MHE&S Princess Dionne Freimark

Agenda:

1. Welcome & Introduction to the Contest/Program by Committee Chair
2. Introduction to the current Queen and Princess
3. Competition Week Categories
 - a. Appearance
 - b. Personality
 - c. Modelling
 - d. Make-up/Hair
 - e. Public Speaking
 - f. Horsemanship
 - g. Other additional information
4. Introduction to Alumni member
5. Question period with the Queen and Princess

MHE&S Queen and Princess Handbook

Appearance

Appearance is a major part of being Queen or Princess, and it is important you look clean and put together at all times.

- Choose outfits that make you feel confident while ensuring they are appropriate for the given activity/event
- Ironing clothing and hanging them up before events
- Putting your nametag and sash on your outfit the night before
- Sponging your hat after an event are little tips that save time

Personality/Personal Interview

The Personality and Personal Interviews are your opportunity to allow the judges to get to know you.

- We recommend you find someone to practice impromptu questions with beforehand
- Ensure you make eye contact with the interviewers
- Be authentic and honest
- During the week be yourself and have fun

Modeling

The Queen and Princess are required to possess basic modeling skills.

- Practicing at home or in front of a mirror is a great way to get more comfortable with modelling
- Make sure you are comfortable walking in the footwear during the event
- Practice different turns
- Practice wearing heels so you can rock it
- Take lots of photos or videos of yourself to see what works for you
- Smile and have fun!

Make-Up/Hair

As the Queen or Princess, you are required to make sure your make-up is appropriate for the event you are attending.

- Grab the tips during your makeovers
- Wear make-up that fits the events
- Always take off your make-up at night

Not required but if you have:

- Fake nails are optional but keep them clean if you have them
- Eyelash extensions or false lashes bring out your eyes in photos (optional)
- Hair extensions give the look of thicker longer hair but need to be taken care of

We have great sponsors during the reign:

- Northlands Shopper's Drug Mart that offers free makeovers
- Red Velvet Hair & Body Bar that has great hair products and hairstyling tips- don't hesitate to reach out and ask for help to learn what works best for your personal look

Public Speaking

Preparation

Preparing a speech is a large component of the competition week and it is extremely important to dedicate a lot of time beforehand to practice.

- Spend time practicing in front of the mirror
- Find opportunities to use your public speaking skills or practice in front of friends and family as much as you can or even to people you don't know
- Drink plenty of water or tea during the day prior to speech night to ensure your throat is relaxed to prevent your mouth from being dry

Horsemanship

Equitation

Your riding is a critical role of the Queen and Princess as you ride during rodeos and parades, so presentation is important.

When practicing:

- Use an experienced horse so you can focus on yourself
- Use two hands to hold the reins if you need
- Make sure you keep a safe distance when riding with others.

When riding:

- Ensure your heels are down and shoulders back
- You are looking forward to seeing where you're going,
- Your hips are relaxed, and you are holding the reins with your left hand and your right hand by your side.

******MAKE SURE YOU START PREPARING AS EARLY AS POSSIBLE******

**THE MOST IMPORTANT THINGS TO REMEMBER DURING THE
COMPETITION WEEK IS ENJOY, MAKE NEW FRIENDS AND HAVE FUN.
THIS IS A GREAT EXPERIENCE SO MAKE IT YOUR WEEK!!!**