



Supplement Me South Island Body Building Championships Dunedin, 3rd September 2011

From Suzie Patrick, Otago/Southland NABBA Representative

We rocked up to the venue at 8.45am on a brisk spring Dunedin Saturday, thinking that we had plenty of time to get the venue ready – wrong! The first keen athlete arrived at 9.10am. Our helpers moved into ‘fast forward mode’ to get the drop sheets down back stage. Sam was off to do a number of errands early to ensure that we had some much needed supplies for the athletes during the show.



Renee Johnson Barbara Olah Suzie Patrick

The sound of slapping could be heard loud and clear as we ‘slappers’ got stuck into tanning athletes straight after briefing. It was not long before we all smelt like dream tan perfume! Backstage, we were overwhelmed by the awesome physiques. It was hard watching everyone getting excited because I desperately wanted to get up on stage with everyone else. I had made a decision not to compete this time because I wanted to put all my energy into helping the athletes. However, my time did come when I was called on stage during the evening with Glenn to be recognised for the support we had given some athletes – thank you guys (you know who you are) - Glenn and I really appreciated it! I have to say that it felt weird not to stand on stage in a bikinismile.

There was a good pose down happening back stage in front of the massive mirror provided by Otago Glass. Athletes were perfecting their poses as muscles that had never been seen before popped out everywhere. The excitement and nerves were really pumping.

Our team of marshalls and helpers (Nev, Darren, Renee, and Sheryn) helped calm the athletes’ nerves and kept everyone brimming with confidence. Meanwhile our very dedicated ticket seller Tanya was kept busy with the ticket sales (a sell out at the night show). Our door helpers (Darren, Greg and Lloyd) were kept on their toes as people whipped out the back to congratulate athletes they knew and then raced back into the audience to check out the very impressive quality of the athletic physiques on stage.

Judging was now underway and the judges were really tested by some very close competition. They were very impressed with the quality of the athletes.

The venue starting filling quickly as our first keen guests started to arrive at 5pm for a 6pm start. Within no time we had a very enthusiastic crowd to cheer our athletes on. The athletes and the audience were very accommodating when there were a few glitches with the music. Colleen entertained us all with her awesome routine. Trevor was our dashing prize giver and Shaun Crockford from Supplement Me presented the trophies to the overall winners - thank you Trevor and Shaun.



Sam Maisii Vicky Spiers Stan Tautalanoa

The Dunedin Zumba Team immediately got our attention with a very energetic session as they warmed up the crowd after intermission. Supplement Me and their suppliers and other generous local suppliers donated excellent prizes for the athletes – thank you Gary and the team.

We shared some much deserved and rewards with the athletes after prize giving

...ice cream (from the local Everyday Gourmet Ice Cream Company) and Powerade...the athletes mouths were salivating after going without treats for so long.

Paul and Patrick (owners of Paasha Turkish Restaurant) were great hosts for our after competition meal. We were so impressed by the prompt service, delicious, healthy meal and the great atmosphere. Thanks team for staying open late, - this topped off a great show perfectly.



Josh
Pendreigh

Shona
Cortland

Thank you Sam for all your help running around behind the scenes and your support leading up to the comps. Your help getting the things that we needed most at the right time was invaluable.

I would also like to say a big big thank you to Glenn Morton for assisting all the newbie bodybuilding athletes. Your advice, encouragement, time and support leading up to the comps this year were sincerely appreciated by so many athletes and it motivated a number of them to compete.

Thank you to Marianne and NABBA for providing such great support and for answering all of my seemingly endless questions. Being a novice when it comes to running a bodybuilding event, it took me a while to get my licence. I really enjoyed working with you to create a great show. Thank you for choosing Dunedin for the 2011 South Island Champs.

We also received very good support from the local media with an article being published in the local Dscene newspaper on 31 August 2011 and Chanel 9 News Dunedin filming at the night show with a feature publicised on Chanel 9 News on Monday 5 September 2011.

I have to say that I was sad to see the show finish. I was on such a high that it seemed to end too quickly. I really enjoyed meeting you all and hope to see you again soon. I was so pleased to see that all the hard work put in over the past seven months was worth it; for you the athletes and your supporters and everyone else interested in bodybuilding. For those of you who attended, I hope that this has encouraged you to become a bodybuilding athlete - if it has, then please contact me because this will not be Dunedin's last show - it is just the beginning.

And last, but not least, there are always things that we can improve. You as the athletes are best placed to tell us what you need, so please send me any ideas that you have about how we can continue to make this the best competition ever! Please drop me a line anytime at suzie@projexunlimited.co.nz - I'd really love to hear from you.

NABBA were so impressed with the show that they will be holding the South Island Championships in Dunedin in 2012. Go Dunedin - we truly rock!

PS. Please give us a heads up if you are from the South Island and you will be registering for Nationals so that we can coordinate accommodation and make other arrangements. Please note that **registrations for Nationals close on Saturday 17th September 2011**. Check out the NABBA website <http://www.nabba.co.nz> for the registration form and further information. Nationals will be held on Saturday 1 October 2011 at Westlake Boy's High School, Milford, North Shore, Auckland.