

DIGGY NEWS.

MARCH 2015

END OF OPENS 2015

What a phenomenal five weeks! The open was exactly what the coaches hoped for. It tested exactly what was necessary and it taught individual lessons that we all needed to learn. Why? Because without moving out of our comfort zone, without testing our abilities, how do we grow? How do we know where we really are? What we really are capable of?

In some respects, it might have been a wake-up call; highlighting inefficiencies and weaknesses. In other respects, it bolstered confidence in abilities and fostered the environment for personal bests and first times for movements. Though, above all, it bought out the support, friendship and utmost respect we all have for one another; the closeness of our gym. If anything, it just made us chummier as we met new friends (people we may not usually train with dependant on our usual session times) and found common ground with others. We couldn't be prouder of watching you all execute your workouts, as well as the way you judged and supported one another.

The coaches hope you took something positive away from the open, and we hope to see you back smashing it out next year. We commend your bravery in showing up and putting yourself in a vulnerable position. We respect that this area is uncomfortable, however we know that this is where the biggest growth happens. Every week we were blown away, not just with your open performance, but your class demeanour and attitude; the way you started to up your weights, become confident in areas that were absent before and the attack you applied to the daily workouts. True athletes in the making.

We want you to take what you have learned from the open, whether it be that you actually can do a handstand push-up, or that you might not be going low enough on your wall ball, and apply that to your everyday training. Every learning is a positive to use to your advantage now, to increase your athletic performance and become more complete!

ROAD TO THE GAMES

A big congratulations to Coach Kosta on making it into the top 30 athletes in the Australia Region, and thus moving onto the next stage in the road to the CrossFit Games. Kosta will be heading to Wollongong over the weekend of the 20 May to compete at the Australian Regionals. This is such an insane achievement and it goes without saying that we are all extremely proud. Between coaching three to four classes a day, working full time and programming for CrossFit Dignus, Kosta has managed to train his glutes off and execute his open workouts to the utmost best of his ability, which just so happens to land him up with the top guys. There will be more information closer to the date, however the head coaches (Kosta and Claire) will be away from the gym during this time. Thomas will be holding down the fort again. We will advise how this affects things closer to the date. Stay tuned!



DRIVER OF THE MONTH - MARCH

We really couldn't think of a bad thing to say about this month's driver! He comes in smiling and leaves smiling every time he makes his journey here (usually on a push bike). A newer of our members, but his impact on our community and gym is already huge. His determination to grow as an athlete and push himself to his limits is profound. He started out after his wedding and honeymoon, after a long interval of no activity between his gym membership and starting at Dignus. Despite being conquered by all his first workouts, he never left deterred, rather with a fierce fire to come back and do it again, and get better. No doubt, with his perseverance this has happened and it has been such a pleasure to watch! It is with great excitement we acknowledge Drew Harris as this month's Dignus Driver.

You are turning into a weapon Drew! You may not have started where you wanted in terms of fitness levels, but your constant battle and fight to increase your performance has brought out the absolute best in you. You're always willing to listen and learn, which helps to fine tune your movements. You are now competing in the opens workouts, and even in Bali you managed to get the work in. It's this kind of dedication that separates you from the next guy, that little extra effort, the one percenters. These are what make you great and Drew, you have so much greatness in front of you! We can't wait to unleash it. Congrats mate, enjoy your month in the spotlight.



CLASSES

As of next week, all of our classes are back to normal. Performance is the only class this week that isn't back on the schedule. As of next week, we are all systems are go!

SQUAT DAY

And the jury is in and the verdict is...FRIDAYS.

ROPES + WRIST WRAPS

We are doing a Rogue order and one for wrist wraps. If you would like a skipping rope (or massage ball) or wrist wraps (the Inzer ones) please email hello@crossfitdignus.com.

TRAINING

We are currently running through a lean strength phase. Our primary goal is to increase strength whilst reducing body fat and maintaining conditioning. We will be testing our 1RM squat in two weeks and we will be doing various tests, which we will re-test after this phase of training. Trust the program and you will obtain results!

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.

- 1) Extrinsic and Intrinsic Motivation || 10 April
- 2) Defining Success || 8 May
- 3) Successful Goal Setting || 12 June
- 4) Are you Committed? || 10 July
- 5) Visualisation || 14 August
- 6) Self Talk || 11 September
- 7) Postures of Defeat || 9 October
- 8) Arousal Control || 13 November
- 9) The Elite: Thoughts on Mental Toughness + 2016 Goals || 11 December

**Adapted from CrossFit Invictus*

DIGGY FIRST BIRTHDAY

Can't believe it has been one whole year since we migrated into our warehouse and founded CrossFit Dignus. It's definitely time to celebrate. **RSVP via the whiteboard.**



WOD and BBQ to celebrate one year of fun, sweat and friendship!

When: Saturday, 25 April

Time: 9am onwards

(WOD brief at 9am, presentation at 10:30am, BBQ at 11am)

Where: CrossFit Dignus

RSVP by 18 April

WOD numbers & BBQ numbers

LOOKING FORWARD

April is going to bring a lot of goods. Kicking off with our boat party to celebrate the start of the Dignus-to-Driveway project and our official kick-off as a CrossFit Affiliate, as well as the end of the CrossFit Open. We have our first mental toughness session of the year. We have our first birthday celebration. We are training to increase our strength, whilst staying lean and conditioned. Plus testing our 1RM back squat! Taking a step back after the open to reassess and rejuvenate, April is a time to celebrate, revel in your accomplishments (and Diggy's too!) and fuel motivation for the colder months. Bring it!



**"IF YOU WANT SOMETHING
YOU'VE NEVER HAD, YOU'VE
GOTTA DO SOMETHING YOU'VE
NEVER DONE" – THOMAS JEFFERSON**