



NABBA Wellington

Putting athletes first!



Welcome

Two weeks to go ... we are almost there.

The Protein Bakery Wellington Regional Bodybuilding Show is on Saturday 10 October 2009 at the Lower Hutt Town Hall on Laings Road.

Let everyone know you can buy your tickets on the day at the door.

At this point you should be focused on the show to the point where you are comfortable with your own posing routine and your compulsory poses. You should be monitoring your fat levels, sticking to your diet and cardio plan and planning to get you to where you want to be on show day.

This week you can read all about:

- How to win our giant prize pack
- Show details including things to bring with you and tricks of the trade!
- Videos ... from around the world
- Our show supporters



Principal Show Sponsor
The Protein Bakery



Win our prize pack

Congratulations to Jamie Rutherford who won the Eat Me 100% Isolate in our last competition.

This week we have a monster prize pack to give away. Our pack includes a double ticket to The Protein Bakery Wellington Regional Bodybuilding Show, a copy of the latest edition of NZ Fitness Magazine, packs of Jack Links high protein beef jerky, Eat Me whey protein single serve shake bottles, and low fat Corn Thins.

To enter, tell us where tickets for The Protein Bakery Wellington Regional Bodybuilding Show on Saturday 10 October 2009 at the Lower Hutt Town Hall can be purchased.

Email your answer to enquiries@nabba.com.au

Show details

Here is a quick rundown on all the important details you need to cover off to make your big day runs smoothly!

Tickets

Buy your tickets on the day at the door.
Judging Rounds, 1.00pm \$15 Adults.

Evening Show / Prize Giving, 6.30pm. \$25 Adults.

Combined Show Tickets: \$35 Adults.

How to enter

Entries (\$20) close on Friday 2 October 2009.
Late entries (\$40) close on Friday 9 October 2009.
Sorry - no registration on the day.

Entry forms are available here.

http://www.nabba.co.nz/2009/Entry_Form_2009_complete.pdf

Email or post your entry form to:

Neville Brown
129 Broderick Road,
Johnsonville,
Wellington.
Phone: (027) 487 0547
Email: nbrown@mmnz.co.nz

or contact NABBA HQ on:

Phone: (06) 356 1570.
Email: nabba@inspire.net.nz

If you email your entry, you can pay the entry fee on the day.

Timetable

10 to 11am - Check-in
11.30am – Athlete briefing
1pm - Judging rounds start
3.30pm – Judging finishes
6pm – Doors open for the evening show
6.30pm – Show starts
8pm - Intermission
9.30 – 10pm – Finish
10.30 onward – After party at Angus Inn





Things to bring with you

- 2-3 copies of your routine music just in case any are lost, don't work or damaged. There's nothing worse than having to pose with no music!
- Old bed sheets. Motels don't like tan covered sheets and will charge for extra cleaning.
- Plenty of tan (eg. Dream Tan #2). This stuff is like gold at a show so keep your stash secured.
- Posing trunks or outfits ... do you need spares?
- Carb loading food.
- Baggy clothes - are easy to get on and off.
- Towel.
- Exercise band or hand weights for pumping up.

Optional tricks of the trade

- Thompson's Niacin (helps bring out vascularity)
- Red wine (apparently helps with vascularity and muscle pump....or is it just for nerves?)
- Cheap hair spray (sprayed over the applied tan helps seal it and ads shine....avoid applying around the love handles as this can hinder lat posing as it's a little slippery).
- Application sponge roller (it's easier to apply the Dream tan and do touch ups). Also helps avoid having to slap yourself silly applying the tan.
- Moisturizer on hands and feet before applying a base tan (eg.Protan). Helps limit stained hands, feet, fingers and toe nails for months afterward.
- Baby oil to remove the Dream tan (oil yourself up with it and wipe it away)
- Or, slick yourself up with Palmolive Dish liquid and this will break up the tan ... then shower and most of the tan washes away.
- If applying a base tan like Protan ... use a soft decent quality paint brush as it's much easier to use than the foam applicator it comes with.





Videos ... from around the world

Russian bodybuilder Alexander Vishnevskiy takes a unique approach to his stage performance. With a solid build like his you wouldn't expect Vishnevskiy to be able to move as fluidly as he does in this robot dancing clip.

Check it out on YouTube!

<http://www.youtube.com/watch?v=6lAJIblYYfM>



Show supporters

NABBA loves our show supporters. These are the fantastic organisations that donate their time, money and products by the box load. The kind folks that enable us to give away goodies to the judges, officials, athletes and to the spectators.

They provide the means to put the show together and the finishing touches and inspiration that make sure everybody goes home smiling and fired up to hit the stage next year.

Here are more of the wonderful people supporting us this year:



Jack Links Beef Snacks

Jack Links are made from only premium cuts of whole lean beef, seasoned, marinated, cured and slow smoked to exacting well proven recipes.

Their Beef Jerky is a guilt free snack alternative which delivers a product high in protein, rich in iron, 97% fat free and most important of all it tastes great!

<http://www.jacklinks.co.nz/>



New Zealand Fitness Magazine

New Zealand Fitness is New Zealand's leading fitness magazine, available in bookstores, supermarkets, dairies and service stations. New Zealand Fitness is also available by subscription @ \$49 per annum (6 issues).

To subscribe via email [click here](#). For details of New Zealand Fitness advertising rates [click here](#). For more information about New Zealand Fitness [click here](#).

<http://www.methode.co.nz/magazines/fitness/index.html>



Real Foods Corn Thins

Corn Thins are deliciously healthy crisp breads made from popped corn using a great recipe for maximum flavour and crunch.

Corn Thins taste sensational on their own or with any of your favourite toppings. High in fiber with no added sugar, Corn Thins are made with all natural ingredients and have no artificial flavours, no artificial colours and no preservatives.

<http://www.cornthins.com/>

EAT ME

Eat Me Whey Protein

Eat Me are our local whey protein manufacturer and they will be at the show with some amazing deals on the day!

Look out for their free single serve protein shake bottles so you can do some product testing and secure your supply at the special NABBA Show discount sale price. Not to be missed!

<http://www.eatme.net.nz>



Contact us

The Wellington NABBA Executive welcomes any active members that are passionate about the sport, and we always welcome new ideas. Please feel free to contact either Neville or Maeve if you would like to be involved.

Maeve Agnew

Phone (027) 288 2963

Email: evanandmaeve@yahoo.com.au

Neville Brown

Phone (027) 487 0547

Email: nbrown@mmnz.co.nz



Mailing list

Keep up to date with all the Wellington NABBA news, discounts and action as we move closer to the Wellington Regional Champs and the New Zealand National Champs.

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