



NABBA South Island Bodybuilding Championships
Performing Arts Centre, Kings High School
8 September 2012



Show report from the NABBA Otago Team

NABBA's first sell out show!
Judging rounds and the evening show!

The very vocal crowd showed their appreciation as they were treated to the most amazing physiques and incredible routines. Over 52 athletes took the stage.

Thanks to all our sponsors



Leading up to the show we were privileged to receive massive publicity from local newspapers including the Star and Otago Daily Times.

A number of the athletes travelled down to Dunedin from the North Island, coming from as far north as Counties-Manukau.

There was a fantastic high-energy buzz backstage as the tanning got underway following the athletes' briefing. Our famous Dani worked her magic with make-up for some of the ladies.

We were all excited when our first competitor made it on to the stage - Fitness Model 'Dan Worthington' – and Suzie let everyone backstage know that 'the show has begun'!

The judges were amazed with the incredible condition of the athletes appearing on stage, with some very close competition in some categories; especially the Junior Men's category.

Our back stage marshalls Lisa and Sheryn had their timing and routines spot on for informing the athletes about what was happening out front and exactly when that big moment on stage would come.

Tanya was inundated with ticket sales leading up to show day and this continued at the door on the day. All of our evening tickets sold out 20 minutes before the show even started. Our door marshalls (Lloyd, James, Brendon and Sam) were flat out. It looks like we may need to investigate a bigger venue for next year's show.

It was a long day - thankfully rejuvenation was never far away with Alex from Strictly Coffee keeping the coffees coming.

The athletes' hard work, endless focus and determination were rewarded with some fantastic prizes donated by our amazing sponsors. Prize values on average were:

- \$100 for first place
- \$50 for second place
- \$30 for third place

Awesome physiques



Andrew Sua from Les Mills was brilliant as our MC for the night. Andrew kept the show humming along and the audience involved. In-between athletes' routines Andrew offered the audience the opportunity to participate in various competitions. The classic challenge was the 'best abs' competition and everyone enjoyed the 'best kissing couple'. Thank you to our sponsors for donating wonderful prizes for the audience.

The athletes were rapt to come off stage after the awards ceremony - Tash was there to congratulate them with delectable ice creams kindly donated by our local ice cream aficionados the 'Gourmet Ice Cream Company'.

To show our appreciation to all those out of town athletes, supporters and representatives who participated in the South Island champs we held a prize draw. Judy Duggan from Southland won some treats to take home to the South.

We all enjoyed Paul and Patrick's hospitality as our hosts again for the post competition celebrations at their fantastic Turkish restaurant Paasha. Yum! Thanks Paul and Patrick.

Dunedin you rock! A first ever sell out show for NABBA, and the most vocal audience we have truly ever seen!

Roll on 2013 – planning is already under way and it's expected to be even more of a stunner of a show – the NABBA 2013 South Island Championships in Dunedin. We welcome all athletes to the show –here's some of the feedback we've received about this year's show:

"Everything was organized backstage and there was a great feeling amongst all of us out the back"

"A heart felt thank you for all of your help and support in the run up to the competition and for all of the encouragement that you have given me"

"Thank you for the wonderful experience and for all your help along the way. It truly was a wonderful evening and something I will remember forever."

"I loved that we were so well taken care of, it was really nice"

"How good was the ice cream - after inhaling three of them I can tell you it was pretty good indeed!"

"What an amazing show and I had such a great time"

"You are really a star and your passion for the sport really inspires me"

Suzie will be at Nationals to support anyone competing from the Otago/Southland team. You are most welcome to contact Suzie for any help or advice: suzie@projexunlimited.co.nz.