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2018 Annual Congress Report

Another very positive Congress has been held, and so it is time to keep you all informed of changes you need to know for 2018. This is an athlete update of matters discussed and changes relevant to you for 2018.

1. President's Report (Click here to read)

2. Regional Report

Although all events had smaller number of athletes competing, all events had the NABBA trademark of friendly, well organised and non-political.

Special congratulations to Judy Duggan, Southland, Stacy and Mikaere Mcbeth , East Coast and Sarah Goldsmith, Waikato, for running their first events.

3. 2018 Calendar

- **Taranaki** – April 7th
Welcome to new Area Rep Anne Russell.
Special thanks to Charmaine Sutherland who was Area Rep for 4 years.
Event to be held at New Plymouth Boy's High School.
- **Manawatu/Wanganui** – May 12th
Will be back in Wanganui this year
- **Bay Of Plenty** – July 21st
Welcome to new Area Rep Tina Merriman.
BOP event will be held at Mt Manganui College.
- **East Coast** – September 1st
Stacy and Mikaere will be retiring due to family commitments.
NABBA HQ to run this event. Special event offered to 'Wheelchair' athletes.
- **Otago** – September 8th
Welcome to new Area Rep Kristy Ovens.
South Island Championships to be renamed as the Otago Championships.
- **500 Series**

Southland	April 21 st	Figure 500
Hawkes Bay	July 7 th	Shape 500
BOP	July 21 st	Physique Women 500
Auckland	August 4 th	Athletic 500
East Coast	Sept. 1 st	Physique Men 500
- There must be 2 classes competing in the Overall class. Invitations will be going out to:
Novice Regional winners and those athletes who placed in the top three at the NZ Nationals.
All Open athletes who competed at Regional events and the NZ Nationals.
- **NZ Nationals**
October 21,22 Wallace Development Theatre / Abbey Theatre, Palmerston North
Excellent venue, viewing in the Theatre, backstage area, car parking and onsite café.
Excellent pool of volunteers and sponsors to call upon and plenty of accommodation to call on.

- **2018 Calendar**
NAC Worlds Cebu, Philippines, June 2nd
 Great opportunity to send a strong NZ Team to the Philippines.
 Qualifying events Southland, Counties-Manukau, Manawatu/Wanganui.
NAC Universe Hamburg, Germany, 24th November
 Qualifying event is NZ Nationals.
NABBA Asia-Pacific, Glenfield, Auckland 27th October

4. Congratulations

Congratulations to our 2017 NZ National Champions:

- Ms. NZ Shape** – Tracy Coyle – Hawkes Bay
- Mr. NZ Athletic** – Anthony Bowen – Waikato
- Ms. NZ Physique** – Tina Merriman – Bay of Plenty
- Mr. NZ Physique** – Sitani Kulu – Auckland
- Ms. NZ Figure** – Janine Haywood – Counties- Manukau
- Mr. NZ Mr. Body - Board Shorts** – Troy Pain – Wellington

- TO ALL THOSE THAT HAVE NOW MOVED UP TO THE OPEN CLASSES:
 All Novice athletes who won their classes, at Regional Competition
 All Novice athletes who placed in the top three at NZ Nationals
- TO ALL THOSE THAT HAVE ATTAINED INTERNATIONAL STATUS
 All Open class athletes who won their classes at NZ Nationals
 Senior Figure 40+ And 50+ Winners

5. International Honours

- Congratulations to all those who represented New Zealand Internationally, at Nabba Asia Pacific, NAC World or NAC Universe Championships, in 2017.
- A reminder to all athletes, that NABBA NZ has pathways for you to take, for the next level of competition. You might be surprised how motivating it can be and the opportunities that will come your way.
- You will find the NZ Honours, International Show and Athlete Reports on the NZ TEAMS Page on the website.

6. 2018 Judges Courses

- Taranaki: April 7th
- Southland: April 21st
- Counties-Manukau: April 28th

7. NABBA NZ Executive, Area Representative, Area Contact

- NABBA Vice President
 Andrew Murray had been appointed to the position of Vice President
- NABBA Executive & Area Rep Retirements
 Stacy & Mikaere Mcbeth – East Coast
 Charmaine Sutherland – Taranaki
- NABBA Executive & Area Rep Appointment
 Tina Merriman for NABBA B.O.P
 Kristy Ovens for NABBA Otago
 Anne Russell for Nabba Taranaki
- NABBA Contacts
 Ettienne Nelson – (working with Gavin Maxwell for Counties-Manukau)
 Debe Stewart – (working with Kristy Ovens for Otago)

8. Class Reviews

- **Shape** – T-walk was a great innovation & well executed by all athletes
Only 2 poses at each 'X' mark on stage.
- **Figure** – Well represented in all classes, with athletes coming in closer to their optimum weight.
- **Physique Women** – Novice athlete's numbers are increasing, but need to aim for that 'harder' look.
- **Athletic** – Working well to their criteria & coming in closer to their optimum weight.
- **New Rule: Height -100+3 = Maximum Allowable Weight**
- **Physique Men** – Maintaining a good standard, Junior, Novice and Open well done.
Physique athletes need to take the opportunities to compete overseas.
- **Mr. Body-Board Shorts-** Class criteria are working well, but athletes need to learn how the T-walk is done.
Only 2 poses at each 'X' mark on stage
Novice & Open classes will be offered in 2018.
Overall Titles will be competed for Regional events and NZ Nationals.
- **Mixed Pairs** – Those competing on this class continue to enjoy this event, while still working to the criteria.
- **Classic Women's Class - New Innovation**
 - One class (no Short/Tall, no Novice Open)
 - Upper & Lower limit weight restrictions to be finalised
 - 80's look, where Physique emphasis is on structure, symmetry, good muscle size, leanness (not ripped) and femininity (poise and grace)
 - 2 piece bikini of one colour
 - No footwear
 - No jewellery, except wedding ring
 - Watch out for a set of photos on the website to see what look is required for this new class.
 - Trial class at:
Hawkes Bay 7th July
Auckland 4th August
Wellington 30th September
- **Age related class** – New for 2018
 - Figure 40+, 50+, 60+, 70+
 - Physique Men 40+, 50+, 60+, 70+

9. Facebook

Follow NABBA NewZealand@facebook.com
Follow the links to regional Facebook pages.

10. Website

NABBA's website will be going for a "facelift" shortly. But the website will still remain information based & the "go to" for All Official NABBA Information. Expect to see photos & videos to assist in clarifications of class criteria.

11. Top Gym Trophy

The Top Gym Trophy is well received in the various areas, with a good healthy rivalry between gyms in all regions.

12. 2017 Top Trainer/Coach Award

- Congratulations to Audrey O'Keefe, Wanganui "2017 Top Trainer / Coach".
- Met with good interest. Athletes could nominate their Trainer / Coach on the online entry form.
- Reminder to put down one name only.

13. Timetable

- 9am-10am Athlete Registrations
- 10.30am Athlete Briefing
- 12 noon Judging Rounds
- **5pm Evening Show * New Innovation**

14. Online Entry Policy

Online entries have worked very well.

15. Music

For 2018 music will need to be attached to your e-entry form.

16. NABBA FEES

The cost of fees will not change. Online payment can be paid to NABBA HQ. Account details are on the Entry Form.
PAYMENTS MUST BE PAID 2 WEEKS BEFORE AN EVENT.

17. Late Entry Policy

The "Late Entry Policy" is to be deleted. **All entries must be into NABBA HQ 2 weeks before an event.**
LATE ENTRIES will NOT BE ACCEPTED.

18. NABBA Merchandise

Keep an eye out on the website and Facebook for NABBA Merchandise, as we are looking to bring in a NABBA Hoodie this year.

19. Photos & Videos

These continue to be a great resource to assess your condition, viewed objectively and with professional critiquing you will be able to monitor your progress from competition to competition.

20. Poster

All show posters will be downloadable from the website.

21. After Show Functions

With the Evening Show now starting at 5pm, there will be more time for athletes and supporters to support the After Show Functions.

22. Drug Testing

- The stance of NABBA NZ is unchanged from last year, to reiterate our stance:

- a) The taking of drugs is illegal and we do not condone their use.
- b) Under NZ law, it is the role of the Justice System to deal with those found guilty of use.
- c) Reminder to athletes that there are major health issues associated with drug use.
- d) We have a policy for drug testing, 'test one-test all'. The cost per drug test is approximately \$800. As an Amateur sports body, this is beyond our financial means.
- e) We offer a diverse range of competition classes. Athletes can and should compete in a class suited to their body type

23. Branding

NABBA NEW ZEALAND is incorporated and is financially to the NZ Incorporated Society. Our organization also has a set of Rules by which we are governed. "The word NABBA and the NABBA logo are trademarks of NABBA NEW ZEALAND.