

2019 Congress Report

1. 2018 Presidents Report

NABBA NZ always endeavours to put athletes first by running friendly well organized events though out New Zealand.

NABBA NZ is the world pioneer of new events such as Shape and Athletic. The rest of the world have now adopted these events and we see this at World and Universe Championships.

Our Area & Regional Representatives are the backbone of NABBA NZ. They organize shows in their area and everyone helps and assists each other as a National Team. A very professional group of people who love their sport.

NABBA Judges' Course and Judges are second to none. We are the only association to run Judges' Courses. Judges must judge athletes according to the individual class criteria.

We offer a full spectrum of classes from Junior U/20 to Grandmasters 70+, from Novice to Open to International. 33 different classes in all, for Men and Women.

Welcome to our new Area Reps for 2018, Anna Russell, Tina Merriman, Kirsty Ovens, Dianne Akurangi, Tawhiri Walsh & Juana Vincent. Great to have this influx of new faces, who did a great job. Also thanks to our Area Contacts, Gavin Maxwell, Leanne Roulston, Debe Stewart, Joel Ashworth & Ettienne Nelson.

International Honours

- Congratulations to all those who represented New Zealand Internationally, at NABBA Asia Pacific, NAC Worlds or NAC Universe Championships in 2018
- 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 Athletic Reports under on the NZ TEAMS Page on the website.

Welcome to Lisa Bailey-Smith and Farah Deobhakta into the NZ Legends, This is for an Athlete who has won a World or Universe title.

We also Welcome Janine Haywood into the N.Z. Hall of Fame, This is for an Athlete who has won 3 or more Mr or Mrs NZ Overall Title.

Congratulations to Audrey O'Keefe for the inaugural Top Trainer/ Coach Award.

Congratulations to the inaugural winners of the series 500.

Special Thanks To:

Judges for their Professionalism

- Volunteers who gave of their time to insure everything went well.
- Sponsors' assistance given to finance our event.
- Andrew Murray for collating the Athletes music.
- Michael for keeping our website up to date.
- Kaitlyn for great admin skill at NABBA H.Q.
- The photographers for your good service with Photo & Videos.
- Jim for working on Judges and P.T. spreadsheets.

2018 was a busy year for the team at NABBA HQ, the Area Reps, the Area Contacts, the Judges and the Athletes. It is great at the start of a New Year, to be able to reflect back on the year gone and recognize all the many successes, big and small and appreciate the team effort that brings all these things together. Likewise as we close the door to 2018 we look forward to an exciting 2019 with new goals, new developments, and new memories and friendships to be made.

Yours in sport & friendship

Jim Pitt

President NABBA NZ

2. 2019 Judges Courses

Judges Courses will be offered at every Regional Show this year. We do need three people to run a course. Please contact NABBA HQ if you are interested in participating.

3. 2018 Top Trainer/Coach Award

Farah Deobhakta, Taranaki

Every athlete has the opportunity to nominate their Coach/Trainer. Points are accumulated, based on athlete placing's, throughout the year, for each nominated Coach/Trainer.

4. Appointments/Retirements

Hawkes Bay

Going into 2019, we announce the Retirement of Andrew Murray; Vice President and Area Rep for Hawkes Bay. Andrew and his wife Rachel have been pro-actively involved with NABBA for over 13 years in many capacities; Athlete, Judge, Executive Member, Area Rep and a friendly face in the NABBA family. Andrew will be remembered for his passion for the sport of bodybuilding. We wish Andrew and Rachel all the best for their future endeavours.

5. 2019 Calendar

NZ National Championships

This year the 30th NABBA NZ National Championships will be held in Palmerston North, October 26th and 27th. The Nationals will be followed by a commemorative dinner celebrating the 30th Anniversary.

North Harbour

The North Harbour Championships traditionally fall the weekend after Nationals. Please be aware that this comes before the NZ Nationals, due to Labour Weekend being so late in October, and the unavailability of the venue in November. This event will be the last qualifier for the 2019 NZ Nationals, and will therefore not be a qualifier for the 2020 NZ Nationals.

International Events

Worlds Championships	May 25 th	Warsaw, Poland
Asia-Pacific Championships	September 21 st	Dunedin, New Zealand
Universe Championships	November 24 th	Hamburg, Germany

NABBA NZ Athletes have pathways for those athletes wanting to compete internationally. It is a great opportunity to represent NZ, travel overseas and broaden your sporting experience and make new friends.

Series 500

The Series 500 will be on again this year:

- | | |
|-------------|----------------------------------|
| April 13 | Southland – Mr Body Board Shorts |
| April 27 | Counties Manukau – Athletic |
| May 4 | Taranaki – Ms Physique |
| August 10 | Auckland – Shape |
| August 25 | Wellington – Mr Physique |
| September 7 | BOP/Waikato – Figure |
- The prize money of \$500 will be presented to the Overall Athlete in the designated class, at the respective event.
 - There must be at least two classes competing for the Overall Title, for the Series 500 to be held.

6. Class Reviews

Shape

- Good to see a high standard of Shape athletes throughout the year in 2018
- We are introducing a Shape 30+ Class, in addition to the Novice and Open Class

Figure

Good standards are being maintained

Physique Women

Standards are improving

Mr Body-Board Shorts

- The standard of the T-walk is much improved.
- Athletes to make sure their board shorts are loose fitting and should sit just above the knee

Athletic

Maintaining a good standard

Physique Men

- Athletes need to look at coming in harder and with more muscle separation
- Teenage Men must wear 'Classic Physique Shorts' with no logos showing. This will be trialled in 2019. For further information go to www.nabba.co.nz

Mixed Pairs

Good standards have been maintained

Classic Womens Class

- The Classic Womens Class will be trialled at every Regional Event in 2019

- The Class Criteria will be adjusted slightly in its terminology. (Please note however the essence of the Class is unchanged)
- For further Classic Womens Class Information please go to www.nabba.co.nz

7. Athlete Reminders

- Athletes to remember that the Judging is based on the criteria of the different classes. All Class Criteria can be found in the NABBA NZ Information Booklet, available at www.nabba.co.nz
- Athletes are reminded/encouraged to choose the right class for their body type and personality. For this reason you can only enter one class at NABBA NZ events.
- Please make sure your Entry Form is sent in two weeks before the event you are competing in.
- Your music must be attached to your Entry Form
- Entry Fees and Registration/Renewals must be paid two weeks before the event you are competing in.
- PLEASE MAKE SURE YOU READ IN FULL THE TERMS AND CONDITIONS OF YOUR ENTRY FORM , this will give you further information on entering an event.

8. Kurt Brunton

It is with great sadness that we heard of the 'passing away' of Kurt Brunton, a kind and lovely man, taken too soon. Kurt Brunton competed with NABBA for several years achieving great success;

- 2015 Mr Universe Athletic (NABBA International)
- 2015 Mr NZ Athletic
- 2014 NAC Worlds, Athletic Tall 3rd
- 2014 Mr NZ Athletic
- 2013 NZ National Champion, Novice Athletic Tall

9. Website

The new website will be up and running by late February. It will have a fresh look, more photos, 2019 Entry Forms, and better clarification on classes