

DIGGY NEWS.

MAY 2015

REGIONALS – CONGRATULATIONS KOSTA

We were completely overwhelmed with the support and well-wishes from our Diggy family. Being away from home, in a new environment and competing against the best in Australia, the experience was a completely new and somewhat uncomfortable one. Though it was so comforting to know we had you all behind us, and barracking for Kosta like there was no tomorrow! It was such a wonderful experience seeing all the amazing athletes, watching the teams (and motivating the coaches to work towards this goal).



In addition, we trained at CrossFit Creature. Not in a class, just open gym. Though it's always a great experience to see another CrossFit community/world. It makes you appreciate what you have and also plants some seeds for new ideas in your mind!

As a whole, we just want to thank you all for your patience and support while we were away. It's one of the downsides of having only a few coaches; not having classes run while the three full time coaches are away. Though, putting it in a positive light, we refuse

to employ mediocre coaches and will not sub someone in that isn't up to the task or will not deliver ample coaching to our gold standard. This is something the head coaches feel very strongly about and we do think it's in your best interest at the end of the day!

3 VS 3 COMPETITION

One of the joys of being a coach is watching your athletes in action at competition. Working in a team at a competition is even cooler.



Three vs three showdown was swimming with Diggy teams. It was a great weekend and awesome watching you all excel in your own way; lifting weights you thought would be a struggle, doing movements you didn't think you could. Competition is always a great way to push your limits and see what you are really capable of. We believe you all took something great away!



Now, one thing Kosta and I really want to commend you all on is the way you executed every workout and the integrity of every single one of your reps. There were some interesting movement allowances throughout the weekend, but we were never appalled at any of our athletes stooping to a short-cut rep or something that could possibly end them up with an injury. To be able to walk away from the weekend and not be disappointed in one person is really incredible. Technique and integrity come before winning, always. It really was a blessing to watch our culture uphold throughout the weekend. You are all making a really great name for yourselves at competition and developing a fantastic reputation within the CrossFit community. Well done!



WINTER / REGIONALS APPAREL

DBAP – Re-order

We are re-ordering hoodies and black tanks only. If you want in on this, contact your coaches to pre-order and make your payment. Hoodies are \$60 and tanks \$40.

2015 Diggy-Case Hoods

These guys are fresh off the shelf and seriously the coolest thing going in the CrossFit world (well, ours anyway). We've opted for a baseball style hoodie, a bit looser fit than the old style hoodie (super comfy, arguably more so than the oldie). Front and centre Diggy logo, we can't go past it – so well recognised and simplistic. The back of the hoodie holds our values. If you didn't know what they were, well you will now and so will everyone else. Pre-order will be available soon. Cost of the hoodie is \$60.

**INTEGRITY
RESPECT
FAMILY
FUN**



PROGRAMMING – COACH KOSTA

Currently we are continuing our bias towards gymnastics and leg strength and this will remain for the next four weeks. Building lean muscle mass, stripping off fat and getting stronger is our primary goal. The weather is getting colder, and typically Australian's add about 5kg of body weight during the winter months. Our aim is to stop this process from occurring. No one wants to be coming into the warmer months trying to strip that unwanted fat off. We are currently following the following template when it comes to programming and class:

Monday: Front squat strength and endurance

Tuesday: Endurance style wods - 15 min plus amraps

Wednesday: Posterior chain bais/olympic lifting

Thursday: Gymnastics - primary focus is on muscle ups

Friday: Back Squats and sub 20 min style wods

The **26 June** will be the Friday that we will be re testing our one rep max back squats and hopefully we see some gains in regards to the back squat.

1 - 10 Borg Rating of Perceived Exertion Scale	
0	Rest
1	Really Easy
2	Easy
3	Moderate
4	Sort of Hard
5	Hard
6	
7	Really Hard
8	
9	Really, Really, Hard
10	Maximal: Just like my hardest race

Rating of Perceived Exertion (RPE) – This scale is used to measure the intensity of the exercise. I would love for you guys to come up to me after class, and let me know how the workouts felt on a 1 - 10 rating. I have attached a chart for you all to understand what the 1 - 10 scale is used for. Hope this helps!

YOUTUBE RE-BUILD PROMOTIONS

It is beyond saddening to advise that our YouTube account has been deleted. With all the hoo-ha with our email accounts and domains and the likes, we had an external party working on collaborating all of our accounts and for some reason it's caused our YouTube account to be removed. So so much work went into that space and it's going to take some time to re-build and have it fully functioning with the wealth of videos we had before. We've decided we want your help to grow this online space again. Throughout June there will be multiple promotions for you guys to get involved and be instrumental in building our YouTube community back, as well as promoting DiggyTV.

We have protein powder, memberships and Espresso and massage vouchers up for grabs. Stay tuned and be ready to play the promotion game!

NEW SCHEDULE AND MEMBERSHIP TYPE

A reminder that we have a new timetable starting 1 June. Enjoy the addition of 9am classes! Any questions, direct them to one of your coaches.

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	■	■	■	■	■	■

DRIVER OF THE MONTH - MAY

Without those bubbly, positive beings, a gym won't function or have that friendly, welcoming feel. Those people that rarely have a down day, are always happy and smiling, and ever ready to help someone else out really make our day. This month's driver fits this bill completely. Further, they go above and beyond when it comes to sportsmanship, not only cheering on their fellow Diggletes, but heading over to opponents at competition and encouraging them to finish their workout. They hold a team together, they are a born leader, but are never arrogant or bossy. These kinds of people hold a community together and help create an insanely positive atmosphere. It is with great pleasure we announce this month's driver; Jess Dawes!



From day dot you have been 100% committed to your training; seeing heavy weights, complex movements and tricky lifts as challenges of the not so far future, rather than as tasks one can't accomplish. Seeing a movement and saying "I want to do that" or "I want to lift that" rather than hearing "I can't", "I'm not strong enough", "I don't know how" is a rad breathe of fresh air the coaches have loved having in the gym. It's a rare spectacle

having a female so determined to better herself. Not only that, having someone so focused and hard-working that also has the time and commitment to help others; whether it's going over movements and providing tips, practicing for competition or just simply packing away other people's weights, is just next-level awesome. Thanks for gracing us with your presence Jess, and congratulations. A well-deserved award. We can't wait to see what's next for you!

GYMNASTICS PROGRAM WITH JEN SMITH

You can jump online and book the three-tier sessions now. Follow the link: <https://clients.mindbodyonline.com/classic/home?studioid=150572>.

First sesh is on Saturday at 10am!

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.

Successful Goal Setting || 12 June*

Are you Committed? || 19 July

Visualisation || 28 August*

Self Talk || 11 September

Postures of Defeat || 9 October

Arousal Control || 13 November

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

**Please note changed dates*

ADDITION TO THE COACHING ON-BOARDING PROGRAM

Please welcome Daniel De Carolis to the coaches on-boarding program. Dan will be shadowing coaches and beginning to run his own classes in the coming weeks and months. Please make him feel welcome and offer your respect, as you would to any of the other coaches on the coaching team. We will advise when Dan is a Diggy Coach!

ATHLETE SPOTLIGHT – CORINNE KIRRY



Back Squat 1RM: 80kg

Favourite Movement: Double unders and squats...I'm starting to like pistols too (still scaled but getting closer).

Favourite CrossFit celebrity: The only name I know is Kara Webb because Kosta refers to her as a standard for females.

Main reason you CrossFit: To build on fitness and love getting pushed to my limits.

How long you've been doing CrossFit: Almost 5 months.

My main goal to achieve by the end of the year: To make friends with the gymnastics bar and to say goodbye to resistance bands!

LOOKING FORWARD

June is going to bring the goods in terms of competitions and skill-sessions. With 3vs3 (ass end of May), Primal Throwdown and our gymnastics sessions, we really have our hands full in terms of added training extras. These help build character, mental toughness and push our boundaries outside of everyday training. Further, they connect our gym with the wider CrossFit community. Regularly we will find ourselves stuck in our little Diggy bubble (I know it's pretty awesome...), but there are other gyms out there, a whole big-wide world of CrossFit affiliates all working together towards basically the same thing; either overall fitness or moving along the road to Regionals or the Games. It's really great to head off to competition and meet new awesome people. None of us rivals, all of us embarking on the same journeys with the same like-minded people. It's a pretty cool spectacle when you think of that! So we say goodbye to May, and another one bites the dust as we move along our second year of affiliation with fun-filled and determined hearts, ready to continue smashing our goals and making gains!



**"ALONE WE CAN DO SO LITTLE;
TOGETHER WE CAN DO SO MUCH!" —**

HELEN KELLER