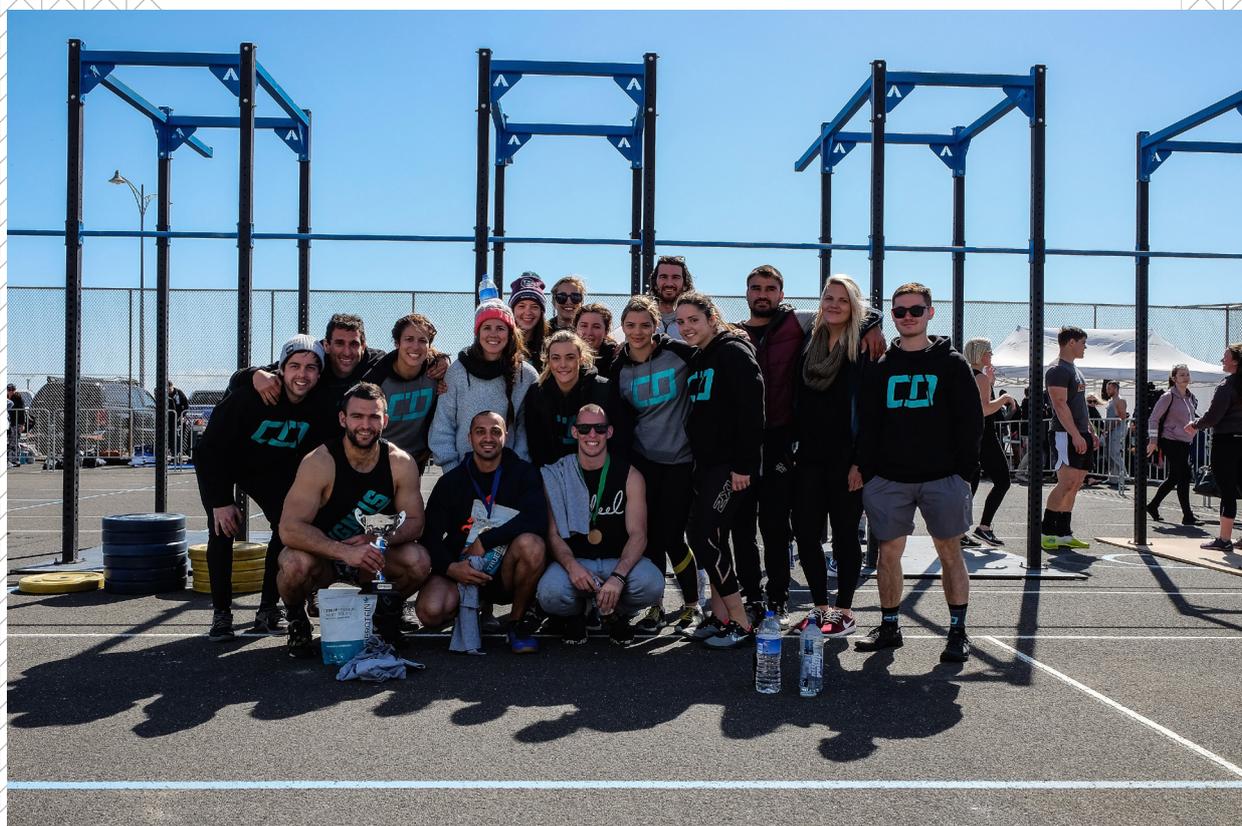


DIGGY NEWS.

JUL-SEP 2016



R U OKAY DAY FUNDRAISER

What a phenomenal day this was! Taking a Saturday off regular classes, and pairing up with our buddies to grind through a workout in line with raising awareness around mental health issues, and suicide, was well worth it. The turn out was amazing, the coordination by Christina and Taylia was impeccable, and the support by all Diggys was second to none (I never expect anything less from our dedicated bunch!). As coaches, we were so blown away, so proud and ecstatic at the environment we are apart of. It truly is one of a kind and we appreciate how caring our crew is. All up we raised \$1,200 toward the foundation 'R U OKAY' and, most importantly, we surely helped humans open up and communicate toward one another, building that awareness and the foundation for safe, caring conversation.



UNIT 6 UPDATE

We know it is becoming a little cumbersome and confusing with all the class and schedule changes in Unit 6. However, we are trying to work out the best schedule for you all, and one that allows PLUS members, Unit 6 combo members, and 10-class passers to reap the most for their dollars. We take on feedback from all our members and have been adjusting our classes accordingly. If there is a class that is lacking in numbers, or is not having anyone show up, we look at how we can rectify this timeslot to suite those that are wanting something different, or perhaps a different time slot. We have appreciated all your feedback and feel like we are slowly getting to the point where we are getting a solid little schedule happening in unit 6. Gymnastics skills is sure favourite, and this will be sticking it out from now on. Yoga on a Tuesday night is a part, however Monday morning and Thursday evening are hit and miss, and generally not run. Wednesday night Adrenalin's have not gone ahead for weeks now. So we have changed the class here. We have had majority of our Adrenalin crew screaming for a Monday morning class. This would take the spot of yoga, so we have added a Saturday 2pm slot which will house yoga sessions half of the time. Thursday evenings will stay for now. We will see how it goes.

OPEN GYM

Whilst we are on the subject of Unit 6, we just want to touch on open gym. PLUS members, all open gym after 4pm (give-or-take) must be completed in Unit 6. Please be mindful that there are classes on, coaches trying to deliver the whiteboard and coordinate their class - the less distractions, the better. The main reason we opened Unit 6 was for open gym, so let's use this space for what it was created for. It has everything you need over there (and more). Accessory work is best to be completed in here. You can use chalk, though be mindful and just do not get it on the floor (putting it on your hands over the grass works the best). It is not a CrossFit gym, it is a space for movement activities, we want to keep it respectable and clean.

BODY BUILDING (BB) STRENGTH

This class is being added to the schedule for the month of October to see how it goes. It's an area of weakness that Kosta has identified with our athletes, and it is to help build our foundational strength. An hour class that will target different body regions to help build muscle (or 'tone'), and strengthen base strength. This is really important in all aspects of CrossFit and it is a great accessory class to add to your bag. Ensure you book in as it is strictly limited numbers. Fridays at 5:30pm.



YOGA SESSIONS

Keep an eye out for all different kinds of yoga on Saturdays at 2pm. It is a great way to stretch out, increase your mobility, harness your inner chill and learn a bit about yourself. Yoga is for everyone. Don't think you need to be flexible, or a hippie, or Buddhist, or whatever to engage in these classes. It's what you make it.

KONGA

Starting this Saturday at 8:45am, Eden will be a running a Konga class in Unit 6 weekly, for 8 weeks. Awesome and incredibly fun way to add some cardio into your week. It's a godsend for fat-burning and working on your 'lung' fitness. Eden is a ball of energy and will inspire you to move and groove and have a blast. PLUS members, this is free for you. Everyone else (casual, 10-class pass and Unit-6 combo members) it is \$15 a class, or you can pay \$80 upfront for unlimited classes throughout the 8 weeks. Save yourself some dosh!

THE UNDERGROUND GAMES

We are well into our organisation for this year's underground games. Last year was the most fun weekend and we'd love to make it bigger AND better this year. We'll be recruiting as many Diggy's as we can get our hands on for the weekend to either judge, coordinate stuff, or move equipment (the lumberjacks). It's a huge weekend, and we'd love it to run just as seamless as last year - that was all because of our amazing crew!

PROGRAMMING – COACH KOSTA

The programming at the moment has been really focused in at hitting massive weaknesses of our and developing our capacity under fatigue. As we conclude our current phase of training, we are going to be going back to a more bias on capacity and conditioning throughout the next 8 weeks.

What that is going to mean is that you all will be doing higher reps of squats, presses, deadlifts and other conventional movements paired with a massive bias on conditioning and interval conditioning!

We will go back to a front squatting for strength every 2 weeks as the warmer season approaches and we will alternate the conditioning bonanza on Monday's and Friday's, therefore mixing front squats and back squat stimulus and capacity. We will also go into a little more bias on barbell cycling for our Tuesday's and mix and match that with upper body training to hopefully improve everyones confidence with a bar.

With the inclusion of gymnastics and bodybuilding classes, I highly recommend you all attend them to develop foundational strengths also in these movements and bases so that you are more confident in class.

A brief template of the programming is outlined below:

Monday - Alternate front squat and conditioning bonanza + burner style workouts

Tuesday - Alternate upper body strength + barbell cycling + endurance style workouts

Wednesday - Strength + conditioning + burner style workouts

Thursdays - Alternate between running intervals + conditioning EMOMs + burner style workouts

Fridays - Alternate back squats and conditioning bonanza + Friday's messy workouts



DIGGY DRIVER **COSTA KASTANIS**

How does one explain the growth rate, the unpredictable nature and the leaps and bounds this athlete has come? Well, first off, he is one of the most committed people we've ever met. Whilst juggling a pretty hefty schedule, he still manages to make it into the gym every day, making it a priority. Not only that, this athlete will be found at oly, move, booty classes, gymnastics, yoga, chats.... you name it, and he is there. His determination to become the best athlete he can possibly be, defeat all odds, and reach his potential is humbling. He takes his achievements in his stride, and can be seen (and heard) yelling profanities at himself mid-workout if he stuffs something up or can't do something. But, don't let these hissy fits fool you. This is this athlete's way of taking in the journey, accepting his weaknesses, and then holding them in mind's sight so he can come back to training and commit to tending to these areas to ensure this never happens again. This month we award Costa with the Dignus Driver, and oh boy, he has earned it!

You started with an incredibly tight thoracic, an impatience that drives you to do more than the person next to you, and an open-willing mind that is second-to-none. As you have progressed, your mobility has improved ten-fold (thanks yoga), your technique is fine-tuning into something wonderful (that perseverance), and your skill level, fitness and overall CrossFitter capacity has exceeded all expectations. You are a man on a mission, and there is absolutely no stopping you. As coaches, we froth over the commitment you expend into attending classes, we appreciate how well you listen and how eager you are to learn. You want things now, and where ordinarily this would be a downfall, for you, it bolsters your motivation to keep at it, and you are not one to out corners. You do the work, you put in the effort, and it is showing. When push comes to shove, you're found edging into discomfort and battling the barriers that would hold most back. You're a team player, and always one to cheer fellow athletes on and drive them to succeed in their own ways. An all-rounder and blessing to have within the Diggy family. Thank you for being you, and thank you for your drive. Congratulations and enjoy your month in the spotlight, Costa!

UPCOMING COMPS

Frantic Day Out is the next upcoming comp, and last one that, as a group, Dignus will be engaging in for 2016. Let's get a decent showing of Diggy's down to represent the box at this one. It is being held on the 29 and 30 of October, so just under four weeks away. If you're not competing, take some time out of the weekend to come down and support the crew that is! It's always nice to have a heap of teal and black standing out in the sea of people cheering on their team.

PAST COMPS

We just had a whirlwind of a weekend away down at Battle in the Southwest. What a showing of athletes! Goosebumps thinking about all the Diggys we had representing this one. It really was such a spectacular weekend away competing as a squad. Not only was it cold, we were all in unfamiliar surroundings, with less control over our pre-competition game plan and nutrition. I think we all hit the nail on the head and overcame all obstacle with leaps and bounds. It was a really enjoyable weekend away with you all, thanks to everyone who came along and shared this moment with us. And, to Scott Thomas, for capturing all the memories in pictures. Very good photography, thank you!

CHRISTMAS PARTY

I know it seems far off. Though, if we are going to do a boat party this year, we need to decide now so Claire can start the organisation and locking in a boat. CrossFit Legion were keen to do a dual Christmas party with us out on the boat. We will also do the regular WOD - do we want this to be at the beach? Throw some ideas at us! In terms of dates, how is the weekend after The Underground Games for the boat party (or any Christmas Party we decide on)? The dates would be the 10 and 11 December.



LOOKING FORWARD

We are at the ass end of our incredible year here at Dignus. It's the time when the sun comes out, yet we are feeling a little straggly. We are a bit worn out from the year. We need a holiday, we need some down time, and the end of the year lull begins to show. Let's all fight through this together by showing up to class and hitting our workouts with integrity and GRIT. By supporting one another and checking in with those who feel a little flat! We can build that mental toughness, day-in and day-out by just doing our best. The next few months will fly by, and then we will be in the new year! Holy shmokeys. With competitions, new weekend classes, The Underground Games, and Christmas festivities - our schedule is rather filled for the remainder of the year. Take advantage of all the added extras being sent your way. The specific classes that help build you into a complete athlete and help mix your training up to keep you interested, well-rounded, and fit. We believe we have successfully made it over the 'change' hump of extending our gym into two. Though we are no where near where we want to be in terms of facilities, classes, equipment and potential for CrossFit Dignus. Our expansion has just now opened up endless possibilities that will be built upon in the new year. The final few months of 2016 is for consolidating the foundations and ensuring that our new space is here to stay. We will be formulating our end of year feedback, brought to you by Flex Fitness, to see what your thoughts are for future endeavours, and to see how things can be improved, as well as what is going really well. Over the next couple of months, perhaps start thinking about these areas. Consider how your experience can be made better at Dignus and how we can continue to serve you better. This is what we are all about, after all!

I guess it also goes without saying that as we close up the end of the year it's time to start reflecting. How far have you come this year? What more do you want to achieve? How can we, as your coaches, help you to get there? Chat to us at class, send us an email, whatever works for you. Let us know how we can help you and assist you to achieve you goals before the year-end. Don't forget to come along to our mental toughness chats, and also jump in on our community chats. These are for those that are seeking the utmost potential in their abilities. The mental side of things. It's a big thing, in training, in your work, and in life. CrossFit is not just about the physical side of things, let's all become better humans in this process and expand our horizons to that much bigger than we ever thought or had hoped for ourselves. You're all there. You all show up, you give your all, you tackle the uncomfortable. You are all greater than you know. Thanks for being those clients we absolutely love and allow us to find so much joy in what we do. Keep at it, folks. You're doing great.

