



Dear CrossFitters & Plett Sports Clinic Community,

We have come to the end of another year. We are now officially 2 years old and as a business and a community of people committed to health and fitness we have grown from strength to strength.

Our team has grown this year with Angela Pautz our resident Biokineticist joining us at the beginning of the year, to help us set up Plett Sports Clinic.

Angela has become an integral and valued partner to the team and is someone who contributes greatly to our commitment to excellence. Her results speak for themselves and we want to thank her for her reliability, loyalty and her genuine care for others. Next year is the year we take Plett Sports Clinic to the next level.

The second person to join our team is Coach Jaymee Larrison. Jaymee qualified as CrossFit Level 1 coach in the early part of the year. Her contribution has been enormous in so many ways. Her authentic love and interest for our members, taking your goals as her own has been invaluable. She has been instrumental in building the Little Champs program which has been very successful in forging the future of fitness within our community. We look forward to seeing this continue to grow. We appreciate and thank you Jaymee, for giving us your all and know your commitment to others and your coaching is first priority.



It goes without saying, but we must! We thank YOU, our members and our partners. Without whom our vision and commitment to empowering you to live a life with vitality, freedom and ease would not be possible.

We thank the Lord, our Heavenly Father for His protection, guidance and wisdom. Our hope, our strength...*"but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."* Isaiah 40:31

Have a wonderful Christmas, remember the true reason for it. Bring on 2016, may it be a blessing for us all!

Yours sincerely,

Donald & Gaylene

1. December open and closed times
2. December classes, some changes & new classes
3. Thank you! Masizame Orphanage support
4. December events we want to participate in
5. PURE supplements – what you need to know
6. New shirts – order yours, first come and first serve!
7. Lean & Clean challenge in the New Year
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1. December open and closed times:

- 16th December – open for half of the day, normal morning sessions available. (Public holiday)
- 24th December – open half day, morning only (Christmas Eve)
- 25th December – closed all day (Christmas Day)
- 26th December – afternoon classes (Boxing Day)
- 31st December – normal day (New Year's Eve)
- 1st January 2016 – closed all day (New Year's day)
- 2nd January – back to normal!

2. December classes, some changes & new classes

As you know, the classes during December can be busier so we want to encourage all our members to come to the earlier classes, as those are usually quieter i.e. 6am and 7:15am.

We are also *separating beginners from the more advanced* to ensure your value of the sessions, maintaining coaching standards, please see below:

- **4:30pm** for Beginners
- **5:30pm** for Main class
- **6:30pm** for Main class
- **BEACH WODs** are back starting from 14th December to 10th January, Monday to Friday at 6am and 7am @Central beach. No payments can be taken on the beach please sort out payments at the box (relevant to visitors only)

3. Thank you! Masizame Orphanage support.

A massive thank you to all our members and clients who supported our toy fundraiser for Masizame Orphanage. The children will be receiving at least 4 items of toys in their gift pack. We have so much left over, the rest will go to their crèche, and their outsource centre in the town ship. We will also be sending gift packs to the Bitou Family Care foster home in the Craggs. We are truly overwhelmed by your generosity. We intend on delivering the week of the 14th and will send you a video of the delivery.

Secondly, a BIG thank you to our sponsors – Duncan Brown from Kwikspar for the braai eats, meat and salads!





Not only did he provide but he served too! Thank you Duncan and Lente.

Thanks also to Jason & Amanda Burmeister (Tents & Events) for the tables and chairs, crockery and cutlery and delivering and picking up! The guys that supplied the braais: Peter Blaine Dodds, Gavin Ainslie, Ronald Derbyshire Jnr, Mat Bester and Brendan Leggat. And thank you to each of you that attended the WOD and brought in the gifts, without you it would not be possible. You make this community special and we are so honoured by that.

4. Events to get involved over December

We will put up a list of upcoming events and would like to have a CrossFit team to participate, let us know if you are willing.

- a. Sabrina Love Ocean Challenge – 21 December
- b. Colour Run – 30 December
- c. NSRI run – 24th December

5. PURE supplements – what you need to know

We are now stocking **PURE Nutrition Technology** supplements and performance products. We have been hesitant to do this in the past as we believe in educating people to eat effectively and healthily. We prefer this as your first option. However when it comes to performance, weight gain and loss, you may need a support meal or protein to empower your performance and muscle repair and recovery to support your already healthy and balanced eating regime.



As such, we have specifically chosen PURE. PURE is a Pharmaceutical company and regulated by the Health Food Association as well as the Pharmaceutical regulatory in South Africa. PURE is exactly what their name states, their products are pure, not filled up by other by-products and fillers. Secondly, their products are free from soy, lactose, gluten, and preservatives. This is crucial to ensure you have what your body can absorb and benefit from. They also offer probiotics, every day supplements and oils. They manufacture supplements for both Dischem and Clicks, they are a reputable company.

Please take a look at their products that we have displayed and speak to one of the coaches for advice on what may be an option for you. <http://purenutrition.co.za/>

6. New shirts – order yours, first come and first serve! They will be arriving on the 14th December and cost approximately R300.

7. Introduction Beginners Programs

As our box has matured our members too have grown in their skill and ability. It's highlighted the need to have a solid beginners program that is distinct from our more advanced members. Again, to ensure value in your sessions, we want to make sure you are all given the attention you need to better your fitness and strength, no matter your level of fitness and strength.

The Beginners Program will be at least a 4 week program, starting from the 16th January with a workshop on that Saturday, introducing beginners to the CrossFit methodology, educating and transforming old ways of training and fitness.



New beginner classes will take place on Monday and Wednesdays at 4:30pm, Tuesdays and Thursdays at 5:30pm. Beginners will be working with their own coach at the same time that the more advanced members train.

Please let your friends and family know, for those who want to join, can join this program in the New Year! More info to come in the new year...

8. **Lean & Clean challenge in the New Year**

The Lean & Clean Challenge we ran in October was such a great success and we really want to thank all who participated. 99% of those who attended completed their challenge successfully, a show of great commitment. The results are still speaking for themselves and that is our intention, to establish new healthy lifestyles with a better understanding on how to fuel your body effectively for your everyday needs. We had clients who wanted to lose weight, gain weight and perform better. It really is an education.



As a result, we are starting a **new challenge in January, Saturday the 23rd**. The workshop will be from 11am-2pm. Please diarise this date should you wish to attend the 30-day challenge. It requires commitment from you and your support network around you. More details to follow shortly. Please keep your eyes open for the event on our Facebook page (www.facebook.com/crossfitplett). *Bring your stories, concerns, and knowledge and be prepared to be transformed! :-)*

9. **Little Champs & Juniors program**

We've had a great Little Champs season with Coach Jaymee this year. The Little Champs classes close on the 22nd December and reopen on the 16th January 2016. Please diarise for your little one who is between the ages of 4-8 years old.

Juniors (9-12 years) will start next year, we have a very specific and focussed curriculum for the Little Champs and Juniors. A Reebok bag, T-shirt and log book is given at the start of the program, please put your child's name down if you are interested to register.