

DIGGY NEWS.

AUGUST 2015



THE UNDERGROUND GAMES

Tickets go on-sale tomorrow! Exciting times. Share the post and get your CrossFit buddies from other gyms involved in the competition. We thank everyone for how much you've already helped so far with sharing posts, doing the weekly WODs and sharing your scores. This comp is going to go off.

THE

UNDERGROUND GAMES

PB BOARD

This actually went off! Our board is full as a goog and has now been wiped clean for next month. Keep pushing those limits, aiming high and smashing PBs. Don't forget to add your accomplishments to the board!



AFFILIATE ALLSTARS WRAP-UP

Finishing with a solid fourth place (behind regionals teams) and having our intermediate crew actually finish within the top 20, incredible! Some outstanding performances by our athletes. Leecy, you especially. Well done on your first competition and really being thrown into the deep end. You learnt to swim real fast and kept up pace, which didn't surprise us, but it was lovely to see you embark on a whole new level of confidence. As our RX team came fourth, they qualify to go to Melbourne to compete nationally against all the other CrossFit boxes. It's a cost and a half, and because of this we want to run a fundraiser to help send our team over there. A big Diggy Saturday with a BBQ, cupcakes and a killer WOD seems like a good idea to us.

Stay tuned for more information on the DIGGY DOES IT FUNDRAISER - ALLSTARS.



PROGRAMMING – COACH KOSTA

We have just concluded our 9 week phase where we really smashed the front squats and saw some huge PBs. We still have 3 back squat tests to smash out (60, 70 and 80% max efforts), but once we have done them, our new and improved summer cycle will be in swing 100%.

Anyways, to get to the point, from next week onwards, we will start ramping up the intensity in workouts, wanting you all to push harder and faster. We will still be focusing on getting stronger, however, we will want to see you guys all get leaner as the warmer months approach. Rather than aiming for absolute strength, we will be focused on achieving muscular endurance.

Muscular endurance = lean, hard bodies

We will be sticking with this cycle for 12 weeks, which is approximately 3 months, leading us into December and the start of summer.

Monday - Front Squat Strength/Endurance + 7 - 12 Min Time Domain WOD (Intensity 75 - 90%)

Tuesday - Bodyweight Strength and Strength + Endurance WOD Time Domains (Intensity 60 - 80%)

Wednesday - Posterior Chain Strength + 12 - 15 Min Time Domain WOD (Intensity 70 - 80 %)

Thursday - Bodyweight/Gymnastics Skills + 7 - 15 Min Time Domain WOD (Intensity 70 - 90%)

Friday - Back Squat Strength/Endurance + UnderGround Games WOD (Intensity 80 - 90%)

*Intensity = By intensity we are comparing to your maximal heart rate. You should always be giving 100% during workouts however your heart rate will not always reach maximal heart rate during workouts.

e.g. Fran

Intensity = 100%

Kosta's Maximal Heart Rate = 195 beats per minute

Maximum heart rate achieved doing Fran = 180

BASKETBALL RING

Hells yeah, we have a basketball ring outside in the carpark. Please be SAFE when you are playing outside. Try not to be too rowdy while class is on and especially whilst coaches are addressing members. Any inappropriate behaviour will result in you losing your 'balling license'. Don't make us do that! It will be a sad day. We want you to have fun and practice your **accu-**



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. It's \$15 to cover pizza costs.

Our most recent session on visualisation was really a session above the rest. Our next session on Self Talk won't disappoint either. We have set the scene for understanding mental toughness and goal setting, now we are equipping you with the crucial tools you need to succeed and chase your goals!

Self Talk II 11 September

Postures of Defeat II 9 October

Arousal Control II 13 November

The Elite: Thoughts on Mental Toughness + 2016 Goals II 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](#).

DRIVER OF THE MONTH - AUGUST

MICHAEL 'SOX'

There is no one in the gym that moves as vigorous and speedy as this kid. We have no idea how to slow him down, but it doesn't matter. He works on his form (only in speed fast), his mobility and strength on top of everyday classes. He comes in, gets it done, and gets out of here. His cheeky, happy-go-lucky, positive attitude really goes a long way for motivating those around him and there is usually a heap of eager athletes to chase this kid down. Despite the fact that he works Thursday-Thursday FIFO, he works hard both up north and when he is home, at Dignus. He comes in straight off night shift, comes in the night before he flies out; he's always ready to make those gains. He packs in as much as he can in his time with us before heading off again. It's with hecticness that we award Michael Pintabona, or 'Sox', as this month's Driver.



Sox, you seriously make our day. Whether it's with your ridiculous rope climbs, duracell bunny box jumps or teeth-knock-out expeditions, you are having a ball and pushing your potential with every single session. Your gains since starting out with us have been exponential, especially with that snatch! We love your attitude and give-everything-I've-got approach you take with you to competition, and we love your helpful and welcoming demeanor you carry with you in the gym. A serious all-round pleasure to coach. We love your stuff and we hope you keep making us your Thursday-Thursday CrossFit box for many years to come. Thanks for being awesome and congratulations!

DIGGY MEAT DELIVERY

A big massive thankyou to Bullsbrook Meat and Gourmet for arranging this with us and delivering our delicious meat every week. This has gone off like wildfire and it seemingly only gets bigger and bigger each week.

We love having access to good quality meat, namely organic chicken and grass-fed beef. Why? Because these two meats are the worst for us when we are not buying the best quality. Grain-fed beef is subject to GMO feed, that also has been sprayed with pesticides in the farming process, and cows don't eat grains naturally. They eat grass. So this puts them under stress and we cop that in one way or another when we eat their flesh. Regularly farmed chicken are cooped up in almost uninhabitable cages, where they are subject to more disease than any other free-range chicken would be. Because of this, they pump them up with anti-biotics. More than half of all the antibiotics consumed in the world go to farming, not the medical industry!! Chickens are also given hormones to help them grow. The antibiotics and hormones are then ingested by us with the chicken and the affect this has on our body is incredibly detrimental to our health.

There's a little bit of info as to why we employ this great partnership with Bullsbrook M&G. We love their stuff!

beef

Locally grown. Organic, grass fed Beef. This high quality produce is sourced straight from the farmers at Bindoon Estate, directly to the Butchers at Bullsbrook Meat and Gourmet. From farm to plate, a fresh, high quality product.

| | 500g | 1kg |
|-----------------|---------|---------|
| Scotch Fillet | \$19.99 | \$39.99 |
| Porterhouse | \$14.99 | \$29.99 |
| Rump | \$12.99 | \$25.99 |
| T-Bone | \$13.99 | \$26.99 |
| Eye Fillet | \$19.99 | \$39.99 |
| Lean Beef Mince | \$8.50 | \$16.99 |
| Diced Beef | \$8.99 | \$17.99 |

Buy Bulk

Organic side

This is an economical way of purchasing your organic beef. An organic side is a side of beef cut to your liking. All trimmings are used to make sausages and bones can be packed also.

chicken

Australian, high quality, chemical free, pasture fed chicken. Mt Barker is a WA owned business that has the only RSPCA-approved free range chicken farm in Australia.

| | 500g | 1kg |
|----------------|--------|---------|
| Chicken Breast | \$8.99 | \$17.99 |
| Chicken Thigh | \$8.99 | \$17.99 |
| Chicken Mince | \$9.99 | \$19.99 |
| Diced Chicken | \$8.99 | \$17.99 |

Local Free Range Eggs \$5.99

Bacon (non-organic) 500g \$7.50

Diggy Pack

Eggs 1 carton

Bacon 2 x 500kg

Chicken Breast 2 x 500kg

Lean Beef Mince 2 x 500kg

Porterhouse Steak 2 x 500kg

Diced Beef 2 x 500kg

\$90

ORGANIC MEATS

Price List 2015

Shop 7 Brooke Shopping Centre
BULLSBROOK WA 6084
9571 1224

EVERYDAY NUTRITION SEMINAR

Coach Claire ran her nutrition seminar at the start of the month and it was a great success.

Claire is running two more sessions. One at CF Dignus on the 13 Sep and one held down south at Injustice CF on the 17 Oct (anyone want to come for a trip to Rocko?)

This is 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!

Click [here](#) for tickets to Dignus location. Use code DIGLETE. Click [here](#) for tickets to Injustice location.



EVERYDAY NUTRITION SEMINAR



ATHLETE SPOTLIGHT – FRAN SEPE

Where you'll find her: PM sessions

Back Squat 1RM: 95kg

Favourite Movement: Box jumps

Favourite CrossFit celebrity: Lauren Fisher

Main reason you CrossFit: Because I truly like it and love my box and being surround by positive people. In a few words: Because CrossFit makes my heart smile.

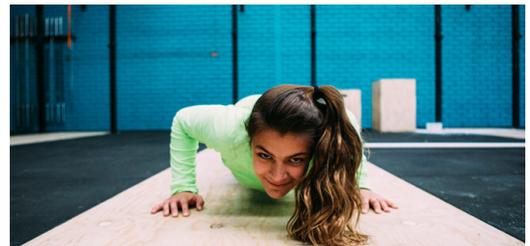
How long you've been doing CrossFit: Just over a year.

My main goal to achieve by the end of the year: Be an intermediate athlete by owning some movements I have been chasing for a while (chest to bar and double unders specifically). And hitting an 100kg back squat!

TEENS CROSSFIT PROGRAM

We are totally stoked to announce that we are expanding our CrossFit kids program to add teens classes every day of the week. This means that every arvo from the 12 October teens will be in the gym training with Coach Claire. Please feel free to do your extras in the gym, just work around where we are. Double check with Coach Claire about their movements throughout the class. We will be trying to keep to the non-rig side of the gym anyway, unless we need to utilise the rig. However, this will only be for next term, as next year this won't be a problem. A little hint there for a new addition that might be coming into Dignus!

If anyone knows of a teen that would be interested in the program, send them through the details!



LOOKING FORWARD

August was such a fun-filled month, packed with PBs, competitions, meatiness, new equipment (yay, bicep curls and basketball) and The UnderGround Games fuss. September is going to be gun-ho organising The UnderGround Games. After tickets go on sale, we have a whole heap to arrange. We appreciate all the help that has so far been thrown our way and we were pretty excited to announce our pit crew for the day. This still needs some final tweaks and arrangements, however it's a great starting point for now. We have a new website we are about to launch, which Claire has been working hard on. It's looks schmick to say the least. It's right around the corner of being completed, so you'll see it soon. We have Coach Kate coming back from her gallivanting around Europe! This is so exciting, she will be taking some classes towards the end of the month. The Perth's Fitness expo is also being held next month, with Coach Kosta competing in a Body Science Team for Super Squads. It will be pretty cool to get down and watch! AND stay tuned for our fundraiser for Diggy Does It - Affiliate AllStars. Just need to confirm a couple of things and then we are all systems go. In line with training, just keep doing what you are doing. Classes have re-gigged around a bit, which is cool. Our 9am class has been growing, filled with our students and shift-workers. PM is, as usual, real busy, and we really appreciate your smooth transitions. It can get a bit hectic with so many people in one place, at one time. The morning classes have been slower than usual, but we did lose a big chunk of our AM crew! We presume these timeslots will grow as it gets hotter and the arvo sessions become a bit hot! Keep doing your thing guys. There isn't much more we want to comment on. Slowly closing in on a very successful year!

“Coaching is more than just a job to us. It's an experience, a daily excitement, a journey. Watching our athletes grow and our box evolve is one of the most insane events we've ever been involved in. We won't stop giving every bit of us, growing our knowledge, expanding our horizons and jumping out of our comfort zone to make Dignus the best, most worthy training facility. We love our life, and we thank our members for being involved in our ever-changing world of CrossFit.”

- the coaches, Claire and Kosta, CF Dignus

