

DIGGY NEWS.

JUNE + JULY 2015

DOUBLE ISSUE



THE UNDERGROUND GAMES

We are completely blown away by all of the support so far with our upcoming competition in November. It's exciting time for us, and our gym and it's great to know we have you all behind us! As time gets on, we will let you know what your jobs are and start scheduling some meeting times for different aspects (i.e. judging standards). We want this to be a high quality competition: Professional, fun, grungy and a welcome challenge for all athletes that compete. We will have a logo soon to share with you all!

Thanks to everyone who shared the teaser YouTube clip. Means alot!

THE UNDERGROUND GAMES

WINTER / REGIONALS APPAREL

2015 Diggy-Values Hoods – RE ORDER

Due to popular demand, we are doing another order of our Diggy Values Hood. Contact Claire or Kosta if you'd like to get on the next order. Also, available to order are our original CD logo tanks in black. Cost of the hoodie is \$60. Tank is \$35. There is a facebook post in our group, just write your orders on there.

PRIMAL THROWDOWN WRAP-UP

As per usual you all shone at the comp. Standing out with your impeccable form, professional and friendly nature and epic apparel. The cheer squad deserves a mention too; you guys rock! We have those eager beavers keen to compete and comp-after-comp jump in for some fun. Then we have those that are not ready for competition yet, or are happy to just watch and be the support crew – you guys are just as awesome. Taking time out of you weekend to come and cheer on your buddies. You make us happy.

If you haven't seen the YouTube video made by Gingerbread Media, you can check it out [here](#).

PROGRAMMING – COACH KOSTA

Programming for the next 6 weeks will be structured around the goal of becoming the most elite athlete you can possibly become, by building a strong foundation and increasing our work capacity time domains to longer durations. We will have a strong bias on leg strength and endurance alongside explosive movements and difficult gymnastic skills. The next 6 weeks will be structured around the following template:



Monday - Front Squat Strength + Explosive Movement WODs

Tuesday - Endurance WODs

Wednesday - Posterior Chain/Olympic Lifting + Explosive Movement WODs

Thursday - Gymnastics Skills + Grinder Style WOD

Friday - Back Squat Endurance + "Fuk You Up Friday's"

From September onwards, the programming focus will change and start focusing on some serious conditioning leading into a few competitions. So be prepared to work extremely hard!

GYMNASTICS PROGRAM WITH JEN SMITH

This has been absolutely pumping. Fuelling our athletes with so much gymnasty techniques and improving skills all round. What a success! And the coaches have learnt a thing or two that are being practiced in class.



MENTAL TOUGHNESS SCHEDULE + WOD

We are changing things up a little and making this a little more of a hoo-ha. Why? Because it's a great excuse to come together and celebrate continued hard work ethic, as well as get to know one another – especially with all these newbies jumping on board!

In addition to our mental toughness session, we will have a mental toughness WOD on Fridays. We encourage you to come down to the Friday PM session as it will be like a Friday night-lights. Book-in via Zen Planner to secure your WOD time. If you can only make it in the AM, that's fine. We still encourage you to come down for pizza and chats from 6:30pm. Cost for pizza is \$10.

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.

Are You Committed + 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

YOUTUBE RE-BUILD PROMOTIONS

Thanks to everyone that shared our video for The Underground Games. We are in full throttle re-build mode! If you haven't subscribed to our new YouTube channel, you can do so [here](#).

We are slowly uploading all of our favourite videos back on there. They look rather sad without any views, but that's okay. At least they are there for memories sake and also for new combers wanting to see just how awesome our community of members are! I have actually been watching a few and it's crazy seeing where you were at in only March this year and the gains you have made in the meanwhile; incredible!

DRIVER OF THE MONTH - JUNE

BRENTON

Committment is what keeps you going, long after the motivation to start subsides. Heart is what keeps you pushing your limits, even when the going gets tough. This month's driver is undeniably committed, and has a whole lotta heart. You'll find him in the background of the 5:30am session, working on his extras, and at every one of the mental toughness chats, giving his incredibly individual perspective on things. He's at competitions he isn't even competing in, cheering on the masses of Digletes. He'll be found in the background of video footage stacking it and at every class he commits to. Even after the birth of his first daughter, he managed to manouveau training into his schedule; doing the daily WOD at home, squeezing in sessions around work and Daddy daycare. There really isn't much more you could want in an athlete, one that wants to take it to the next level every class, every day. It is with pleasure we award Brenton with this month's Driver of the Month.



You have gone from strength to strength since moving over to Dignus. You listen and want to learn more every class, you're never too cocky to be shown new ways of moving to fix your technique. You make the coaches, and all athletes around you laugh. I don't think we have ever seen you in a bad mood. When you come in, you're ready to work, pushing your limits and driving to do your absolute best in each training session. You're a bundle of awesomness and we hope you enjoy your month in the spotlight!

DRIVER OF THE MONTH - JULY

JOANNE

Watching a person grow in their strengths from their first class throughout their journey is one of the greatest blessings of this 'job'. When we say strength, we don't just mean muscle. Mental strength, push, and the confidence and trust in one's body to be able to perform movements are just a handful of the shifts that take place at the beginning of someone's journey. This yummy mummy in particular has been an absolute joy to watch evolve. From day dot they have been pushing to what they believe their limit is. Truth is, above being an absolute trooper, this lady has exponentially grown in her trust of her own abilities. No mobility issue is too large and no weakness deters her from doing her thing. Usually off to the side, minding her own business and humbly increasing her weights without much of a fuss, despite her personal necessary workout modifications we don't ever feel like this member needs anything from us. Independant in her pursuit of her potential (of which she is no where near reaching), we are so excited in recognising Joanne as the Driver of the Month for July.

We can all learn a thing or two from you Jo! Your patience and perseverance are next to none, and your happy-go-lucky attitude and head on approach to your workouts make you such a pleasure to coach. Your place at Dignus is a large one and we want you to stay forever, chasing your goals and growing as an athlete, just so we're able to watch you, as it's so rewarding to see you jump from strength to strength. We hope you know how awesome you are, a great role model for those around you!

KIDS CROSSFIT CLASSES

Term three starts this week and it's going to be an exciting one. With a mega focus on gymnastics skill work, this block of classes will have our teens moving a little more skilfully on the rig, in their handstands and they will see considerable gains in their core strength. This group of mini Diggletes are a force to be reckoned with.

EVERYDAY NUTRITION SEMINAR

Coach Claire will be running her nutrition seminar at the start of next month. A worthwhile session for anyone chasing some insider info on how best to fuel your body, gaining a guided tour through your gastrointestinal system, helping you understand how your food is digested and why having good gut function will allow you to thrive in life, and especially as an athlete. Claire will wade through misconceptions and delve into what really matters when it comes to nutrition. Saving you time, money + hassles and increasing your smile!



EVERYDAY NUTRITION SEMINAR

Click [here](#) to purchase tickets.

ATHLETE SPOTLIGHT – MARK PAPPAS

Where you'll find him: PM sessions and oly lifting

Back Squat 1RM: 165kg

Favourite Movement: Squats have always been a favourite of mine and now that I've improved greatly in technique and weight, I love it. Can't go past the snatch though. Since coming over to CrossFit it's obviously a new movement for me. Learning the technique and having to be super quick to get under that weight.

Favourite CrossFit celebrity: Soon to be Kosta Ilic.

Main reason you CrossFit: Change from body building and have never looked back!

How long you've been doing CrossFit: Over a year.

My main goal to achieve by the end of the year: Good technique and to strengthen my weaknesses.



LOOKING FORWARD

June and July have been filled with Regionals, local comps, a heap of new starters, the consolidation of our new timetable (9am class is going off), apparel and the introduction of our performance membership. Nothing ever stays the same, and August is not going to be much different. With Coach Claire's shoulder recovery you'll be noticing a few changes to the Yogility and Booty Blaster classes (stay tuned). Please note these are currently on hold due to our one-armed coach nursing her shoulder through rehab. DiggyTV will be making a comeback in the coming weeks, we have a great episode ready to be filmed and released. Now that our YouTube channel is back up and running, we want to start pushing out more video footage of your training sessions. A monthly YouTube release of class highlights will be starting from the end of next month. If you see Coach Claire waving a camera around, don't stop moving and if you're feeling it, crack a smile. Additionally, we want to track your progress a little better, so from August 1 we will have a monthly PB board up in the gym. More details to be released soon, but basically we want you to write your name + PB as it happens so we can all get excited about it. Every month it will be wiped clean and we start again. Keep pushing your limits like the animals that you are, next month is all about you, your training and your successes. Don't forget to tune into the CrossFit Games and watch the elite athletes from around the world test their fittest in the most ultimate of ways. There is always so much to celebrate. Take care guys, until next month - DiggyNews over and out.



"Strong people are
harder to kill than
weak people and
are more useful in
general"
- *Mark Rippetoe*