

DIGGY NEWS.

2016 QUARTER JAN - MAR



THE OPEN

Is done and dusted for another year. The five weeks fly by, though they can be quite draining. Take lessons away from this year to be applied next year and also help you to adapt your training for the year to come. We will be delving into this a lot more in our mental toughness chat (worthwhile for everyone to attend). At the least, the open is your test of fitness. To see where you are at and to give yourself a fun little way to be apart of something bigger than yourself - what do we train for, right? At most, it's the gateway to Regionals. Next year we want to have a Dignus team there. More on this in the 'Performance' section.

What the coaches really want to say is congratulations to everyone who jumped in and had a go. There were plenty of PBs and surprises. For some, it was merely just a workout each week. Regardless, you're a friggin' hero for showing up and being seen. You know we are all about that. It's the epitome of human experience to be brave and attack challenges. It's how we grow. What better way to do it than with the Diggy family. You all proved how much of a team we really are, despite some little competitive games going on, majority of the words thrown around were super supportive and encouraging. Just amazeballs to witness and be apart of.

KOSTA ILIC - REGIONALS BOUND

We are super proud of Kosta and his efforts during the open and beyond stoked that his hard work has paid off, landing him a spot at regionals. We all see how much he trains and puts in the work, hail, rain or shine. It just goes to show that if you want it, your goals are definitely within reach. Work towards what you want and put in the effort that is conducive to being able to achieve what you set out to. This doesn't just apply to CrossFit, but to every day life as well. We can't wait to see him kill over in Wollongong May 13-15. It streams live, so you are all encouraged to watch and support. The class disruptions are shown below.



CLASS DISRUPTIONS MAY 11 - 16

All classes will be on and be taken by Dan, Thomas and Kelsey.

Below are the disruptions where we have had to cancel classes:

Friday 13 May

6am Adrenalin cancelled

9am CrossFit cancelled

5:15pm Adrenalin cancelled

CLOTHING

There are a heap of outstanding items hanging out at the gym - all half price. We also have a heap of crop tops, 3/4 tights and various tees and tanks. If anyone is wanting anything, let us know! Want to get rid of it.

UPCOMING COMPETITIONS

There are two upcoming competitions that we'd love you all to get involved in. See below for dates:

Gladiator Games 23 + 24 April

Primal Throwdown 10 + 11 + 12 June

PROGRAMMING – COACH KOSTA

Boys and girls, the new cycle at Dignus has started and we are ready to rock and roll and turn you all into better, fitter and stronger CrossFit athletes. Whether or not now you want to be an athlete is entirely up to you, however I truly believe that by just becoming a better athlete, you will feel better both physically and mentally!

Another thing that I want to say is that we need to train “in the moment”! What I mean by that is for you all not to worry about what happened yesterday, or what is happening the next day. Whenever you come in, I want you to focus on the workout + strength + gymnastics at hand. If you do this, you will see that your improvement as an athlete will be really good and that your fitness levels will increase ten fold!

MONDAY - Front Squat Strength + Regional Style WOD

TUESDAY - Strength + Gymnastics + Cardio Style Workouts

WEDNESDAY - Skill Day + Chippers/Burners

THURSDAY - Massive Conditioning Days

FRIDAY - Back Squat Strength + Open Style Workouts

SECOND BIRTHDAY CELEBRATORY WOD

It wouldn't be a birthday celebration without a WOD. There will be no Adrenalin or Performance, just one big, enormous workout, buddy-style. BBQ to follow. Raw treats available. BYO salads/nibbles to share.



DIGNUS TURNS TWO

Let's Celebrate

WHEN: 30 April

TIME: 9am - 11am(ish)

WHERE: Unit 4, CF Dignus

COST: Free

SECOND BIRTHDAY BASH

We thought a style-ish get-together to celebrate was also necessary, so this year we are all meeting at The Raffles Hotel for tapas, drinks and playtime. We train hard throughout the year, we worked hard in the open and we are officially moving into our “terrible twos”, that's definitely worth celebrating. Dignus is growing and evolving so fast. We are so lucky to have so many awesome people at our gym; ones that we cannot wait to party with. So get your RSVPs in and \$\$ transferred, let's make this a night to remember (in a good way!)

WHEN: 7 May

WHERE: The Raffles Hotel

TIME: 7pm onwards

COST: \$45

RSVP: 8 April (payment due by the 15 April)

MENTAL TOUGHNESS CHATS

WHEN: 22 April

WHERE: Unit 4, CrossFit Dignus

TIME: 7pm onwards

COST: \$10 for pizza

RSVP: 20 April (for pizza numbers)

DRIVER OF THE QUARTER

SIMON SHIPWAY

The silent assassin. This member has been an underdog WOD crusher since he first started with us, but in the last couple months he has really started to shine. His open performance was profound and even though he is the last to be ready and needs to perform his pre-lift, pre-gymnastics, pre-anything ritual and can drive us absolutely insane, it is these features, this precision that makes this athlete so great.

Simon, we congratulate you on receiving the first Diggy Driver award for 2016.

Your quiet demeanor does not fool us. We've watched you go from strength-to-strength in both your CrossFit skills and lifting ability. This is not a completely natural progression, but one of complete dedication and hard work. You give 100% every session you're in the gym and you are generally the one holding the team back. By holding the team back, I mean

not allowing the rest of the Shipway Crew to leave before oly. Because, well, you've dedicated yourself to this class and there ain't no way you are missing anything when you have set your mind to it. This is truly inspirational and we believe this work ethic is what has catapulted you to your brilliance. There is much more to come from you and we cannot wait to unleash it. As we move along with you on this journey, we are continually wow'd and proud of all your achievements. Not to mention, the subtle support you offer to those around you. You don't have to be loud and proud to make an impact. Your presence and attitude is what helps support others, driving them to their own successes by you being the example. Thanks for being such an awesome representation of what Dignus is all about. You are a pleasure to coach and we can't wait to see what you are really made of this year!



PERFORMANCE PROGRAM

Well, with the closing up of the open and some outstanding performances we want to open our doors for more athletes in the performance program. Here's our performance program in the spotlight:

Why do performance?

Performance is for those wanting more from training (i.e. more death sessions from Kosta). With all seriousness, the extra sessions ARE tough, but they are run at a more chilled pace. It leaves plenty of time for discussions around strategy, pairing up with others for extra teamwork and additionally being able to try and 'showdown' Kosta in a WOD. It's the extra push we all need to really get to that next level. Plus, it IS fun!

Next year we want to snag a spot at Regionals as a team. How do we get there? We train. As a team and individually, doing the extra work we need to so we work on our weaknesses and learn to train under fatigue, with others and in areas we love / areas we hate. Performance is the perfect platform for obtaining your goals, as well as the goals of Team Dignus. Our team will be plucked from our committed members who show up week in and week out to get the work done. There is just as much to be said for commitment, as there is skill.

What you gain.

Daily additional programming (optional to complete, but fun if you can get some buddies into the open gym before/after training sessions). Two 90 minute-2 hour extra training sessions working on all realms of CrossFit (mandatory to attend at least 1 each week ~ plus need to have a few foundational skills to be able to commit) held on Wednesdays (6:30pm) and Saturdays (9am). Performance nutrition advice (when needed). Mental toughness training (where necessary). Plus a team to have your back and pep you up & celebrate with you.

Your contribution.

\$10 extra a month (must be on unlimited PLUS membership prior) + your time.

BEYOND THE WHITEBOARD

Alrighty, so we have finally got Beyond The Whiteboard, which is score tracking, facebook-ese system for you all to post your scores, keep up to date with your lifts, wod times and any other achievements. Currently, we are just doing a small trial process but will get this up and running for you all in the next 2 weeks!

You shall all be expecting an e-mail, and then once you receive this e-mail you need to register, so a full profile must be done, and then from there you can all log your scores on a daily basis, track your nutrition, write a journal on how you are feeling, and update any body composition info!

This system is truly amazing. Stay tuned!

ROMWOD

We have ROMWOD set up now and will be streaming this for you all in the athlete area! Get onboard and really try and do this daily if you can. If you haven't noticed, we try and fit so much into one class and feel that a small mobility piece will not be as effective as doing a full ROMWOD session or even doing a yoga class, hence why we have got ROMWOD for you all.

Also, if you would like to get your own personal ROMWOD, we have a link below for you where you can sign up to it: https://romwod.com/members/signup/extended-trial?utm_source=affiliate&utm_medium=affiliateurl&utm_campaign=romwod-affiliate

OPEN GYM - PLUS MEMBERSHIP

This has been working splendidly. Thanks to those that have been coming in for the extra fun in Unit 6 open gym. This space is basically open all day. We are here pottering around. We open at around 5am. So if you want to do some extras (but not particularly a CrossFit WOD) in the AM, feel free to stop in. Otherwise, all afternoons are free for your use (and you MUST be in Unit 6 for open gym stuff anytime after 4:30pm). The only times that the open gym space isn't available is 6am Monday and Thursday, and 6pm Tuesday - where you are permitted to be in Unit 4 for your open gym stuff. Any questions, shoot them through!

ADRENALIN AND YOGA

Adrenalin has taken off with a bang. It's been great to see a heap of new faces coming through the doors as well as CrossFitters taking advantage of this psycho interval & intensity met con session. It has proven to be an awesome compliment to CrossFit, where it has assisted with shifting fat, increasing fitness and preventing DOMs from regular CrossFit classes. A triple win. It looks like we will be changing the PM timeslot to 5:30pm and AM timeslot to 6am. Consensus has confirmed that this will be better. Just remember, you must be on a PLUS membership or have a 10 class pass to be eligible to attend - and this includes Saturdays.

Please check with Claire or admin if you are not sure what classes you are signed up for.

Yoga has been the most popular addition to Unit 6, which came with a bit of a surprise, but definitely a pleasant one! This class is so so beneficial for all athletes and everyday peeps. It counteracts the time we spend sitting at a desk, helps to keep our muscles supple & joints mobile, as well as providing a space for rest, practice for balance, breathing and focus, and it's a great core workout. If you haven't tried a class yet, we really recommend you do! It's on every Monday & Thursday at 6am, and Tuesday at 6pm.

MEMBERSHIP MIGRATION

Thank you so much to everyone with their cooperation with this. Anything technical is usually a massive headache, and when it comes to finances - it's the last thing you want to go haywire. We have pretty much finalised this process and we hope that for most of you this was smooth sailing. Yay! All prices are now on the website.

LOOKING FORWARD

The past three months have come with so much change, experience and goal-crushing - it's just flown us by! We're taking a different approach to Diggy News this year and will be writing quarterly to include previous awesomeness and upcoming stuffs. Dignus is on the move of momentum at the moment. As we've added more services, more space and, subsequently, gained more athletes, we grow in numbers and we grow in strength. We could not have done the recent migration without all of your cooperation, support and ease. It has truly been one of the most stressful times for us (with the open/upcoming regionals, a new year, a new gym, a pay rise, new classes, siteworks and the lot). Challenging, yes, but worth it 'til the end. As for training, you have all shown up and really attacked your sessions this year. We feel a different pzazz around the place as you all begin to truly start to take flight in your abilities and realise that your journey to your potential has not even tipped the surface yet. In comparison to last year, those that completed the open will confirm, your development in physical fitness is an ever-evolving journey - you are never truly at your peak in CrossFit. If you want to take it to the next level, we are here for you 100%. We hopefully provide all that you need within our space for making you a complete athlete, our ultimate goal as coaches - if you're needing something else, just ask! On a lighter note, we have some fun-times in our upcoming festivities - we turn two, which seems so young, yet we feel our business has such an old soul. Heading out for drinks and eats + a boogie or two to connect on a different (less sweaty) level. This is in addition to our birthday WOD, which we hope all of you can attend! PLUS our mental toughness chats is coming up very soon, which is going to be the driving force for your goals for the remainder of the year. Not mentioned, we have a few ideas on the horizon. We are looking at implementing 'Community Chats', which would be a fortnightly talk on a Monday from 6pm about health topics. We really want to connect with the wider community a little more and delve into health topics as this is Claire's area of study. It's also a great way to meet others from the gym and bring family & friends in to all become better humans, at the end of the day. Showers in Unit 6 are on hold for the moment as we try and catch up financially. Unit 6 has put a minor hole in our pockets as we had to fork our a few hidden unexpected dollars that weren't in our budget initially. Though, these will be the first on the list that we add structurally. Apart from that, the year has really started with a bang. We are really happy with how you are all coming along and with where Dignus is as a whole. We are really excited for the reamainder of 2016. We hope you are too!

