



NABBA Wellington

Putting athletes first!

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

May 2011

One show down....only 13 to go!

This month we look at:

- Manawatu Champs Results
- Colleen – out with a bang!
- Upcoming Shows
- Asia Pacific Champs
- Need to Grow – NBE promo
- Food!!
- Electronic Registration
- Sponsors
- Nice shots... Photographers



Manawatu Champs

First show of the year is done and dusted, with the Manawatu Champs taking place on April 9, 2011 in Palmerston North.

Good level of athletes turned out at the show, and a HUGE audience packed the arena to celebrate Colleen's 100th show.

Check out some of the snaps and tribute at:

www.nabba.co.nz

and

<http://www.youtube.com/watch?v=fqg9Llpi0tQ>

Thanks to Paul of PWG Photography for the video.

Results are available on the NABBA Website

http://www.nabba.co.nz/2011/manawatu_2011.htm

Special congrats goes to our local athletes who travelled up and competed:

- Ross Gray
- Pam Inglis
- Greg Mawson
- Yours truly...



Overall winners: Greg Mawson, Lesley Rothera, Mark Dreyer, Jackie Small

Colleen

What can we say.... Colleen promised another memorable routine and to go out with a bang.... Or was that a roar?

The Manawatu community, athletes and judges from across the country celebrated this icon of BB at her 100th show.

She reckons she's finished... but if I know Colleen she'll be back!

More photos here:

http://www.nabba.co.nz/regions/Manawatu/manawatu_show_photos_2011.htm



Upcoming Shows

We have three shows in quick succession over the next month:

- Asia Pacific Championships
30 April, Boracay Philippines*

*Please note; this is by invitation only and a great show for developing athletes.

- Christchurch Classic
14 May 2011
Mairehau High School
440 Hills Road, Mairehau, Christchurch

We are heading to Christchurch to help both the athletes within the region and the local community get back to a level of normality post the earthquake. All athletes, spectators, family and friends welcome – so head along and support Tanya and the team!

- Auckland Championships
21 May 2011
Glenfield College
Kaipatiki Road, Glenfield, North Shore



Asia Pacific Champs

A special "Shout Out" goes to Ross Gray of Wellington who is packing his posing trunks and heading across to the Philippines to compete in the Masters Men at the Asia Pacific Champs.

All the best Ross!



NBE

Local lads Leo, Kevin and John have re-launched Not Big Enough (NBE) Performance Clothing. The lads are branching out from hoodies and tees to a fully stocked clothing line, supplements, accessories and a website dedicated to training, tips and information.

You may have seen them at the Manawatu show, and they will be making an effort to get to most NABBA show this year to promote their product. Wanna order a tee or a hoodie? Find them on facebook and get in contact!

Ladies... there is a female product coming... feminine designs, racer back lycra singlets etc, so watch this space!

www.facebook.com

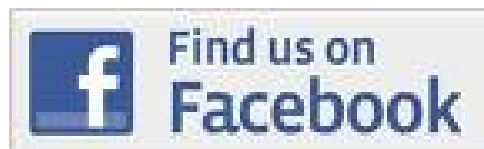
Not Big Enough Performance Gear NBE

Check out their promo on you tube:

http://www.youtube.com/watch?v=6DAaeMtzfg&feature=player_embedded

And their work in progress website:

<http://www.notbigenough.com/default.asp>



Wellington Show - Sponsors

Every year we are blessed with the sponsorship support we get from local and national sponsors. You can check out their websites and deals from our regional page:

http://www.nabba.co.nz/regions/wellington/wellington_front.htm

NABBA Wellington will be getting in contact with our regulars and hopefully some new sponsors this year for our show on 17 September 2011.

NABBA Wellington is getting a bit of a reputation for running a good show with good prizes, and for looking after our sponsors. We aim to keep that going this year.

We are also being joined by a couple of fantastic national and international champs as our guest posers.

Keen on competing at the show? You have 21 weeks. HEAPS of time... so get your accommodation booked and we'll see you there!



Food

Ok I live with a chef, it helps... but get a bit experimental with your cooking so you don't get bored with the old chicken and broccoli rigmarole.

Try this one:

Lemon Chicken – feeds one

Teaspoon of ginger
160g chicken breast
Juice of one lemon
2 teaspoons of splenda

Soak cut up strips of chicken in ginger and lemon juice for a minimum of 2 hours.
Heat a pan with a Tablespoon of oil of your choice, and cook the strips of chicken until brown on all sides.
Add a little water to the left over marinade and stir into the cooking chicken to make a thin sauce.
Cook chicken through until no longer pink. Add splenda right at the end of the cooking.

Serve cooked chicken over rice, or if you are carb free at night... add some stir fry veges to the mix for a yummy evening meal.



Electronic Registration

We are moving into the sustainable, electronic world at NABBA... thanks heaps to Michael the Web Master.

You can now register for any show on our website.

<http://www.nabba.co.nz/2011/2011NABBA-EntryForm.pdf>

2011 NABBA EntryForm.pdf application/pdf Object - Mozilla Firefox

http://www.nabba.co.nz/2011/2011NABBA-EntryForm.pdf

2011 NABBA EntryForm.pdf application/pdf

2011 NABBA EntryForm.pdf application/pdf

Please fill out the following form. You cannot save data typed into this form. Please print your completed form if you would like a copy for your records.

2011 Entry Form Edition Page 1 of 2

Please Note:

- * NABBA members pay an Annual Registration Fee of \$50.00
- * All Competitors pay an Entry Fee for each show of \$20.00
- * Please Forward your music and monies with your entry form
- * **ENTRIES CLOSE TWO WEEK BEFORE THE COMPETITION DAY**
- * This is an OFFICIAL ENTRY - You may only compete in the class you select

Competition:

Name:

Address: Postcode:

Phone (Home): Phone (Work):

Email: Mobile:

WOMEN

Want some FANTASTIC Photos?

You don't have to be a bodybuilder or competing to have some nice photos to show off your hard work transforming your body. And we have two local photographers who do AMAZING work.

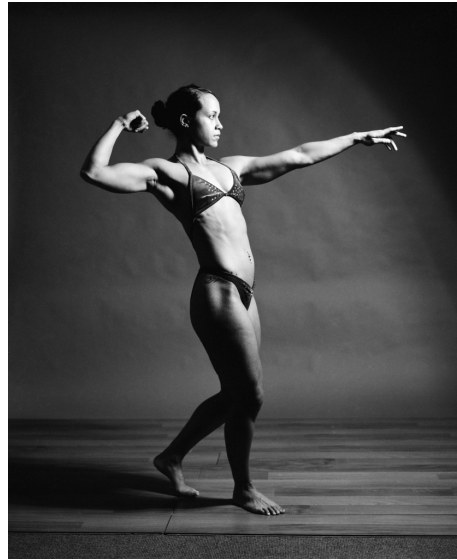
We've already mentioned Paul of PWG Photography. Check out his work on FaceBook – PWG Photography.

We also have the talents of Ross de Rouffignac. He's done some fantastic shots of local athletes Margot, Rosalie ... amongst others.

Add him as a friend on Facebook or email him at rossderouffignac@xtra.co.nz

Check out some of Paul's work here.....

<http://www.youtube.com/user/pwgphotovideo>



Margot, courtesy of Ross de Rouffignac

Forward this newsletter to everyone you know and help NABBA to grow!

