



2007 Miss Teen USA Pageant



RPM Trunk Shows & State Pageant Tickets



Body Design by Mike



Meet Miss NC Teen USA Katie Coble



RPM Productions, Inc.

Where beauty meets ability

Beyond the Crown

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PASADENA, CALIFORNIA PLAYS HOST TO MISS TEEN USA PAGEANT

Mark your calendars for August 24, 2007 and the Miss Teen USA Pageant which will air Live on NBC at 9:00 EST. This year's pageant is being telecast from the Pasadena Civic Center in beautiful Pasadena, California. Pasadena is located at the base of the San Gabriel Mountains, and is just 15 minutes north of downtown Los Angeles. Fifty-one dynamic young women will try to make their dream a reality of becoming Miss Teen USA 2007. Outgoing titleholder, Katie Blair of Billings, Montana will be on hand to crown the new winner.



The contestants and their families will be staying at the Hilton Pasadena located at 168 South Los Robles Avenue, Pasadena, CA, 91101. To make your reservations please contact the Hilton at 626-577-1000.

Good luck to Logan Travis, Miss Louisiana Teen USA, Katie Coble, Miss North Carolina Teen USA and Caitlin Upton, Miss South Carolina Teen USA!





WELCOME TO HOLLYWOOD'S ALL-STAR PAGEANT TRUNK SHOWS

You and your parents are invited to join the RPM Productions Team for a private star studded Trunk Show featuring many of our most accomplished pageant personalities. Mr. Don Baker, one of pageantry's leading communicators will be on hand to speak on the pageant interview process. His hour long presentation will include topics such as "being open and outward," "thinking on your feet" and "what was that judge thinking?"



You will also have an opportunity to meet and talk with many of the pageant industry's most respected boutique owners while selecting the perfect gown or stunning swimsuit. Those "in the know" will discuss the latest in fashion and design, even designing that very special something just for you. See some of Hollywood's USA Pageant Titleholders walking the "Red Carpet Walk" as they model our designers' latest fashions.

If fitness is your need, we will have the trainers to our stars available to help answer your every question. They can provide advice to help you obtain your fitness goals the way the stars do!

What would an All-Star Pageant Trunk Show be without cameras? We will have on hand the best of the best photographers and makeup consultants. These professionals will be taking appointments, so be sure to check with them early to get those all important "Program Book Headshots."

For **North Carolina** and **South Carolina** contestants, save the date on your calendars for this star-studded event to be held in Columbia, SC at 12:00 pm on Saturday, September 15 at Columbia College in the Breed Leadership Building; or High Point, NC at 1:00 pm at the Radisson Hotel on Sunday, September 16.

For **Louisiana** Contestants, save the date on your calendars for this star-studded event to be held in Baton Rouge, LA at 1:00 pm at the Embassy Suites Hotel on Sunday, September 23.

Tickets will go on sale for the first time during the trunk shows. See details below.

STATE PAGEANT TICKETS ON SALE...

Tickets will go on sale at your respective trunk shows. Get the best seats available by coming to the trunk shows and getting the inside scoop on the "Welcome to Hollywood" Pageant Weekend. If you cannot make it to the trunk show then you will need to go through the Box Office at the theater.

North Carolina (Oct. 26 & 27)
The High Point Theatre
220 East Commerce Ave.
High Point, NC 27261
336-887-3001

Louisiana (Nov. 9 & 10)
Heymann PAC
1373 S. College Rd.
Lafayette, LA 70503
337-291-1977

South Carolina (Nov. 16 & 17)
North Charleston Performing Arts Theater
5001 Coliseum Dr.
North Charleston, SC 29418
843-529-5050



BODY DESIGN BY MIKE

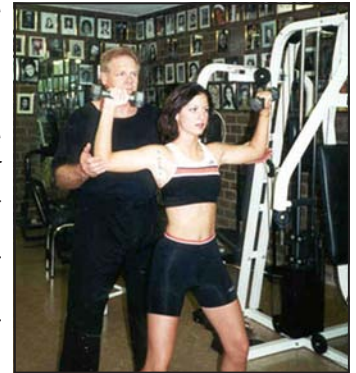
One of the most rewarding things you can do for yourself in life is to start and stay on a good fitness routine. Fitness training for pageants is a perfect foundation for fitness training for life!

There are three important parts to having a successful fitness training program which are a healthy nutrition plan, a good cardio program to burn away excess body fat, and the correct muscle toning exercises to give you a nice toned swimsuit figure.

For Nutrition I would suggest staying away from high fat content foods such as hamburgers, hot dogs, fries, pizza, cookies, cakes, candy, and ice cream. Replace these with chicken, turkey, fish, baked potato pasta, fruit, and green vegetables.

Now that you are eating healthy, your next job is to begin burning away body fat with some form of aerobic activity. Using a treadmill, stationary bike, and elliptical machine work great. Fast walking or jogging outside is also a good way to burn body fat. Depending on how much body fat you need to burn determines how much aerobic activity you will need. I would suggest at least 30 minutes a day, 4 days a week. Of course the more time you spend on aerobic activity the more body fat you will burn.

Finally you will need to perform muscle toning exercises to ensure you have a nice, defined body. I would suggest performing each muscle toning exercise three days a week, every other day, completing 3-4 sets, with 10-12 reps per set. It is very important that you understand how to perform each toning exercise safely and correctly to ensure you are not injured during your training. You may want to consider using a personal fitness trainer to teach you the best training technique safely along with the exercise's that will work best for you. Remember, the body type you have will determine which exercises work best for you.



I wish each of you all the best with your fitness training and please train safely!

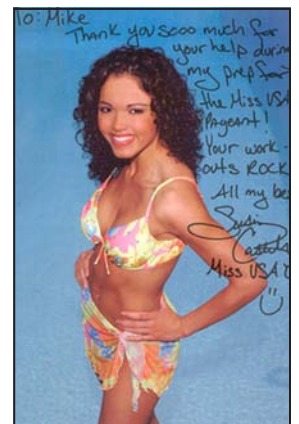
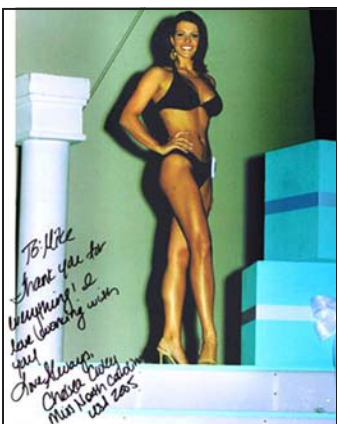
Mike Mauney is a Personal Fitness Trainer certified by the National Federation of Professional Trainers. Mike specializes in Personal Fitness Training for women of all ages. He has trained dancers, models, cheerleaders, pageant and swimsuit contestants of all ages and competition levels for the past 18 years. Along with training his daughter "Miss North Carolina USA 1995" Michelle Mauney, his training credits also include "Miss USA 2005" Chelsea Cooley, "Miss Teen USA 2004" Shelley Hennig, "Miss USA 2003" Susie Castillo and "Miss Teen USA 1998" Vanessa Minnillo.

Mike Mauney
Personal Fitness Trainer
Body Design by Mike

www.bodydesignbymike.com

exercise@bellsouth.net

(704) 573-0414





MEET MISS NC TEEN USA 2007 KATIE COBLE

Katie Coble is a seventeen year old Senior at Providence High School, from Matthews, NC. The daughter of Scott and Wendy Coble, she has two brothers, Shane 23, and Chase 19.

A model since the age of fourteen Katie is signed with well known agencies, such as Ford, Wilhelmina and Directions USA. She has studied with the Film Actors Studio of Charlotte and her ultimate goal is to become an actress. She has been featured in Seventeen Magazine, Elle Girl and Cosmo Girl magazines to mention a few.

When not flying around the country with a full time modeling career, she enjoys snowboarding, playing tennis, and her first love; horseback riding.

Prior to becoming Miss North Carolina Teen USA in High Point, NC, the only other pageant she'd ever participated in was last year's Miss North Carolina Teen USA competition where she placed in the top five and was the overall swimsuit winner.

Katie would very much like to devote her year as Miss North Carolina Teen USA to promote a positive self-image in young girls. She is an aspiring author preparing for her first book on the self esteem of young women. As Miss North Carolina Teen USA, she's enjoyed working with Special Olympics and her summer plans include working with the Bubel-Aiken Foundation Children's camps.

