



NABBA Wellington

Putting athletes first!

The word NABBA and the NABBA Logo are trade marks of NABBA New Zealand.

July 2011

Half way through the year and only 5 shows to qualify for Nationals!

This month we look at:

- Waikato Results
- Hawkes Bay Results
- Upcoming shows
- Tanning
- Show Sponsors
- Yours Truly - Update



Waikato

There was a big turnout at the Waikato Show held on 9 July 2011.

Well done to Teresa for coordinating the event. And a HUGE Congrats to all who competed.

For photos and results check out:

www.nabba.co.nz

or

www.muscleimaging.com



Cassandra Craighead PHYSIQUE Sam Monrad ATHLETIC Janina Haywood FIGURE Rota Elliott PHYSIQUE Katrina McKinlay SHAPE

Hawkes Bay Show

Saturday 23 July 2011 saw about 34 athletes compete in the Hawkes Bay show held at Taradale High School.

A big shout out goes to Phil Wysocki and Scott Tidmarsh – local lads who did us proud. Super super super close in the overall athletic class, and well done to Scott for holding his own in his first ever show contending the overalls. Bring on Nationals!

As always, Mr Jolly has the photos....

www.muscleimaging.com



REPRESENT!!!!

Upcoming Shows

Shows coming up very soon:

- **Counties Manakau**
6 August 2011
- **Bay of Plenty**
20 August 2011

For more information and venue details check out our website: www.nabba.co.nz



CYTOSPORT is proud to present the 2011
**NABBA® COUNTIES MANUKAU
Bodybuilding Championships**
SATURDAY 6TH AUGUST
HAWKINS THEATRE PAPANUIA
13 Ray Small Drive (off Elliot St) - Tel 097 7712
Registration 10:00am - 11:00am
Judging 11:00pm - 11:30pm
Finals 6:00pm - 9:00pm
Prizes from Nutrition Plus Door Sales on the day
NABBA
ENTRY FEES: from NUTRITION PLUS
Men: \$100 (B&B) Entry Fee \$50
Entry Starts Friday 20th July
Ladies: \$100 (B&B) Entry Fee \$50
Friday Judging: Last Entry Fee \$50
Rick Walker 2010 ATHLETIC CHAMPION
Gret Walker 2010 PHYSIQUE CHAMPION
For Further Information contact:
Peter Henderson, Tel: 092 182 990
or Web: www.nabba.co.nz
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Nutrition Plus
BodyBuilding New Zealand.com
NZMUSCLE

To Tan or Not to Tan

Trust me on stage you need to be seen! So a good tan goes a long way to showing off depth, muscularity and vascularity (for those classes requiring it).

Some classes don't need to tan and top coat to the extent of others.

Shape and Fitness Models do not need DREAM TAN! Especially Fitness Models as it becomes gross, green and runny when you are completing your routine. Stick to decent dark tan. You can get this by having a really dark spray tan applied several times before completion or using a base coat tan like Jan Tana or Pro Tan.

The other classes require a good base coat and top coat – like Dream Tan or Jana Tana Glaze. Slap – literally – this stuff on about 20mins before pumping up and stepping on stage.

Most of our terrific Wellington Sponsors offer Dream Tan, Pro Tan at reasonable prices. Our great friends at NZ Muscle are now stoking Jan Tana. Get in touch today to order your supply!!



Order your Jan Tana from our sponsors at
nzmuscle!

www.nzmuscle.co.nz

Wellington Show Sponsors

The Les Mills Wellington Championships in Conjunction with Eat Me Sports Supplement is shaping up to be another fantastic event. We are moving to the Little Theatre this year – tiered seating and just round the corner from last years venue the Town Hall. HEAPS of free parking.

We've even scored some original carvings for the overall trophies, thanks to our great friend in Gisborne, Mathew Matenga.

Again we been supported again by some fantastic local and national sponsors. You can check out their deals, websites and more details on the Wellington show by clicking their logos on our Wellington Regional Page at:

http://www.nabba.co.nz/regions/wellington/wellington_fro nt.htm

Be sure to check out Eat Me Supplements ... they have a facebook page and are offering some SWEET deals to athletes...along with a \$200 give away!!

<http://www.facebook.com/eatme.net.nz?ref=ts>

Yours Truly.....

Has been organising, running, sorting, and developing the NABBA brand in Wellington for coming up four years. She also took on the role of developing and growing the judges nationally, ensuring that our judges have a manual, judge to criteria and each panel is rounded with a group of national judges.

To truly do anything well you need to believe in it, have passion for it, and your values need to align..... so its time to hand over the reigns to someone else. I will endeavour to keep the newsletter running until the Wellington Show, as again, my integrity is important and I promised the sponsors exposure through this avenue.

Its fair to say there are some fantastic people in this sport. I'd like to thank all the sponsors who have got behind NABBA Wellington over the years, and lived the dream of Putting Athletes First. I'd like to congratulate every athlete who ever stepped on stage at the Town Hall Lower Hutt, strutted their stuff and enjoyed their moment. That is what this sport is about. Keep training hard, and I'll see you on the flip side.

Maeve

The logo for Les Mills, featuring the brand name in a bold, blue, sans-serif font.The logo for Eat Me, with the words "EAT ME" in large, yellow, bubbly letters with a red outline, and the tagline "Nutrition for healthy bodies" in a smaller, black font below.The logo for Supplements Wholesale, with the word "supplements" in a bold, black font and "Wholesale" in a smaller font below, accompanied by a stylized leaf graphic.The logo for NZMUSCLE, featuring a stylized black silhouette of a person in a dynamic pose, followed by the text "NZMUSCLE" in a bold, black font and ".CO.NZ" below.The logo for FlexiWear, with the word "FLEXIWEAR" in a bold, black font and "ACTIVE APPAREL" in a smaller font below.The logo for Muscle Maging, with the word "MUSCLE" in a large, stylized font, "MAGING" below it, and "PHOTO DVD VIDEO" in a smaller font at the bottom.The logo for Ross de Rouffignac, a portrait photographer, with the name "ROSS de ROUFFIGNAC" in a bold, black font, "portrait photographer" in a smaller font below, and the tagline "your image is my business" at the bottom.The logo for Gymeez, with the word "GYMEEZ" in a large, bold, red font, and "HEALTH & NUTRITION" in a smaller, black font below.