

# ~ The Teen Express ~

## **Week 1 - February 24, 2007**

**All monies are due for training fee (\$75.00) - No exceptions**

### **Runway Etiquette Techniques**

Introduce the students to the correct way to pose, their posture and a couple of turning exercises.

### **TV Commercials**

An acting coach will come in and teach the techniques of acting in commercials. Have fun learning how to communicate your personality.

*(Kids are seen in more advertising now than at any time in the past.)*

## **Week 2 - March 3, 2007**

### **Runway Etiquette Techniques and More**

Continue to introduce the students to the correct way to pose, their posture and turning exercises. Implement exercises for Model Walks, Turns and Stances

### **Building Self Esteem**

Create a buddy system for the students.

### **Fashion Photography/Print Modeling**

Introduction to Print Modeling – a photographer will talk about pictures, starting a portfolio, and the importance of a good photographer. Students will participate in a photo shoot. Packages will be available for purchase. Optional

## **Week 3 - March 10, 2007**

### **Fashion Show Scenes & Choreography**

Continue to introduce the students to the correct way to pose, their posture and turning exercises. Enhance Model Walks, Turns and Stances. Implement show routines.

### **Fit Girls and Fabulous Boys - Health and Hygiene**

A fitness instructor will teach students how to tone and shape their bodies and also give tips on Health and Hygiene.

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## **Week 4 - March 17, 2007**

**All monies are due for tickets (5) - No exceptions**

### **Fashion Show Scenes & Choreography**

Continue to enhance student's model walk, posing, posture, turns, and stances  
Enhance show routines.

### **Model Manners on the Runway - Mock Fashion Show-**

Trainer will teach advanced techniques of walking and posing and students will also put on a Mock Fashion show for the staff and special guests.

## **Week 5 - March 24, 2007**

### **Fashion Show Scenes & Choreography**

Perfect Routine for the show! Practice, Practice, Practice  
Concentration – practice for the show

### **Promoting Social Interaction**

**Optional-** After practice Teens and family will go to a local hospital, nursing home or Charity Organization and give gifts away with the team of DJI.

## **Week 6 - March 31, 2007**

### **Designer Fittings – Show Preparations**

Final preparations for the show! Practice..... practice..... practice.....