

DIGGY NEWS.

APRIL 2015

FIRST BIRTHDAY – OUR FIRST YEAR OF AFFILIATION

It's incredible to think that we have been in operation for one whole year! So much has happened in this time. We have met so many amazing members, formed a solid community, represented the box at competition, supported one another, tested our fitness in the open, been apart of many an event, partied when it was appropriate and worked hard every damn day. As coaches, we couldn't be prouder of what our athletes have achieved, how we've established our gym in the community of many and we are ridiculously excited for the year to come. You've all been apart of this, and we thank you!



To celebrate closing in on a year, Coach Claire created a documentary showing our gym's story, from Driveway days to now. It was intended to share our culture and expose some of our athletes, our gym's qualities and hopefully inspires viewers to take chances. If you haven't watched it yet, you can view it [here](#). It's 25 minutes of Diggy goodness!

PROGRAMMING – COACH KOSTA

Hope you are all enjoying the programming over the past few weeks. Our primary goal is to get you all stronger, fitter and leaner than ever before. Currently we are running a smolov style back squat cycle, which we do Fridays and compliment this with front squat strength/endurance on Mondays. Currently we have completed 3 out of the 9 weeks and can already see some progress in regards to your squatting numbers – great work.

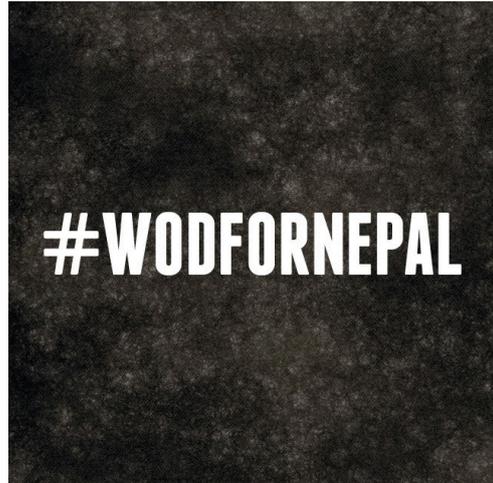
If you haven't already realised, Thursdays are slowly becoming our gymnastics day where we are really focusing on our pushing and pulling strengths for the muscle up. This is a big goal for many and these accessory movement will not only help you get closer to the muscle up but it will also help those wanting to get their first pull up or ring dip.

WOD FOR NEPAL

This Saturday from 8:30am we will be joining the CrossFit community and embarking on a WOD to help fundraise for those affected by the disastrous earthquake in Nepal.

Invite your friends and family. Donate what you can afford. All casual rates will be donated towards the total fundraising amount, which will be given to CrossFit Creature.

Approximately 8 million people have been affected, 3.5 million are in desperate need of food and clean water, and over 7,000 people have been confirmed dead. The world food programme has stated that it requires \$116.5 million to provide food for 1.4 million people.



No matter how small, let's try and do our part in helping out a country in desperate need.

NEW SCHEDULE AND MEMBERSHIP TYPE

As most of you know, Kosta finishes work on Thursday, 7 May and will be coming on full time at Dignus. This is going to be so awesome for our gym, our community and our athletes. We understand that the last couple of months may have been a little all over the place as we try and juggle all that we need to, with limited resources! Though being busy is never a bad thing, and it just means we have lots to offer and plenty of work keeping our business running. That being said, it's about to get a whole lot better! Thank you for your patience. The coaches seriously couldn't have done it this year without such an awesome support crew routing for us and helping us out. You are out-of-this-world!

Without further ado, we want to present to you the new schedule we will be implementing in two phases. We are trying to align our schedule with our business' vision, which is to **create complete athletes**. In our eyes everyone is an athlete and we want to deliver more training and more resources to those that want to compete, or simply want to push themselves to their absolute true potential. As an evolving business, there will always be innovations in line with changes in abilities and skills of athletes and of the growing CrossFit world. We feel the changes we propose are going to benefit everyone.

Phase One – Starts 11 May (oh my god, next Monday!!)

Performance membership is born. The coaches have been considering this option for quite awhile now, with a lot of you doing extras in your own time and a lot of you showing desire to increase your training load above the general CrossFit classes, we feel this will be a positive move in the right direction. What this membership will include is two performance classes each week, plus extra programming (which we will call 'extras'). You will receive basic performance nutrition advice and a guide to assist you with fuelling your body. Ongoing mentoring will also be available where necessary. There are a few prerequisites as well as expectations from you as an athlete if you want to proceed on this membership type. A detailed overview of this membership is available upon request. Please email hello@crossfitdignus.com if you are interested. **It kicks off Monday!**

Phase Two – Starts 1 June

The mid-morning timeslot is born. With more availability from coaches, we have additional resources for more classes. There will be a permanent 9am class, which will hopefully help our large student base arrange their classes around university and assist those that struggle to make early mornings and late afternoons. It will also help alleviate some spaces in our AM and PM timeslots, so that as we grow, our classes don't reach maximum capacity. You will also note a 5:30am and 6:30am class on Friday mornings.

Timetable upon implementation of phase one and two:

TIMETABLE						
MON	TUES	WED	THU	FRI	SAT	SUN
5:30AM CROSSFIT	5:30AM CROSSFIT	5:30AM CROSSFIT	5:30AM CROSSFIT	5:30AM CROSSFIT	7:30AM BUDDY BOOTCAMP	
6:30AM CROSSFIT	6:30AM CROSSFIT	6:30AM CROSSFIT	6:30AM CROSSFIT	6:30AM CROSSFIT	8:40AM 30min BOOTY BLASTER	
9AM CROSSFIT	9AM CROSSFIT	9AM CROSSFIT	9AM CROSSFIT	9AM CROSSFIT	9:30 – 11AM PERFORMANCE CLASS	
OPEN GYM 3 – 4:30PM	OPEN GYM 3 – 4:30PM	OPEN GYM 3 – 4:30PM	3:45 – 4:30PM DIGGY TEENS	OPEN GYM 3 – 4:30PM		
4:30PM CROSSFIT	4:30PM CROSSFIT	4:30PM CROSSFIT	4:30PM CROSSFIT	4:30PM CROSSFIT		
5:30PM CROSSFIT	5:30PM CROSSFIT	5:30PM CROSSFIT	5:30PM CROSSFIT	5:30PM CROSSFIT		
6:30PM YOGILITY	6:30PM OLY LIFT	6:30 – 8PM PERFORMANCE CLASS	6:30PM OLY LIFT			

Performance membership	■	■	■	■	■	■	■
Unlimited membership	■	■	■	■	■	■	■
2 or 3 times / week membership	■	■	■	■	■	■	■

A few things to note about new schedule/memberships

1. Open gym is for members on unlimited or performance membership types.
2. Performance classes are for members on performance membership types.
3. The gym is only open during shown timeslots.
4. Performance members may train at any of these times, attentive to not disrupt.
5. Class will be open 30 minutes before and after classes.
6. Exception of final classes, which will only be open for 10 minutes after finishing.
7. Open gym on Sundays (when applicable) is only available to performance members. Other member types can attend at a casual rate of \$20.

DRIVER OF THE MONTH - APRIL

Every now and then you stumble across a quiet achiever, one that works in the background as not to disturb anyone around them. They chip away at their personal goals, focused solely on their own training and progressing within their own expectations of themselves, without worrying about what others are doing or where they stand. These people are the underdogs. The ones that creep up on you without you ever realising they were on their way up. We are about to expose one of our hardworking underdogs and highlight their consistent effort in their class attendance, nutrition, goal setting and application of positive psychology. It is with great pleasure this month we award Alex Reed Driver of the Month. April was all yours girl, and you absolutely killed it!

We think you are absolutely fantastic. Since your first class you have attended consistently, pushing your limits in each session and focusing solely on your own shit (such a great trait to have!). Despite some niggles, you are always positive and we never hear a complaint from your end, only positivity and gratitude. Coach Claire has loved working with you on the nutrition side and your constant drive to achieve goals in all aspects of life has really inspired us and we hope you realise just how much your dedication is going to catapult you to wherever you want to go! This is only the beginning for you in CrossFit, we don't doubt you will achieve all your goals you strive for. Congratulations on your continued effort Alex, you are the driver for this month!



GYMNASTICS PROGRAM WITH JEN SMITH

We have locked in a gymnastics program to assist you with your skill work and hopefully further your ninja abilities. Jen Smith, Olympic Gymnast, will be coming in and teaching us what she knows over three sessions. You will be introduced to drills and progressions to build competence in the following areas:

Workshop One – 6 June

Handstand work: Positioning & balance, handstand walking, handstand push-ups.

Workshop Two – 27 June

Bar work: Knees to elbows, toes to bar, pull-ups, safe & efficient kipping.

Workshop Three – 22 August

Ring work: Support holds, push-up/dips, muscle ups progressions.



Price:

\$60pp per workshop or \$150pp for all three (this is the cost for Jen's services)

A MindBody sign will be created in due course for these workshops. We just need 8 people per session for it to go ahead!

We highly, highly recommend these sessions. Our coaches will be participating too!

Please confirm your attendance via email or by writing on the whiteboard at class!

MENTAL TOUGHNESS SCHEDULE

We've created our mental toughness schedule for the year. It is structured to form a series and each correlates to the next. It's a great time to come in and share experiences, listen to the coaches deliver information and socialise with the team (& eat pizza). The schedule for the year is provided below. Each session is 6:30pm on a Friday.

Defining Success || 8 May (THIS FRIDAY!)

Successful Goal Setting || 12 June

Are you Committed? || 10 July

Visualisation || 14 August

Self Talk || 11 September

Postures of Defeat || 9 October

Arousal Control || 13 November

The Elite: Thoughts on Mental Toughness + 2016 Goals || 11 December

**Adapted from CrossFit Invictus*

DIGNUS CLOSURES

In line with regionals (all coaches attending):

Thursday 23 May – 4:30pm, 5:30pm and 6:30pm

Friday 22 May – all classes

Saturday 23 May – all classes

Monday 25 May – 5:30am and 6:30am

ATHLETE SPOTLIGHT – KAT WSZOLA

Back Squat 1RM: 90kg

Favourite Movement: Cleans and maybe wall balls when there's not 100 of them.

Favourite CrossFit celebrity: Kara Webb

Main reason you CrossFit: I CrossFit because I love the feeling I get when I leave the box, knowing I've done my bit to be healthier and fitter. When I take a break from training, I definitely notice a difference in how I feel; both physically and mentally. I also like the fact that I am getting stronger and my partner actually asks me to help him lift the fridge/ washer/ dryer. I love that he notices my strength!

How long you've been doing CrossFit: Just over a year now. I started out at Driveway Fitness and moved over to Dignus when it opened. CrossFit is unlike anything I've ever tried before.

My main goal to achieve by the end of the year: I have several goals that I would love to achieve, but the thought of muscling my way up on the rings would have to be my main goal.



LOOKING FORWARD

May is going to bring so much goodness! Coach Kosta finishes work and starts full time at Dignus, we have our first fundraising event (#WODFORNEPAL), we introduce our Performance Membership, Kosta competes at Regionals, and we have 3vs3...so much happening! Keep up the attendance at training guys. We know winter is coming, however fight the urge to stay in bed in the AM or go home and curl up in blankets at the end of the day. Stay consistent and continue dedicating yourself to your sessions. There are a lot of events coming up in the competitive season we need to bring our A-Game for and most of us we will just be striving to keep fit throughout the winter months. Your coaches are here if you feel your motivation start to squander. Have a chat to us to perk you back up. Try and come along to the mental toughness session this Friday as we will be talking about *Success*. Hopefully it will instil motivation in you to continue chasing your goals.



"EXERCISE TO STIMULATE, NOT ANNIHILATE. THE WORLD WASN'T FORMED IN A DAY, AND NEITHER WERE WE. SET SMALL GOALS AND BUILD UPON THEM" – LEE HANEY