



NABBA Wellington

Putting athletes first!

April 2010

Welcome to April! Time flies when you are preparing for you Fitness and Bodybuilding goals.

This month we look at:

- Wellington Sevens
- 2010 NABBA event calendar
- Choreography
- Local posing practice
- Asia Pacific International
- Win free stuff – Who am I?



Wellington Sevens

A big thank you goes out to the lads who stripped off to show off their buff bodies for the Juicy Fruit Promo at the Wellington Sevens.

Thanks to Ross and Paris from Les Mills Lower Hutt. Well done!



2010 Event Calendar

The NABBA 2010 full event calendar is now available on the NABBA website.

<http://www.nabba.co.nz/calendar2010.htm>

There will be 13 events around the country.



Take a look at these key dates:

World Champs, Spain:	4-5 June
Asia Pacific International:	28 August
Wellington Champs:	11 September
National Champs:	2 October
Universe Champs, Germany:	26-27 November

Choreography

Need help with your routine? Want some groovy but simple transition moves between poses?

Or are you keen on learning how to shake it like Beyonce or moon walk like Michael?

As a dance instructor Aymee can work with you to develop your unique posing routine.

Contact her at: aymeejaytwelve@hotmail.co.nz

Please note a small but well spent fee of \$30 per hour will apply.



Asia Pacific International

A couple of our local lads have been selected to go join the New Zealand Team to go to the Asia Pacific International in San Carlos, Philippines, on 28 August 2010.

Check out this link for photos of the last event in 2007
<http://www.muscleimaging.com/Events/NABBA/PHI%2007/PHI%2007.html>

This competition is aimed at the up and coming athletes within NABBA who would like their first opportunity to compete overseas in an international event. If you are a current NABBA athlete, have competed locally or nationally to a high standard in novice or open classes across 2008 or 2009, please contact Maeve for further details. This is a fantastic opportunity for our athletes who may not have the opportunity to compete at world event.

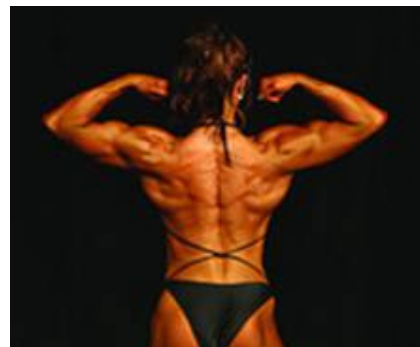


Local posing practice

Posing sessions are currently in full swing. Come along and join the team at"

City Fitness in Porirua, Saturdays at 1pm.
Les Mills in Lower Hutt, Sundays at 11am

Contact Maeve on 027 288 2963 or just show up!



Win free stuff - Who am I?

Win a 1kg pack of Eat Me 100% Whey and a 500g pack of Eat Me Creapure creatine monohydrate –
www.eatme.net.nz Answer both of these cunning questions:

Question 1. What is the price of the Eat Me Mass Stack?

Question 2. Identify this well known New Zealand bodybuilder!

Here are the clues! I did the body for life 3 month transformation between the before and after pics. I started at 117kg's. After I was 107kg. Now I compete under 86.5kg. Who am I?

Send your entries to evanandmaeve@yahoo.com.au

First correct entry wins!



Contact us

The Wellington NABBA Executive welcomes any active members that are passionate about the sport. Please feel free to contact Maeve if you would like to be involved. Maeve Agnew

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

