



# ELIZABETH MONTAVON

ATHLETE  
PODCAST HOST



12K  
FOLLOWERS



19  
FOLLOWERS

## PRESS & PARTNERSHIPS

*HydroJug*

*TYR*

*1st Phorm*

*Stokes Skis*

*Goode Skis*

*GiveGo*

*Palm Beach Illustrated*

Hey, stoked to meet you! I'm a pro waterskier, amateur CrossFitter, podcast host, and social media influencer.

I circle the globe promoting inspiring fitness brands, high quality equipment, and my time competing on the Pro Waterski Tour. My overall goal is to connect men and women with the tools and resources they need to live a purposeful life through sports and fitness.



## SERVICES I OFFER

- *Dedicated videos showcasing products*
- *Product integration in video related to the niche*
- *Brand mention or shoutout*
- *Affiliate mention with custom code*

## RATES FOR INSTAGRAM

- |              |                              |
|--------------|------------------------------|
| <b>\$100</b> | • <i>Instagram Story</i>     |
| <b>\$150</b> | • <i>Instagram Feed Post</i> |
| <b>\$150</b> | • <i>Instagram Reel Post</i> |

## RATES FOR TIKTOK

- |              |                                    |
|--------------|------------------------------------|
| <b>\$100</b> | • <i>Affiliate Code Mention</i>    |
| <b>\$150</b> | • <i>Product Integration Video</i> |
| <b>\$200</b> | • <i>Dedicated TikTok Video</i>    |

### I WILL ALSO MENTION..

*Prices are a baseline and subject to change. If you choose more than 1 service I can offer a reduced bundle rate.*

**340K+**  
monthly  
impressions

**2K+**  
monthly  
stories reach

**75%**  
USA, Canada

**18-34**  
age reach