

DIGGY NEWS.

2016 QUARTER APR-JUN



WE TURNED TWO!

It's incredible to think that we have been running this jam for two whole years! Time has flown by, but it also seems like a lifetime? The friends we've made, the new knowledge we've gained, the experiences and the training love we've shared - it's all such a great atmosphere at Dignus. We are so grateful to be apart of something so meaningful to us. We thank you all for being the bread to our butter and making our gym the place that it is. It really wouldn't be the same without you all! Here's to another adventure-filled year!

KOSTA ILIC - REGIONALS

A massive congratulations is to be given to Coach Kosta. His performance at the Pacific Regionals for 2016 was phenomenal, despite a few hiccups and some sad times, he still rocked it and we are all super proud. In training, and in life, we are dealt with tough circumstances, ones we did not expect nor did we want, it's how we face these head on, muster through them and come out the other side that matters the most. Thanks for being a massive motivator for us all, a good role model and out-of-this-world crazy, yet smart coach!

CLASS DISRUPTIONS 26 JUN - 25 JULY

Claire is is off on a yoga adventure to finish her course and come back with the goods (plus a little break). She's outta here for 4 weeks, so Kosta will be holding down the fort! Kelsey will additionally be away from the 2 to 29 July.

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

Yoga classes will not be on during this time.

Adrenalin AM classes will not be on during this time.

We are super sorry for the inconvenience and if you need to make any membership changes in line with this, please email us directly at hello@crossfitdignus.com.au. As of the 26 July, all will be back to normal (+ some sneaky extras)

POTENTIAL NEW CLASSES

Thanks to everyone who came down to our trial classes, we have two more on Monday for core and gymnastics. We ideally want to add more specialist classes into unit 6, now that it's up and running and we have more time to formulate ideas and sessions! The three classes we have tried are core, gymnastics and move. These are outlined later in Diggy News, if you aren't sure what they are. We'd love to hear some of your ideas for classes? You can think as inside, or outside the box (haha, pun) as you'd like! The best kind would be those that compliment CrossFit, but if you're interested in something entirely unrelated, we'd still like to hear your thoughts! Shoot your suggestions through to us via email so we can review them.



PROGRAMMING - COACH KOSTA

Hey guys, just touching base in regards to what we are really trying to focus on at the moment with the programming. At the moment, we are really focusing on developing more isolated strength in muscle groups than rather focusing on compound strength movements and an overall absolute strength improvement.

We have really been hammering the leg conditioning, where we focus on different, isolated exercises to develop leg endurance and conditioning. We have had a fairly big focus also on our upper body strength, especially in pressing and pulling movements on the rig. This will continue as we feel that this is one of our biggest weaknesses.

In regards to conditioning, we will never let this slip. You just have to trust the process and train hard, every session, every time you come in. At the moment the conditioning is more anaerobic, fast, sharp, lactic threshold style workouts, rather than slow long endurance based workouts. These style workouts will help improve your overall physical shape and conditioning for CrossFit.

Below is a little Monday through to Friday programming theme template:

MONDAY - Leg Conditioning + Burner Style Workouts

TUESDAY - Upper body push/pull + Endurance Style Workouts

WEDNESDAY - Posterior Chain Strength + Open Style Workouts

THURSDAY - Long / Explosive Conditioning EMOMs + Core Conditioning

FRIDAY - Leg Conditioning + Back Squat Strength (Every second week) + Burner Style Workouts

UPCOMING COMPITIONS

The next competition we have coming up is Battle in the South West.

This year, we have decided to commit and make the trip down south for Battle in the Southwest IV. What more would you want, friends, down south, competing and supporting one another as we battle to be crowned the fittest in the South West.

Tickets go on Sale, June 26 at 5pm, and this year they are opening up ticket sales to 300 with no category caps, that means, there could only be 5 in Ladies Rx and 100 girls in Ladies Intermediate and 195 girls in Ladies Beginner and have all the guys miss out as they are too slow to buy a ticket.

Therefore, make sure you aren't one of them, and get your ass clicking on that link when tickets go on sale: <https://www.eventbrite.com.au/e/battle-in-the-south-west-iv-tickets-26070945901>

Another thing that we will be doing is sorting out accommodation, in groups, therefore we don't all fork out 300 a night for 3 days and making the trip more expensive than a week long Bali trip!

A bus has also been in consideration, however we will need to think about that one in more detail, and go through all the pros and cons, however arriving as a team, see pic below would be pretty cool ;)





PAST COMPETITIONS

Competition season is in full swing and it goes without saying that we are stoked at our performances over the past few CrossFit comps. Our teams, and individuals, who have shown courage and bravery out in the arena, have absolutely killed it and held their own in challenging times. Your growth as athletes will reflect this. As coaches, we're proud as punch of you all for taking the leap and putting yourself out there. Woo!

DRIVER OF THE QUARTER

CORINNE KIRRY

The smiley motivator. The humble challenge acceptor. An athlete who grinds and grinds and grinds. Who doesn't ask adversity to get out of her way, but bashes it down and makes it move. The caring and on-the-ball lady who'll help you through any workout and if she's your partner, she'll support you, yet won't ever let you get off easy. You're always going to work hard around this one. And why wouldn't you? When you see someone do the open with a broken foot, and literally skip with one leg, you can't complain in their presence. It is with great excitement that we present to you, Corinne Kirry, CripFit extraordinaire, as this quarter's Diggy Driver.



Corinne, since day one you've been a hustler. You hustle during every WOD, chase after every new movement and kick-butt literally every single day. You're a pleasure to have in the gym, and a great athlete to have in class, especially when it's an early morning start! Your teamwork and companionship is a dream to watch. The way you support others, encourage and push them to surpass their expectations of themselves and the way you work in a team, it's all the be commended. Your biggest accomplishment of the quarter, and the cherry on the top, was your performance (and victory) at The Primal Throwdown. Phwoar, girl! You were a weapon and a force to be reckoned with. Your GRIT, determination, perseverance, mental fortitude and professionalism was out of this world. We were truly proud to call you a Diggy, and even more proud to be your coaches. To house such an athlete as yourself, an athlete that can represent the gym so well, work in with a newbie to make them feel welcome without notice, drive the attitude of a class so early in the morning and come in and push day in, day out, with absolutely no complaint (like, ever) even with injury and adversity, it really does not get better than that. Corinne, you earned this time in the spotlight, enjoy every minute of it.

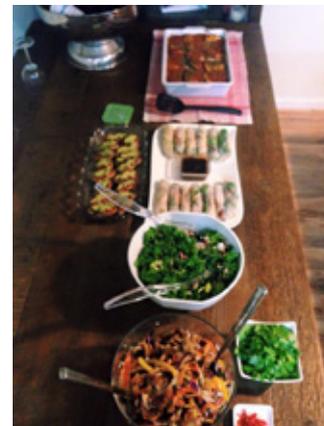
DIGGY DOES IT

Each month or so, we want to organise fun and exciting ways of being active outside the gym. We started with Jacob's Ladder, and we will be looking into other avenues as well. We have thought about rock climbing, hiking and bikram yoga, for example. Though, we are wondering if you have any ideas? Shoot em through so we can add them to our list. We want to spend more time outdoors, and out of the gym, connecting with each other and finding other fun ways to work as a team and develop our camaraderie.



8-WEEK NUTRITION CHALLENGE

We finished up our 8-week nutrition challenge in March and it was a really great time. Additionally, the end of challenge dinner was even better! We all cooked something and bought a plate (so much deliciousness in one space, food comas were massive). It was lovely to share a meal with everyone who participated and really delve into that traditional meaning of 'meal time'. Thanks to Kayla Ryan for housing this event. Amaze!



CORE CONDITIONING + GYMNASTICS

The two classes come as a duo, however they work perfectly fine by themselves if you only have 30 minutes. The core is a 30-minute intensive session that focuses primarily on the abdominals and core. It is to both build strength and stability for CrossFit and for gymnastics movements.

Gymnastics is a lot more skill work, with a few drills that will help develop the core movements of gymnastics in CrossFit. This class is for the ultimate beginner, all the way to those that have all movements. We can all learn something and even if you haven't mastered these skills, the drills will help you get there. We cannot highlight how important it is to spend quality time mastering the gymnastics movements. The progressions and fine-tuning will assist you in all that you do in your CrossFit training.

We are potentially going to find a coach to come in and take these classes, however for the time being they will be taken by Claire (they will be re-added to the timetable when Claire returns from Bali).

MOVE

Primal movement is about patterns of movement, functional fitness and moving the body in space. This class will encapsulate all the different patterns of movement, not just your average up-down, and front-back. You will twist, and turn, and tumble, and jump, and rotate, and flip. It's ideally about learning to move the body well and understand how you occupy space. It helps facilitate body awareness and coordination. It will also help make you a better athlete by laying down neuronal circuits to correct movement patterns and help you gain control of what your body does, in anything it does. A really great rest-day class as well. It's not too intensive. Check out what we are aiming for here: <https://www.youtube.com/watch?v=W0Wr7Hsyle0>

PERSONAL TRAINING

Kosta is taking clients outside of class times for anyone interested! His sessions are \$60/hour and you can focus on technique of movements, or purely just get smashed by Kosta for one hour to increase your fitness.

NUTRITION COACHING

Claire will also continue taking clients one-on-one for their nutrition needs when she returns from Bali (from 25 July). Sessions are \$75 for the first consult, and then thereafter \$55. This includes goal setting, nutrition coaching and a nutrition plan + recipes individualised for you and your needs.

LOOKING FORWARD

It has been a massive three months (it always seems to be, doesn't it!). Second birthday, Regionals, competition after competition. And, of course training wise, Kosta is always pushing you hard and not allowing any slack in the regime. The ideals behind CrossFit are those that we hold so dear to us. We love the training methodology and all that it allows in human performance. However, we do really want to offer more specialist classes in gymnastics, movement, strength potentially and of course yoga (mobility and balance), as these fitness worlds hold ideals of their own that also align with human performance. They encapsulate the 10 domains of fitness, and especially the ones not focused on so heavily, like balance and coordination. We have Unit 6 now, and it's off it's feet, we are going to be trialing out all kinds of niches, until we find what fits there. Adrenalin will still be running, but not as often as it first was, we want to make way for a mixed bag of classes that will help everyone become more 'complete athletes', which is what our mission is, ultimately. Claire will be doing some business planning whilst she is away, and liaising with Kosta back home, whilst he holds down the fort. In terms of your training, it's obviously now the cooler months and while business does tend to slow a little, we haven't noticed much of a lull (we didn't last year either), this just goes to show how dedicated our bunch is. The gym is mighty, mighty cold, yet we have game-changes walk in every morning to do their WOD. As always, we are open to ideas and recommendations from you all. It's your playground, just as much as it's ours, and we like you to be happy in it! Keep us informed of how you want that playground to be. Goals, goals, goals! Don't forget to write them on the board. This is the perfect opportunity to really be focusing on specifics that you want to get better at. Fill your bag of tricks with as much as you can, whilst the open is still far away, it's good to be prepared for what it has to throw at you. So, spend time to goal set each month, week, 3-monthly; whatever. And write those goals on the board, because then they are real and the coaches all know what you're chasing. We are almost halfway through the year, it's a perfect time to revisit any ideas you had for your training at the start of the year and ensure you're making your way in the right direction. Thanks for an awesome three months. We're right here behind you every step of your way on your journey to becoming your most complete athlete, whatever that looks like for you, and we are here with you to help you achieve your goals. Bring on the next three months! We both sense and feel rapid growth in so many ways.

