

2010 was a huge success for NABBA NZ and a big year for Body Building in New Zealand. We had a few flying changes along the way!

Sadly we bid farewell to Shelly Boyes a long serving member of NABBA, and NABBA Waikato Area Rep, while we welcomed on board new NABBA Area Contacts with Teresa Edwards (Waikato), Tanya Rich (Christchurch) and Suzie Patrick (Dunedin) President Jim Pitt, paid tribute to the hard working Area Representatives.

### Class Reviews

All classes were reviewed. There were no changes to any Class Rules; however the following reminders were to be made to the respective classes:

#### Fitness Model

Fitness Model competitors must show strength, flexibility, endurance, presentation and entertainment to a high standard of their talent; for example it may be in dance, gymnastics etc

#### Shape

Shape competitors must show symmetry and athletic tone, and only show muscular definition slightly. It is important to show a high standard of presentation, deportment and preparation.

#### Figure

There continues to be a good standard of figure athletes. It is very exciting to have the international pathway in NAC International, as it provides both; a platform for competitors to advance and compete at the highest level, and an International direction, and 'ideal' example of the International Figure 'type'.

#### Physique Women

Physique competitors must show more hardness in their muscle structure.

#### Athletic

The standard we are seeing is very high, with good competition at all levels

#### Physique Men

We often have great physique competitors competing once to qualify, and then at the Nationals. We encourage these guys to compete more often throughout the year, and peak for the Nationals. In recent years we have had some great physique men competing, and now with the introduction of the Pro-Card on offer, this will give them a new challenge to aim towards.

#### Mixed Pairs

The pairs must compliment each other with similar levels of definition, and general proportion and symmetry. Stage presentation is very important, and the pairs should work 'as one' on stage.

#### Judges

Twenty five Judges judged throughout the year, with the majority attaining 90% accuracy. Performance assessments have been done on each Judge. Maintaining professionalism in this area is very important.

#### 2011 Judges Courses:

- Northern May 21<sup>st</sup>, Auckland
- Central July 23<sup>rd</sup>, Hawkes Bay
- Southern September 3<sup>rd</sup>, Dunedin

## Regional Reports

All Regions had very successful shows, apart from the Christchurch Show cancelled due to the earthquake on the morning of the show. All Shows were supported by an array of sponsors, so remember to support those sponsors, who are supporting our sport.

## International Competitions 2010

The 2010 Asia Pacific Championships in Rarotonga, Cook Islands was an amazing success and will be remembered for many years.

The 2010 Worlds – although a New Zealand team was selected no team went due to financial constraints.

The 2010 Universe – a New Zealand team of 6 went to Germany and all came back highly motivated and ready to take their bodybuilding to the next level.

## Finances

The year was successful with all shows running to budget. As a volunteer organisation we do rely on sponsors and Show Organisers work hard to run good entertaining shows.

## Nationals

Another successful Nationals, with 140 athletes. The 'sponsor-booths' created a great atmosphere and backstage ran like clock work once we had overcome the delay at the beginning. Athlete patience, friendliness and sportsmanship were very good.

## Personal Trainers

Each area will endeavour to run courses for Personal Trainers, so they are more knowledgeable about the different classes. Contact your Area Reps if you are interested in attending such a course.

## Pro-Card

To ensure an International pathway for both our amateur and professional bodybuilders in New Zealand, the NABBA Pro-Card will be initiated in 2011.

The structure will set up a Pro-Card that has integrity and credibility.

Contact NABBA HQ for more details.

## Rule Clarification

*Class Rule: There must be three athletes to constitute a Class i.e. when there are less than three athletes in a class it will be combined with another suitable class, and will be recognised as one class for Judging. In the event that your class is combined; you will still qualify in your elected class, not the combined class.*

This rule was discussed, but will remain in place, and will be applicable to all classes. At the time of 'Athlete Briefing', and before the Judging Rounds commence, the Head Judge will clearly explain which classes have been combined.

## Website

The website is kept current with all the official NABBA information you will need. If you have further enquires don't hesitate to contact your Area Rep or NABBA HQ. Check out the Regional Pages on the website for all relevant Show Information.

## Privacy

As of this year all camera or phone cameras will not be allowed in the changing rooms. Privacy is an important issue in this area.

## Entry Forms

NABBA HQ is exploring setting up online entries.

There is a new/updated 2011 entry form which can be downloaded from the web site

Reminder that entries need to be in two weeks prior to the show and no entries will be accepted on the day.

### Colleen Sloane Tribute 100<sup>th</sup> NABBA show

Watch out on the website as we honour this amazing woman, a unique achievement in New Zealand and the World.

### Thank Yous

To the many volunteers throughout NZ, who help backstage, to all the Judges for their commitment and professionalism, to Jackie at NABBA HQ, Michael, our web guy, and Keith, from Muscle Imaging, we thank you all for your efforts throughout 2010.

### Administration Changes for 2011

Greg Mawson moves to Wellington and will work with Maeve Neilson.

Andrew Murray will be supported by his wife Rachel

Area contacts have been appointed

- Waikato – Teresa Edwards
- Christchurch – Tanya Rich
- Dunedin – Suzie Patrick

### 2011 Congress

Once again a very successful congress was held, like minded people sharing a passion and a dedication to the sport of bodybuilding.