

DIGGY NEWS.

2016 QUARTER 4 OCT-DEC



THE UNDERGROUND GAMES

This was a spectacle, to say the least. We are yet to hear one negative remark or any negative feedback. There has only be the most remarkably positive talk about the competition-how smooth it ran, how awesome the volunteers were, how fun (?) and well programmed the WODs were, how on point the judging standards were, and how special the athlete area was. We are over the moon-we all work so hard to get this baby off the ground and even being double the size (athlete-wise) than last year, we pulled it off without any (real noticeable) hiccups. We've already told you how grateful you are, but really, you guys just rock.

We didn't make a whole lot this year, but we made more than last year, which is exciting. We foresee next year being a sell-out (we are obviously always optimistic, but we truly think this!) and the competition being not only an amazing event, but a great source of funding for the gym. We envision this fund source goes directly onto equipment for the gym and it is our long term goal that this will be a yearly 'spruce up' for our existing gear.



A VERY DIGGY CHRISTMAS PARTY

This weekend we sweat, eat and play to celebrate this year and of course, Christmas! A great time of year to get out in the sun and meet everyone that attends the gym. It's lovely to spend some time out in the real world connecting with one another over a delicious meal. Hopefully we will be seeing you there!

SATURDAY 17 DEC

9AM

CITY BEACH

BYO PLATE, WORKOUT GEAR, BATHERS, TOWEL

CHRISTMAS CLOSEDOWN AND CLASS DISRUPTIONS

There will be a few disruptions over Christmas. We will be keeping an eye out for fully booked classes and will add if need be. Open gym is available in unit 6 during class times for peeps that want to add in another session, or do their own thing. Please book in for your classes on Zen Planner.

25 - 26 DEC | gym closed

27 DEC | 9am CF + 4:30pm CF

28 - 30 DEC | 6am AD + 9am CF + 4:30pm CF

31 DEC | gym closed

1 JAN | gym closed

2 - 6 JAN | 6am ad + 9am CF + 4:30pm CF

7 JAN | classes resume as per usual

COACHES PD DAY | 14 JANUARY

Early January the coaching and administration team will be meeting to discuss 'The Dignus Experience'. It's going to be a big overview of the year that's been and the one that is on its way. Your contribution in Flex Your Feedback will help direct us with our aspirations, so please have your say! It is our aim to build the best gym space we possibly can. Your opinion matters more than you know.

FLEX YOUR FEEDBACK

This year's client satisfaction survey is ready to complete. Every person that completes it goes in the draw to win a Flex Fitness voucher compliments of Nav Shah. Your feedback is so crucial in the running of our/your gym. We take every comment and indication into account to help us build the best possible space for you to train. This has been a massive year. It only just now feels like the dust has settled. Change is a big phenomenon and we had a massive whirlwind of change come at us this year. We survived (!!). Your space will now only continue to grow as it upholds the values that the coaching team work everyday to implement. Just do the survey. Your opinion, comments, and advice means the world to us.

OPEN GYM - JANUARY AND FEBUARY

In the lead up to the open, we will be opening the gym between 11am and 2pm on a Sunday for PLUS members. This is to assist you with your physical preparation and allow you a decent amount of space to come in and add in a workout you might have missed during the week, work on your skills or even just mobilise ready for a new week come Monday. All other members are welcome in for a casual open gym session for \$25. This begins January 9.

OVERVIEW OF EVENTS | 2017

To assist you with your planning and mapping out your training goals for 2017, we have itemised monthly events for you to look forward to. Dates will be released as they become available. Some items are expanded on in the coming paragraphs.

January | Australia Day WOD

February | The Opens Starts

March | Bubble Soccer Day Out

April | Dignus Third Birthday

May | Regionals

June | Primal Throwdown

July | The CrossFit Games

August | Dignus Pairs Competition

September | R U Okay Day

October/November | Underground Games

December | Christmas Boat Party and Beach WOD

THE OPEN

For those that have not been involved in the open before, this is a worldwide competition that takes place within each box. We run our workouts on Friday evenings (Friday Night Lights), where athletes judge each other and compete in the workout that is released that day. It runs for 5 weeks and each week there is a new workout released that each competitor needs to complete and submit their score. There are options over the weekend for you to 'make up' your workout if you cannot attend the Friday night. We like to sign up as many members as possible. Last year we had 54 members. We are hoping for close to 70 sign ups this year! Especially with the scaled option, every single person can commit and do their best! It is a great benchmark to see where you sit in comparison to last year and it's a great test of your mental and physical capabilities (it will supercharge your fitness, I guarantee). There are no classes held on Fridays or Saturdays during this period, so if you want to get a workout in, being signed up for the open allows for that!



Sign up opens mid-January | \$20

Week one | February 23

Week two | March 2

Week three | March 9

Week four | March 16

Week five | March 23

DRIVER OF THE QUARTER

KAYLA RYAN

There is something to be said for persistence. The act of continuing on course, unscathed, in spite of any difficulties or challenges that arise. We watch as this athlete continues to train no matter what, literally. During injury, everything was scaled or adapted and she continued on, like the warrior she is. Coming out the other end, this athlete has never been stronger, fitter or more versatile as a CrossFit athlete. The last few months we have watched as this athlete goes from strength-to-strength, conquering PBs and goals that have been set for extended periods of time. There is something special about the athlete who has been in the game for years, and then has this new fire ignite within them to fight that little bit harder, train that little bit more and adapt their lifestyle to suite their training goals. It's been an absolute pleasure to watch this athlete extend their abilities in pursuit of their goals. We could not be prouder to announce this month's Dignus Driver, Kayla Ryan.



Kayla, you are one athlete that we can always rely on to organise the masses, coordinate trips, and arrange little things that help the coaches out drastically. You support your fellow athletes and celebrate the strengths of others above and over yourself at every opportunity. You move through your struggles with the utmost poise and without much of a peep, and celebrate your strengths and gains humbly. In these cases, you generally go under the radar, not seeking any praise or confirmation from anyone. The epitome of your expression of fitness was witnessed at The Underground Games, where you had all Dignus goers raving about your abilities; your depth, your speed, your strength. You did incredibly well and held your own against WA fittest. Your drive and determination does not go unnoticed and your commitment to your word, your training, and Dignus as a gym, is out of this world. We want to congratulate you, and thank you for all that you do. Enjoy your month in the spotlight!

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REGIONALS

Regionals will be somewhere mid-May and this year we will be opening up the option for members to attend (I mean the option is always there, but let's organise it a little earlier, get a whole Diggy crew across!). Houses can be booked in advance. The whole competition is held in Wollongong (might be different this year), Friday-Sunday, with an after-party held on Sunday night. The gym will be closed during this period mid-Thursday to mid-Monday (unless there is a coach staying behind, but usually they mostly all come across). Start thinking about whether you'd like to attend, and if you do, contact me to let me know so I can start formulating how many houses we need.

REACH YOUR SUMMIT SEMINAR

Saturday 21 January | 2pm | Unit 6 (air conditioned)

Our yearly goal-setting session this year is supercharged into a 2-hour seminar, Reach Your Summit. Here we will be discussing appropriate goal-setting and how to determine what it is you want in your life (not just training). Then determining the roadmap of how we get there: Adapting your routines, optimising your daily grind, initiating action, progressing to milestones and tracking results. With a bias toward mental and physical achievements, featuring nutrition and fitness mapping, we will aim to have you leave with clarity and understanding of what your next steps are. This is free for all members and we highly recommend your attendance. A facebook event will be created for all confirm they are coming.

“Our goals can only be reached through a vehicle of a plan, in which we must fervently believe, and upon which we must vigorously act. There is no other route to success.”

~ **PABLO PICASSO** ~

ATP SCIENCE SUPPLEMENTS

We have finally found a supplement company that Coach Claire approves of.

ATP Science ticks all the boxes:

- ☑ Made and researched by a Naturopath
- ☑ Formulated from natural ingredients (not synthetic derivatives)
- ☑ Designed to exert synergist, rather than isolated, effects
- ☑ Close relationship with the first line of production (farmers)
- ☑ Scientifically researched products
- ☑ No misleading marketing to con consumers
- ☑ Putting health (gut health especially) first, which is supported in all products

There is now an ATP Science product listing document (see attached to this email) you can peruse. We will be placing one order before Christmas and if you are eager to get your hands on these products now.

We will be stocking ATP Science at Dignus indefinitely as our main supplement company. Kosta and I have no perks in this, we are not sponsored or being paid dividends or anything. I am just over the moon at the quality of the products and accuracy of the health and performance information Matt (the Naturopathic owner) provides. They contain whole herb and food extracts, rather than just the synthetic derivatives (e.g. tomato extract vs. lycopene (the active constituent)). This is so beneficial because everything in nature is as it is intended, synergistically, to gain the benefits from that food. A singular constituent will never work in the way that it does when it's within its derived food or herb. ATP Science keeps that in mind. They also first promote overall health, and that is what these supplements do. They ensure the whole system is working as one. It doesn't just target one hormone, or one symptom. It exerts change on the individual as a whole.

In line with the release of these products, Claire will be offering free 20 minute consults with any athletes wanting more information and to place an order. We can have a chat about your goals (fatloss, performance, more energy, mood boost), and how you desire to feel during your workouts and during your everyday life. From here, she can help you with your personal supplementation program that builds on your current nutritional foundation.

We all know CrossFit is hard. It's physically taxing on the body and mentally draining. We know how much effort you all exert into your training. If you are one of those peeps wanting to aid your recovery, increase your performance and support whatever goal you are currently trying to obtain, Kosta and I want to assist in every way we can. We've finally found supplements we are happy to recommend and sell to our clients.

If you are keen on an appointment, email Claire and she will send you appointment times available.

IN REVIEW AND LOOKING FORWARD

Well, what a year. We created an athlete zone, opened a new training space a penny skates distance away, competed in the Gladiator Games, Primal Throwdown, 3v3, Battle of the South West, Frantic and The Underground Games, we also ran that spectacle of an event with the best volunteer team we could ask for, we turned two (!!), we grew our performance team, we added new classes in HIIT, gymnastics, body building, booty gains and yoga, we fundraised for R U Okay day (something we have concreted as an annual event), we went to regionals and Kosta competed in his second year, we had fifty four people sign up to the open, we ran our first Nutrition challenge, and we gained so many new faces who have changed our lives forever. This year our focus has been on implementing our new membership schemes and opening our second gym. This is now complete. This year has probably been the most challenging for Kosta and I so far. Finances have been tight and our sacrifices have been high. Despite this, we still walk into the gym every single day excited about every one of you walking through the roller doors and not only participating in your workout, but being apart of our gym, the family we have created, and being a piece that makes up our atmosphere.

So, what's next? 2017 will have a strong focus on upskilling and developing our coaching team. What does this mean for you? More knowledge thrown at you from all of us and optimised coaching. This is a big priority for our gym right now as we have such growth in abilities in our athletes (and more athletes coming through the door, we are over 100 members now). We all want to serve you as best we can. Kosta and I have a long-term plan for Dignus. It's not just a few year epidemic, or get-rich-quick scheme. Its progressive development will be in stages and for those that have been with us in the long term will have seen the strategic growth we have been through. It's only going to become more progressive as we prioritise running a tight ship and delivering on objectives day-in and day-out. As always, we have your best interest at heart. Thank you for a fabulous year, for entrusting us with your health and your goals, and for being apart of something bigger than yourselves, that inevitably makes you an even better human. It's been a pleasure team Diggy. Be safe over the holidays, we cannot wait to kick everything back up in the new year and get ready for The Open.

