

Hi everyone,

It's February and it already feels like a busy year! January always feels like we start off with a bang, especially after December, our busy season and straight into the new year. As always, we had many visitors over December and many of our local faces were away busy working, holidaying or with family. We are glad to see most of you back in over the last few weeks. That first week of training is always the most difficult getting back into the groove; And it's been fun watching you and to hear so many of you commenting how good it feels to be back training again.

*To recap on last year, so much has taken place since our birthday bash and there have been a few changes that some of you may or may not be aware of. Please take time to read the below information which includes **NEW class times, On-Ramp program and price changes.***

Donald

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BLESSING IN A BOX:

Words cannot express our gratitude to our CrossFit community and the support the children of Kurland Village and Bossiesgif received from you. The toys and funds to provide over 400 children with a gift for Christmas. Thank you. It will be an annual event so please remember whenever you have any clothes or items to help those who are in need, Bitou Family Care provide an amazing support network within these poorer communities and have a special interest in the welfare of children. You may have met a few of their volunteers from Germany who train with us, and even Chris and Sofia helped at the front desk over December. Thank you Bitou Family care. You can watch the gifts being handed

out on our Facebook page <https://www.facebook.com/crossfitplett> as well as here - <https://www.facebook.com/bitoufamilycare>



MEET OUR NEW TEAM:

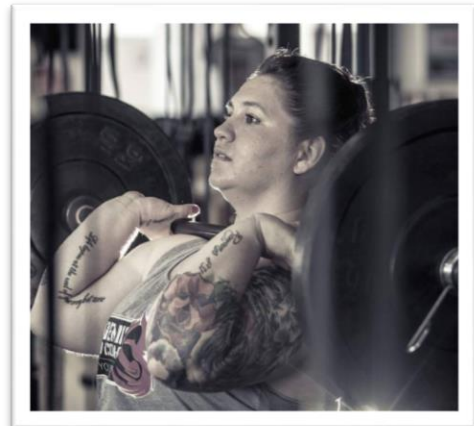
1. **Richard and Tarryn Saunders** have joined us from Cape Town. Tarryn, is a great physiotherapist with a special interest in sports and upper limb disorders. Originally a local, Tarryn graduated from UCT in 2008 and stayed in Cape Town working privately at The Cape Hand and Upper limb rehab Centre for over 4 years. After realising her passion for working with the sporting community she completed a course in Sports Physiotherapy in 2013 and began her own practice in 2014. She is very excited to have joined our community once again at the Plett Sports Clinic, working alongside the CrossFit crew and her husband Richard which has been a dream of theirs for many years.



2. **Richard** is an exercise specialist with over 17 years' experience in the health and fitness industry. They make a great addition to our team at Plett Sports Clinic and thank you for welcoming them! Richard's favourite thing is to walk around with two red mobility balls, ready to attack the nearest victim☺ He works with one-on-one and group training and focuses on physical rehab and functional mechanics of the body i.e. getting you moving better and pain free. He focuses on mobility, fascia release and non-CrossFit specific personal training.

Enquire with us or them with regards to your Physio, pain management needs or exercise rehab therapy.

3. Most of you also would have met **Tanja**, who joined us in September as one of our main coaches and has been a great addition to the team. Some background on Tanja. She was one of the top 10 chef's in the country and represented South Africa at culinary Olympics and other international events. Tanja has always been on top of her game, and has a commitment to excellence and attention to detail. She chose to change her career and retrained as a food coach and nutritionist. In the last year she gained her level 1, level 2 and CrossFit kids certification. She is always striving to raise the bar not only for herself but mostly her commitment to you and your health and fitness.



Tanja's focus with us besides coaching classes, including Ladies Lite will also be heading up the CrossFit Kids, Juniors and Teens program. At the moment, she is leading the Lean & Clean 30-day challenge alongside Donald. With her special interest in Nutrition, she also provides food coaching, nutrition and meal planning, body assessments and other nutrition coaching related services. She's playing a big game, and we are so thankful for her being part of our team.

4. **Rikke Dammann** has been training with us since October 2013 before we had even opened our doors. We were still busy building the box back then and we were doing all our workouts on the quad outside. We look back now at the workouts we were doing then, and our warm ups now are literally our workouts then!

She has been an active member of our community since she started and spent many hours on her own or with Chris working on extra skills and technique. Rikke finally decided to complete her CrossFit Level 1 certification early June 2016, she went through a coaching apprenticeship program and many of you have



now attended a class when she is coaching. She is a reliable coach with an attention to detail and her classes are always fun and quirky. Rikke also helps us with our website and internet needs and is the person responsible for making sure the Daily Workout is posted online EVERYDAY! Thank You Rikke, it's great to have you as part of our coaching team.

5. **Christopher Boer.** Chris Joined us almost three years ago when he walked through the doors in his SAPS uniform. I thought I was in trouble! Turned out he wanted to get fitter and stronger. He has

certainly accomplished that! He could barely do 3 or four pull-ups when he started, now he is one of our most dedicated athletes. You will often see him rolling in a corner doing his mobility or working on a snatch. Chris Completed his Level 1 CrossFit Certification mid-2016 and has been a valuable addition to the team. He was recently promoted in SAPS to the dog unit and underwent intense training up in Pretoria and we are happy to say he is back on town and ready to coach. You will be seeing more of him.



6. **Werner Harris** has probably been in fitness in Plett longer than anyone else. He was one of our first coaches to join us in early 2014 and has been a regular and reliable coach with us since. He recently left his PT shirt for a desk job, but we are lucky to say he has continued as a coach a few sessions a week with us! Thank you for being part of our team Werner!

7. **Dumi (Dumisani)** joined us at the end of October, replacing Unathi who moved on to bigger and better things which we are so pleased for him. Dumi, trains most days at the 8:30am class and is also a valuable part of our team, the guy that makes sure the bath and showers are in tip top shape, equipment and matts wiped done every day, floor vacuumed and mopped every day amongst so many other helpful activities. He's shy, so please try make an effort to get to know him. He may be behind the front desk from time to time. He's soon expecting a little one arriving in 9 months' time!



8. **Danni Campbell** has joined us temporarily at the front desk. She's not sure on her plans right now which is the reason for her short stay, but she's willing to help which is a relief! She's super confident and has good reason to be! She has Springbok colours in hockey and is a qualified hockey, swimming and underwater polo coach and teacher in a mathematics and Afrikaans (so super smart too!) We love your sunshine smile Danni and hope you enjoy your time with us...thank you!

We will be advertising for a permanent FrontDesk position, get in touch should you be interested or know anyone who could be a great addition to our growing team.



CROSSFIT KIDS, JUNIORS AND TEENS



Tanja Kruger is a certified CrossFit Kids trainer. We are looking to expand our own CrossFit Kids program into a pre-school (3-6), Kids (7-12) and teens (13-17) program.

Children have natural good movement, if you look at toddlers playing you will see them planning in the perfect squat position for long periods of time. They are also able to jump, climb, swing, pull, push and throw with natural good movement. At age 15 the body's natural process kicks in and starts culling away at movement we do not use anymore. Have you ever tried

hula hooping and thought "I could do this for hours when I was young, why can't I do it now?"

The answer is simply that your body had no more use for that movement when you stopped doing it and the neurological pathway was broken down to make space for something else. In this day and age with kids becoming less and less active, these neurological pathways are making room for TV and computer games etc.

However, if those movements are maintained, kids will continue to move well into adulthood. In fact, if you instil new and better movement and practice along with good social skills, nutrition knowledge, love for fitness and good habits you are creating a whole generation of healthy, happy and fit people.

We will be sending out more info in the next two weeks to parent's that are interested. Kindly let us know at the Front Desk, as our structure will be changing compared to the last few years. CrossFit Kids will start in April. We are very excited about this new program and the difference it will make to each child, their confidence and learning.

BEGINNERS, INTERMEDIATE AND ADVANCED CLASSES



Our box has matured, and so too have our members grown in skill and ability. It's highlighted the need to have a solid beginners program that is distinct from our more advanced members.

One of the things we've noticed for example, at the 4:30pm class we have beginner, intermediate and advanced people training. When it comes to a certain skill, if we see an intermediate or advanced person has attained the required skill we leave that person and move to focus on someone who doesn't have that skill. In effect, intermediate and advanced people do not receive the level of coaching they could be getting to improve their training further. It would be better for the more advanced athlete to attend a more advanced class so that the general skill level across members in the class is higher and a higher level of coaching is possible.

We understand that people are attached to their training times and groups and have an established habit. We can't force you to attend a different class or time. But we would like you to understand the structure and why we have a beginner class at 4:30pm and advance class at 5:30pm. Some people have already expressed a frustration in not being able to get enough of a workout in the time given. For example, enough time to get heavy, enough time to further develop skills or practice new techniques and increasing pace or intensity of a WOD. Part of this reason is because of the above situation. We would like you to understand that if you are an advanced member and come to a 4:30pm class, expect a slower pace class, with more coaching on basics, longer warm-ups, less time to get heavy etc. Likewise, if you are a beginner, intermediate who wants to come to a 5:30pm expect to be scaled heavily and don't get frustrated if everyone else around you are doing more.

To help assist with the varying skill levels, we are introducing an On-Ramp foundations program. Regardless of the person's level of fitness or skill, if they are new to CrossFit, they will be required to attend the On-Ramp program.

The intention is to ensure that beginners to CrossFit are introduced with a thorough background and understanding of what CrossFit is, and the how and why of how we do things. Secondly, we want to introduce beginners to the movements safely and ensure safe progressions in terms of skill and intensity. Once completed, and dependent on their fitness and skill, we will suggest which class would be appropriate for them to attend.

In conclusion, we are requesting all members to follow a more structured class schedule that is relevant and appropriate to your level of skill and fitness, to enable you to get the best of your training and our coaching. If you're not sure, please feel free to speak to one of our coaches for direction.

Please review our new class times further below.

THE ON-RAMP PROGRAM consists of a syllabus that is a minimum of 3 weeks long. We cover all 9 foundational moves, CrossFit terminology, how and why CrossFit works and we talk about nutrition and fueling for performance. On-Ramp also serves to introduce people to our coaches, who we are as CrossFit Plett and what we are committed to, what to expect from us as a team and to introduce them to our community, box rules and etiquette.

Each person will receive a log book with most of the above contained therein, and sections to complete with regards to goal setting, medical questionnaires and readiness for activity forms. The program will start every



3 weeks on a Friday afternoon as a workshop style introduction for 1 hour. Classes will run thereafter, Mondays, Tuesdays and Thursdays. New beginners wanting to join will not be able to join an On-Ramp program half-way, they must wait and register into the next On-Ramp start date.

This unfortunately means we will no longer allow people interested to 'drop in' to any old class or be allowed to come and "try" CrossFit out. We apologise for this, we know in the past we have allowed you to bring friends and family with you to come and try a class. We are always as excited as you are to have someone come to their first session, however we feel this new process will be far more reliable to make sure people are safe, not overwhelmed and have a full introduction to what CrossFit is and why it works, and will have them coming back for more.

Friends are welcome to watch and if interested in joining will have the opportunity to register into the next available On-Ramp workshop. For those of you who are our current members and would like to attend these Onramp sessions you are welcome to attend.

The Onramp Program runs for three weeks with no further obligations thereafter. It includes 10 sessions, your first Body Assessment and your First Logbook. The cost will be R750. After this first On- Ramp Program, members will then be able to choose what membership package they would like to register to.

Please let your friends and family know, for those who want to join. We will start our first Onramp in March. It's open to anyone, even you should you wish to go back to basics.

NEW CLASSES



- **On-Ramp classes** – Mondays, Tuesdays, Thursday at 6:30pm (3 week intervals)
- We are going to add a **MetCon workout (metabolic conditioning - more cardio – 45 min WOD)** every day for you to participate in during Open Gym times.
 - Tuesday and Thursday Metcon at 12:30 (lunch time). We are asking who will be interested as we will start based on demand.
- **Kids and Juniors** will have separate classes and headed up by Tanja – more info to follow.

OPEN GYM

As part of our trying to renew an understanding of class times and the need for distinct beginner, intermediate and advanced classes, we will be more stringent on maintaining Open Gym times. 'Open Gym' time refers to a period of time that anyone may come in and use the box space and facility to complete their own workout. An Open Gym time is any time where there is no class scheduled.

To date, we have allowed people to use the facilities and equipment while a class is running. We have found that this interferes with the coaching, causes a disruption to the members participating and their attention, and becomes a hassle logistically to manage during class time.

We also do not enjoy having to move people around, as we do understand you are just trying to get the best workout possible in the time you have. We cannot however try and accommodate everyone. As a rule everyone will need to adhere to the new procedures. Class times are there for class participation. If you do not want to

participate in a class, you will need to wait for an Open Gym period. Stretching, rolling and mobility is allowed, but even rowing on the machine makes a noise and disrupts the coaching.

BOX RULES

We want you to benefit from your training as much as possible. More so we want you to ENJOY your training, have fun and feel good (not just when those endorphins rush at the end of the workout!). As part of the introduction a few new policies and procedures, and to keep everyone as safe as possible, please familiarise yourself with a few of the basic box rules.

Leave your day at the door: The box is a place for you to unwind and be free from the stresses of the day. The time you spend in the box is time to reconnect with yourself and also with a few great likeminded people. As much as possible, let your important people know where you are and switch off your phones, or at least put them on silent.

Leave your ego at the door: Our environment is one of comradery and coaching. There can be no comradery if your ego is in the way. There is no "looking good" at the box. We all have things we are good at and things we are bad at. If you are too worried about looking good or looking bad, you are not thinking about the workout in a way that is going to be safe and enjoyable for you.

Your ego will cause you to go heavier and faster than you ought to and will lead to injury.

Your ego will lead to you being more worried about the person next to you than your own performance.

Your ego will lead to you cheating the WOD i.e. missing reps and to lying on the score board to look good. Nobody likes a cheater or a sore loser.

Your ego gets in the way of coaching. Walking in the doors means you have an *agreement to be coachable*. We are not there to tell you what to do. Rather we are there to coach you through what you need to make you better. We want to make you better, fitter, stronger, we can only do that if you take on the coaching.

Let the coaches coach. If you are not a coach, please don't coach! We know you want to help the person next to you as much as we do. However, we sometimes have an intention on a certain day to coach a specific way that you are not aware of.

The coaches at CrossFit Plett have all been training for more than three years, have been through a coach training program that involves, first shadowing, then completing the required CF Level 1, then another period of shadowing and assistant coaching, then a period where I have shadowed them and made corrections and finally they are allowed to coach. This process can take over a year of training and grooming to make sure we have the very best coaches for you.

We may on occasion ask someone in the class who we know is proficient at a skill to take someone through the basics, if we know that person is reliable for that movement.

If you see someone moving badly or have a concern, please let us know or bring it to our attention.

No coaching of each other or from the side-lines please.

Treat the Box as your own. The box and the space is for you to enjoy and call your own. It is also a space for everyone else to enjoy. Please clean up after yourself. Pick up your water bottles, your papers, bottle tops, put your chalk away, equipment away neatly, toilets clean and presentable. This even includes taking out the mop to clean you're your corner and puddle of sweat if you are a heavy sweater. If everyone helps look after the box, it means we have to spend less time at the end of every day cleaning up and closing. It also means we can spend less on cleaning and more on your coaching and equipment.

No Earphones. During class times, NO earphones are allowed. If you don't like our music choice, please let us know and we will do our best to find something for everyone. Earphones get in the way of our coaching you, and it keeps the space safe for everyone, should there be an emergency or if we need to shout a warning for any reason. Earphones also remove you from having to interact and connect with your fellow members.

If you are not up for connecting, we all have bad days, rather find a quiet corner, or attend an Open Gym period to train.

Earphones are allowed during Open Gym times; however, NO earphones are allowed at ANY TIME if you are doing any sort of Olympic Lifting or attempting any sort of heavy lifting or 1 rep max.



BOXCHAMP: Athlete Management and Performance Tracking application

To help manage the integrity of our programming and class usage, all current and new members will be required to download the Boxchamp app. This is no cost to you. Boxchamp offers is a great management tool both for us and for you.

What is Box Champ? Box Champ is an online and mobile App that helps to manage your monthly accounts, class attendance and usage, billing procedures etc. It also helps to track workouts, record your progress, manage injuries, communicate concerns and issues you may have with or for us to deal with.

“The methodology that drives CrossFit is entirely empirical. We believe that meaningful statements about safety, efficacy, and efficiency, the three most important and interdependent facets of any fitness program, can be supported only by measurable, observable, repeatable facts, i.e., data.” CrossFit Journal Issue 6 – April 2004

Goals for athletic performance are best served by looking at specific markers which we set and test against ourselves. Knowing where you are as a CrossFitter enables you to set realistic goals and track them.

Box Champ Features:

- Class Booking: View your classes & book your spot to ensure that there is enough space for when you want to train.
- WOD: A daily logbook for WOD's that over time will create a detailed report of your progress.
- Whiteboard: A virtual whiteboard with a live feed of athlete performances as they're logged.
- Nutrition Log: Keep track of what you eat & drink throughout the day using the Nutrition Logbook.
- Evaluation

For coaches, this data is gold. We can now conclusively evaluate our methods – is it or isn't working? What are the general trends amongst the gyms population? Do we err on the side of brute strength or are we better at the body weigh movements?

Remember “What gets measured gets managed.” You guys put in a hell of a lot of work in that hour that you spend at the box so why not take a couple minutes to make sure you are really getting the most out of it?

Go to your app store to Download and choose CrossFit Plett as your box.

PRICING CHANGES

Some of you may have heard that we will be increasing our prices from the 1st March. We have not increased our prices over the last two years, in an effort to make the training at CrossFit as affordable as possible. Realistically, our running costs of the business has increased year-on-year and is now necessary for us to continue to provide the very best coaching and facilities. Those who have travelled to other boxes will know our rates are very reasonable and below average, whereas coaching and overall box facility above average. What makes our price increase more difficult is that we have to register for VAT this year. Since we have opened we have been able to avoid this cost and pass the saving on to you and unfortunately this is no longer possible.

It's important to know what your membership includes and what we offer you:

i) Did you know that your membership plan allows you full access to all of our facilities every day during Open Gym times? Open gym time is when a class is not running. Please check the schedule. We ask that you stick to out of schedule times for open gym times. This helps us manage our classes better without distraction and ensures everyone's safety. Likewise, you have better use of the different equipment without being interrupted and moved about to accommodate others in a class. **(NB: Please refer to 'Open Gym' and 'box rules' above)**

ii) **FREE Class:** Every Saturday at 9:30am we run a mobility, stretch and recovery session. The intention of this class is to help you manage any tightness, niggles and areas where you may lack full mobility and range of movement. We want to equip you with the tools you need to recover for the week ahead. CrossFit is not just about getting fitter, getting stronger. Proper mobility and recovery management are vital to every member of the box helping every athlete to move better. Our bodies, like machines, are designed to be serviced and taken care to ensure maximum performance and longevity.

iii.) **Free Metcon Every day.** A new "class" we will be introducing. Every day we will put up a Metcon (Metabolic Conditioning: refers to exercises intended to increase the storage and delivery of energy for any activity. Generally, all out efforts of two minutes or less are anaerobic while efforts lasting more than several minutes are aerobic.

We will post a Metcon on the Whiteboard each day for you to come in and complete on your own or with a group of people. They will generally be 20-45min long and primarily focused on running, skipping, jumps and other bodyweight exercises. We may decide on a good time each afternoon for those of you who would like to complete this together. During class times, these workouts will need to be completed outside. This will not be a coached session. For those of you proficient at squats and the other foundational moves this will be a "free" class for you to attend whenever you want!

iv) Our request is that you please do not compare us to a traditional 'gym'. Yes, we have open gym access, which means you can come train by yourself. Primarily, we are a coaching facility. Which means we coach you to move better, get fitter and stronger. We want every person to stay motivated, and focused to get the very best out of their training while having fun. As a team, we take a personal interest in each of your goals and performance. We want you to improve not only your physical performance but also your technical skill and mental discipline. Even the very best Olympic athletes still have a coach. We want you to be a demand for our coaching!

v) All new memberships are on a 6-month contract. We do this not to lock you in but because we know that it takes at least 6 months of regular training to get fitter, stronger and move better and feel the difference in your training. Never mind those nasty pull ups that you thought you'd never do (or handstands...☺)

vi) All memberships need to be on a direct debit. Seriously! We know there are some who don't like it, but we regularly have to follow up on unpaid memberships. We know this may not be you, however this still requires time and effort and a full-time staff member to manage and process payments. This money could be better used to upgrade our facilities and equipment. You all know us by now and we will not deal unfairly with your account. Alternatively, memberships can be paid 6-months upfront.

vii) Every membership plan offers for example a 2 or 3-week deal. How we structure this, instead of limiting you to 2 or 3 sessions a week, we load your account with a monthly number of sessions equivalent to your chosen plan. i.e. 2 x per week = 9 sessions per month, 3 x per week = 13 sessions per month. You’re not limited to weekly use...instead to a monthly limit. This means you can train more one week and less the other if need be. This allows you to plan for holidays etc. and also catch up on missed sessions during that month.

viii) Do we carry over sessions to the next month? No. In the past, we have explained that you may carry sessions over from one month to the other to make up for missed sessions. This will no longer be possible. To help us manage the integrity of class usage each month, any extra sessions over and above your monthly limit will be charged for.

ix) To help manage the integrity of the above, all current and new members will be required to download the BoxChamp app. This is no cost to you. BoxChamp offers is a great management tool both for us and for you.

Please see below new price changes:

| Membership Options | Visits pm | Per Class Rate | New Monthly | Current Monthly | Increase |
|------------------------|-----------|--------------------------------------|-------------|--------------------|----------|
| On-Ramp | 12 | Includes body assessment and logbook | R 750 | Once-off (3 weeks) | |
| 2x Per Week* | 9 | R 63.89 | R 575 | R 425 | R 150 |
| 3x Per Week* | 13 | R 59.62 | R 775 | R 575 | R 200 |
| Unlimited | 20 | R 48.75 | R 975 | R 740 | R 235 |
| Teens | | | R 400 | R 300 | R 100 |
| Little Champs | | | R 300 | R 300 | R 0 |
| *extra sessions | | R 70 | | | |

The above pricing will automatically be upgraded from March. Should you wish to change your plan or speak to us, kindly do so before the beginning of March.

OPEN GAMES

Are you signed up for the Open yet?

Firstly, here are the important details for the 2017 CrossFit Open.

DATES: Feb 23 – March 27

STRUCTURE: One workout per week for 5 consecutive weeks



The Open has become a lively event for our community. We always encourage our members to register even when they balk at the idea. Reintroducing the idea of physical competition to someone often evokes myriad responses and emotions they probably haven’t felt for a while. We keep encouraging though, because we know the thrill that waits on the other side of diving into the Open.

For five weeks, for five workouts, any and every athlete in the world has the opportunity to participate in an event that is the precursor to Regionals and then the CrossFit Games where the best of the best will throw down on the big stage for big prizes in July.

17.1: Feb. 23 – 27

17.2: March 2 – 6

17.3: March 9 – 13

17.4: March 16 – 20

17.5: March 23 – 27

You Are Good Enough! Even if you cannot do the exact prescribed weight of any or most of the Open workouts, there is a scaled division and you will most likely surprise yourself with what you are able to pull off. The Open is about calling on the best in yourself no matter your current level. Most likely you are physically stronger than your mind lets you believe.

“Anyone aged 14 or older can compete in the Open. All you have to do is sign up at Games.CrossFit.com and log your score each week. Workouts are released on Thursdays at 5 p.m. PT, and athletes have four days to complete the workout for the week and submit their score. Scores are due before 5 p.m. PT the following Monday. Complete the workouts at a CrossFit affiliate with a judge, or film your effort from anywhere in the world and submit a link as proof.”

Thank you for your ongoing support and our intention as always is to support you in your endeavour to get fitter and stronger, to live a life with freedom to do the things you want to do. We ask you for any constructive feedback to help us improve what we do to maximise your results. We also, would like to ask you for your patience during this time of change over the next month. There most likely will be some hiccups when changing over to new systems and introducing new programs and pricing, and we thank you for your patience and understanding in advance. Enough said, 3-2-1 Go!

Donald & Gaylene