

# NEW FACES CONTEST

*is aimed at professional fitness trainers from all over the world specialising in freestyle and functional training who aspire to tread the most important stages of the fitness world. The minimum age requirement is 18 years.*

## DATE AND PLACE:

- **NEW FACES CONTEST FREE-STYLE** will be held on 1 November 2024, time and place to be announced later.
- **NEW FACE CONTEST FUNCTIONAL** will be held on 2 November 2024 time and place to be announced later.

## REGULATION:

*The contest is structured in two phases: the pre-selection and the final phase.*

*The pre-selection involves the submission of a mini-class of a maximum duration of ten minutes. This video (see details in description) will be analysed and evaluated by CREA Fitness Academy trainers, who will provide detailed technical feedback on the product.*

*Only ten candidates per specific area will advance to the final stages, which will be held at the place and date specified above.*

## REGISTRATION FEE:

- Pre-selection phase €50 Final
- phase €150





## PHASE 1: PRE-SELECTION

To enter this phase, it is necessary:

- pay the participation fee for the selection phase of euro 50 with description/cause "registration new faces contest + NAME and SURNAME", by the following payment methods:

1. PayPal: [crea.fitnessasd@gmail.com](mailto:crea.fitnessasd@gmail.com)

- 2. Bank transfer payable to SOCIETÀ SPORTIVA DILETTANTISTICA+ C.R.E.A. FITNESS.

Iban: IT20N0200814715000105432370

BIC/SWIFT: UNCRITM1D64

*If you do not pass Phase 1, this fee can be used as an advance payment for registration for the CREA International Convention 2024*

- Send an email to [newfacescontest@gmail.com](mailto:newfacescontest@gmail.com) enclosing the payment slip and specifying the area you wish to compete for: Freestyle or Functional Training. Send, via
- wetransfer, only one pre-selection video of the declared discipline of maximum 10 minutes to [newfacescontest@gmail.com](mailto:newfacescontest@gmail.com)

Pre-selection video specifications:

- **FORMAT:** 16:9 horizontal video **QUALITY:**
- high resolution.
- **INQUIRY:** The candidate must be clearly visible throughout. **DISCIPLINE:** The candidate may present a lesson of his/her choice between: step or aerobics lesson (for the freestyle area) or step functional or body functional lesson (for the functional training area).
- **TYPE OF PRODUCT:** Candidates in the freestyle area may choose to submit a symmetrical or asymmetrical product, regardless of the discipline chosen. In contrast, candidates in the functional area must submit a symmetrical product.
- **THE VIDEO:** Must contain teaching progression phase and final product. Maximum duration of 10 minutes.
- **EVALUATION:** The submitted product will be evaluated by CREA Fitness Academy lecturers (Giacomo Piccoli, Alex Ferrante, Daniele Santoro and Ivan Pavalachi).
- **EVALUATION CRITERIA:** these are the same as for the final phase and are specified in the following paragraphs.

*It is possible to register for the pre-selection by 0.24 hrs on 31.07.2024*

*The outcome of the above-mentioned phase will be communicated by e-mail and on our social channels on 21.08.2024*



## STAGE 2: FINAL

*To enter this phase, it is necessary:*

- Having passed stage 1.
- pay the participation fee for phase 2 of euro 150 with description/cause "registration new faces contest final phase + NAME and SURNAME", by the following payment methods:
  1. PayPal: [crea.fitnessasd@gmail.com](mailto:crea.fitnessasd@gmail.com)
  2. Bank transfer payable to

SOCIETA' SPORTIVA DILETTANTISTICA + C.R.E.A. FITNESS.

Iban: IT20N0200814715000105432370

BIC/SWIFT: UNCRITM1D64

The above fee gives free access to the three days of the CREA International Convention.

- Send an e-mail to [newfacescontest@gmail.com](mailto:newfacescontest@gmail.com) enclosing the payment slip 10
- candidates for the freestyle area and 10 for the functional area will be admitted.

## CANDIDATES SELECTED FOR PHASE 2 MUST :

- report on the date, time and place fixed for each area.
- prepare two products (one with step and one free-body) of the stated discipline, symmetrical or asymmetrical, for a maximum duration of 20 minutes each.
- Hold a single lesson with a maximum duration of 20 minutes. The product to be taught will be drawn in the manner described below.

## DISCIPLINES AND ORDER OF EXIT :

The discipline/product and order of release will be assigned by drawing lots before the start of the relevant contest. The time-table will consist of alternating a step class and a floor class. Through the draw, the name of the drawn participant (one for step, one for free body and so on) will be matched to the time-table, who will have to perform the lesson shown on the timetable.

VOTES:

voting of the candidates will be entrusted to the *public* and a *technical jury*.

The public will have the opportunity to express a rating, for each individual candidate, ranging from 1 to 5, where 1 represents FEARFUL and 5 represents VERY FEARFUL. The public vote accounts for 40% of the final evaluation.

The technical jury, made up of Carol Lopez, Riccardo Camicia and Giacomo Piccoli (freestyle area) and Lorenzo Sommo, Lorenzo Franco and Daniele Santoro (functional area), will express their judgement, ranging from 1 to 5, by means of an evaluation form consisting of the following items:

1. CREATIVITY: use of directions and directional spaces/approaches during the construction of the final product; originality of the steps that make up the product and their use in the product itself; smooth and original transitions.
2. TECHNIQUE AND PERFORMANCE: technical execution of individual steps and correct posture in execution; observance of basic rules in lesson construction and dynamic execution.
3. METHODOLOGY AND PROGRESSIONS: Correct methodological choice according to the proposed product and progression used in its development.
4. CUEING AND COMMUNICATION: the participant's initial and final presentation and communication skills will be assessed; cueing (in its various forms) used during the development of the choreography presented.
5. MUSIC AND SHOWMANSHIP: use of the structure of the music proposed; evaluation of the ability to entertain and involve the audience

The jury's vote accounts for 60% of the final evaluation.

*This evaluation sheet may be viewed and discussed by the candidate at any time.*

FINAL OUTCOME :

The final vote is the sum of the public vote (40%) + jury vote (60%)

AWARDS:

Prizes will be awarded for the top two finishers in each area:

• **the first classified:**

1. They will have the opportunity to present one class as a presenter at the 5th +C.R.E.A. INTERNATIONAL CONVENTION,
2. They will be guests of FitnessSchoolTv in Berlin to record video lessons promoted on the online platform,
3. They will present one class as presenters in a 2025 Pure Emotion event.
4. They will present one class as presenters in a 2025 FEEL THE SOUND event.

Organisations will only cover travel and accommodation costs

• **the second classified:**

will have the opportunity to present one class as a presenter at one of the CREA fitness parties scheduled in 2025.

The organisation will only cover travel and accommodation costs.

The only person you are destined to become is the person you decide to be.  
- *Ralph Waldo Emerson* -

**GOOD LUCK!**

