



CFS-October News Letter

Welcome to the CrossFit Shoalhaven's October News Letter, keeping you up to date with the latest happenings around the CFS Box.

New Trainers - Firstly, on behalf of Matt and the team, we would like to welcome our newest trainers:

Kath Dowdell and Bec Jones



Alex Waiter



Jarrold Davidson



Kath, Bec, Alex and Jarrold have been CrossFitting for a while now, and are keen to progress to CFS Instructors. They

will begin their studies in the near future and we wish them well.

IMPORTANT – Please, if you have injured yourself, feel a little sick or unwell, are not properly hydrated, or had a big night on the turps the night before, please, please, bring that to the attention of the instructor. Although it may only be minor or trivial, it can make a huge

difference to your fitness progression. Training at high intensity with an injury is a recipe for disaster. Training whilst you are dehydrated or after a big night may be a catalyst for Rhabdo. So please advise your instructor prior to starting class if you have any such conditions.

Level 1 Certification - CFS is anticipating holding a Crossfit Cert 1 course early to mid next year. This is a great course, instructed by extremely knowledgeable and motivating coaches. Participants are taught the foundations of CrossFit, including movements, intensity, nutrition, and the meaning and purpose of CrossFit. The course is open to all and is a prerequisite to become a certified CrossFit Instructor. The cost is \$1000.US

Class Timings- As most of you are aware the *10am classes have been suspended* due to instructor unavailability and poor attendance. As more people become qualified to instruct, and there is a demand for it, the 10am classes will resume. Saturday morning classes started with a huge attendance, but have dropped off significantly in recent times. If you are interested in training on Saturday's, but find 8am is an unsuitable time frame, please let one of the instructors know, or email me crossfitshoalhaven@hotmail.com. It might be the case of just moving the time of the class to suit the majority of athletes. The 6:45pm class is looking at being removed due to one or two attending only once a week if they miss the 5:30pm class so this should not impact anyone. We will be



looking to split classes shortly into skill levels when more of our trainers are fully qualified. There will be a beginner's class which will have a set amount of CrossFit skills additional to the Fundamental movements that you will continue to do until competence is proven in. Once you can perform all movements successfully you will graduate to main stream classes. This will be in alignment with the main class and be in the same format as the main site programming (Metcon, Strength, Chipper etc) We will give advanced warning when this will be integrated and how it is going to be implemented.

Jackson's Farwell - On a sad note, Corey "Jackson" Marshall has left CFS. He is moving down to Melbourne in the near future due to a job change. I think everyone will agree Jackson is an awesome and knowledgeable instructor, with the ability to get 110% effort out of his trainees. He will be missed at CFS, but we wish him all the best with his future endeavours.

Austere WODS - Austere style WOD's will be returning in the near future now that the warmer weather has returned. Austere WOD's take place at different locations around the Shoalhaven and each has its unique challenges. For example, the beach, hill climbs, river crossings, abseiling, etc. Austere WOD's are great challenges, allowing participants to develop new skills outside the box.

Birthday/Christmas games day - CFS is celebrating it's one year birthday at its current location and will be hosting a combined B'day/X'mas games day on the 11 December. This will be an awesome day. Obviously there will be a few WOD's in celebration, and we are planning on having a BBQ, coffee van, and jumping castle for the kids, DJ, and an awesome competitive atmosphere. There

will be a strong emphasis of making it family orientated.

CFS Bumper Stickers -

We now have CrossFit Shoalhaven bumper stickers. Very cool!! Available through CFS instructors, cost \$3 for one, or two for \$5. Please grab at least one to help promote your local box.

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SHOALHAVEN.COM

New CFS Brochure – Look out for our new CFS brochure which will be on display. If you would like any to display in your business please let me know as it has all the nitty gritty of what we do (If you can put it in words) and the new prices inclusive of the *\$10 full time student casual rate* and the *Means tested family rate*.

Train the Trainer mornings – Matt has introduced a train the trainer (TTT) morning at the 5-6am time slot on Thursday mornings. It is compulsory for all trainers, and those wishing to progress to trainer, to attend. The class is designed to give both trainers and athletes an in-depth explanation and analysis on movements, body mechanics, and execution etc of various moves. It is also designed to bring all trainers to an equal level of knowledge and understanding. Matt has completed a lot of courses and clearly has plenty of knowledge and skill to offer. It is open to any CFS athletes wishing to attend as the knowledge and understanding you will obtain from such classes will promote you as an athlete.

Upcoming Events –

- Fitzroy Falls Marathon, 10km, 5km run, Sat 8th October – Well done to all who competed in the 5-10km.
- Noah's Ark Adventure challenge Race 15 Oct,
- Husky Triathlon 30th Oct,
- Mud Run Syd 3rd Dec,
- **CFS Games Day/Open Day** 11 Dec – Put in your diary!!!
- Callalla Triathlon 11 Dec,
- Nowra Triathlon 22 Jan 12,
- Husky Triathlon Sports Festival, 17-19 Feb 12

Crossfit Events:

- Made of Steel, 29-30th Oct, Newcastle
- Guerilla Fitness Series, Series 1, 20 Nov, Kingara Athletics Track,
- Last One Standing, 6th Nov at CF Aphasis
- CF South West, 1st B'day, 27 Nov, Campbelltown,
- Lets start a Riot, 22 Jan, Gosford.

CFS Affiliate Team – we are going to get a CFS affiliate team together, which will possibly consist of the top 3 male and female athletes, with at least another two on standby. These athletes will attend CrossFit games days and other local events to gain knowledge, liaise with other CrossFit athletes, and show off our CFS fitness. If you are interested, please let Matt or one of the instructors know. If you don't make the affiliate team, but are still interested in attending these events, please let us know. There are different levels of competition at CrossFit events, usually beginner (those training less than 6-12 months), intermediate (those who have been training longer than 12 months), advanced (those lucky enough to have advanced level of fitness, usually if you can string a couple of muscle ups together you're at this level), and the elite (those that just make everything look easy). So if

you are interested in setting yourself a goal and training for one of these events, let us know. It would be great to see our athletes competing.

Mobility WODS – with the introduction of Mobility WODS, or MWODS, into CFS's programming, I have heard a lot of debate, both for and against. From an instructor's point of view, I enjoy hearing everyone's opinion on this, as it shows people have the initiative to think ahead, research, and develop their own thoughts on the subject. I am concerned though about rumours suggesting that some people are not coming into the box when a MWOD is programmed for that day. Whilst I respect people's free choice in the matter, I want to discourage the notion of deliberately avoiding the box because of a MWOD. We train hard – constantly varied, high intensity – sound familiar. Our workouts are designed to challenge the elite of the elite, (Special Forces, SAS, Olympians etc), and are scaled to meet the needs and ability of the broader community. It is difficult to keep up the high intensity all the time and people often get injured trying. CFS is here to assist you in becoming fitter, stronger, better. We want you to reach your goals. We don't want to grind you into the ground and see you walk away with an injury. That is why we have included the MWOD's into our programme. We want you to train hard for three days, and then take an active rest day (incorporating CrossFit's 3 on, 1 off programme) . We want you to work on range of motion, correct posture alignment, stretch sore and fatigued muscle/tendons. We want you to take a step back from the intensity and allow time to recover – the body develops and grows when you recover, not while you are working out. This also serves to keep your intensity high throughout the week, rather than being so fatigued by Thursday and Friday that you only have

70% left in the tank. Further, if you are having problems with injury, have a sore ?????, your range of motion needs a little work, I can only encourage you to research Kelly Starrett's Mobility WOD's at www.mobilitywod.com, or see one of CFS's instructors.

Birthday's parties at CFS – if you wish to hold a kids B'day party at CFS, let Batch know. For \$10 per child per hour, they will be entertained for as long as you like with various workouts, climbing, and play. I can speak from experience that the kids love it with a range of activities, finding new challenges, and competing against each other. The parents also love it as they simply sit back and watch!!!

Spring Promotion – Due to the success of our previous promotion we will be running it again to celebrate Spring and let the great community know we are alive and kicking!!! So let your friends know as this will be broadcasted through the paper in the kids sport section again for all new clients that have not been to train with us before. We are heavily focusing on family's training together as we have found it to be the only way to support the kids and the parents to get the best result.

Below is the Add you will see in the Wednesday paper – South Coast register.

Realize your kids FULL potential for any sport
A FAMILY THAT PLAYS TOGETHER STAYS TOGETHER

- Super rates for families "Means Tested" accessible to everyone
- Customised kids parties
- FREE Fundamental personal training, valued at \$35 each when a family joins us for a month
- FREE Introductory lesson
- Let us show your child their true potential in their sport!

TODDLERS TO PRE-TEEN \$7 per class
\$10 FULL TIME STUDENTS (Teens+)

Call 0411 259 876
www.crossfitshoalhaven.com

CFS CROSSFIT SHOALHAVEN
183 Tom Thumb Avenue, South Nowra

Member Rewards Program – On the back of the Spring Promotion we would also like to reward our members with a free 1 month membership when they bring any 3 friends to join the team. New members must complete Fundamental training and sign on for 1 month's membership to qualify. Remember to remind your friends and family to drop

your name as it is recorded!!! So if you like the results you are getting from CrossFit and have friends and family who would like the same benefits you are getting, well bring them along and get yourself a free month membership!!!

Personal Training – For those of you who would like or need individual instruction, we have or trainers available to take you through Personal Training (PT). This can be organized through the Box or with the Trainers Individually. Whilst PT is considerably more expensive, the investment in your movement can be one that saves you a lot of money down the track. PT starts at \$60 per hour and the trainers can cover anything from Olympic lifting through to POSE running. Contact us if you are interested. Discount may apply for more than 1 person in a mini workshop. The POSE running workshop will be stood up again shortly when enough interest is expressed.

That is it for now. Please take a minute to reflect on you training during the past six months. Did you reach your goals you set for yourself, did you exceed any? Are you happy with your efforts and intensity over this time? What are your new goals? Are you going to compete in an up-coming event? Are you going to run non-stop for ___km? Are you going to PR on a benchmark workout? Are you going to break?? Minutes? Are you going to beat that nagging injury? Please write down your goals, both long and short term. Tell a friend, tell an instructor. Set a time frame. Write it on the whiteboard behind the squat rack and more importantly track you goals and results in [BTW](#) as it is a resource that we pay for you to use. Be accountable for it, train for it, and achieve it.



Closing – We would like to thank you all, for your contributions to the box over the previous months and are looking forward to the exiting time ahead as Christmas creeps closer. So ensure you up the ante and put yourself in the best position to combat the festive season and are primed ready for the beach!!! 3-2-1-GO!!!



Editor and Senior Instructor – Mick McDonnell