

Christmas/Prize Giving Newsletter 2020



This has most undoubtedly been a different year for all! One with many challenges, from sickness, to loss of Loved Ones, through to financial stress and other pressures amidst COVID-19. It has also been a year of hard work, perseverance, seeking hope and fighting to be positive by many! We will celebrate some of that hard work, perseverance and achievements later in this newsletter!

We unfortunately could not hold our Christmas Party and Prize Giving due to COVID-19's 2nd Wave in PE, and therefore a lot of what would have been said is in this newsletter!

We thank you, our members, for your support through the year, especially through the lockdown months!! Without you, CrossFit Algoa does not exist, so a massive thank you for your love and support over this challenging year for all!!

CrossFit Algoa Kids



My wife and head CFA Kids coach, Cindy, has been busy, especially since lockdown with weekly ZOOM classes for our CrossFit Algoa kids! A big thank you goes out to Cindy for tirelessly working week after week online! As you know online classes are challenging but Cindy has done an excellent job of keeping the kids active and engaged over the year!!



Some of our CrossFit Algoa Kids when we were in-person at the Box earlier this year before Lockdown!

Coaches and Interns

To our Coaches (Cindy, Eva, Anje, Sam, Thando) and to our Intern Coaches (Riaan, Sandy, and Andy) – a big thank you to all of you who put in many hours of planning, coaching, reporting and behind the scenes admin, as well as your excellent coaching in class! We truly have a world class coaching team and I am proud of the high quality work that you put out day in and day out!

A big thank you also goes out to Gladman who cleans up all of our mess with a big smile on his face week after week!! Thank you to everyone who Blessed him and his family this Christmas!



Committed Club



We started our Committed Club in June 2017. This year we ran our Committed Club weekly and gave out weekly lucky draw prizes to motivate our members through the hard lockdown period!!!

The results below include our Committed Club for the months September to November! The attendance results are taken from the Itensity logging of scores...

The criteria for these months was attending a min of 12 training sessions each month! Prior to this we took our Committed Club attendance each week (3/week) from Lockdown through to end August!

The idea of the Committed Club is to help incentivize diligent attendance. Regular attendance and training is basically the first and most important factor for making the achievements you desire! Putting in the time, and getting the work done, is what will set you apart from the rest of the population and that will give you the health and fitness gains you are looking for!

The human body was designed to be active on most days of the week...we recommend training 6 days out of 7 and resting on the last. Obviously not everyone can make it into the Box 6 days per week because of various reasons but we recommend that you attend at least 3 sessions per week and get in home-based activity or other sport on at least 2-3 other days in the week! This should be a weekly and long term goal of yours to make the progress your desire!

Committed Club Members for the months September – November 2020

<u>September</u>	<u>October</u>	<u>November</u>
1) Adel Goosen	Adel Goosen	Adel Goosen
2) Aidan Battison	Anel Coertzen	Aidan Battison
3) Anel Coertzen	Ashlynn Abrahams	Andre Ferreira
4) Ashlynn Abrahams	Audrey Flemming	Andrew Peffer
5) Audrey Flemming	Avette Botha	Anel Coertzen
6) Avette Botha	Bonita Francis	Angeline McLagan
7) Bonita Francis	Bulelani Mbeki	Audrey Flemming
8) Carla Pommerel	Carla Pommerel	Bernadette Holmes
9) Cindy Engelbrecht	Clyde Abrahams	Bonita Francis
10) Clyde Abrahams	Crystal Leonard	Carla Pommerel
11) Cyle Pulford	Garric Kietzmann	Carlin Hambury
12) Emil Goosen	Hesphie Short	Cheryl Kietzmann
13) Garric Kietzmann	James Stern	Crystal Leonard
14) Gavin Sparg	Jemima Samuel	Cyle Pulford
15) Heather Knox	Joshua Mansfield	Garric Kietzmann
16) Hilde Lapere	Lee-Ann Glass	Jackie Botha
17) James Stern	Levina Gunn	Jemima Samuel
18) Jemima Samuel	Marnus Hattingh	Joshua Mansfield
19) Kevin Gardner	Megan Rautenbach	Justin Gemmill
20) Linda Maritz	Michelle Benn	Lauren Jonas
21) Mafika Nkosi	Nikki Moulton	Lee-Ann Glass
22) Mariana Scholtz	Odette Olivier	Levina Gunn
23) Mark Anderson	Paul Leonard	Lisa Klokow
24) Megan Rautenbach	Rejoyce Kamupira	Megan Rautenbach
25) Michelle Benn	Sarah Benn	Michael Taylor
26) Paul Leonard	Tara Stern	Michelle Benn
27) Rebecca Williams	Taryn Potgieter	Nadia Marais
28) Rejoyce Kamupira	Yanah Gerber	Odette Olivier
29) Rob Edelson	Yolandi Van Tonder	Paul Leonard
30) Slade Francis	Yvette Williams	Randall Jonas
31) Tara Stern		Rejoyce Kamupira
32) Vicky Edelson		Rob Edelson
33) Wendy Heasley		Sam van Thiel
34) Yogan Chetty		Sarah Benn
35) Yolandi Van Tonder		Shaun Benn
36) Yvette Williams		Tania Van Thiel Berghuys
37)		Taryn Potgieter
38)		Timothy Benn
39)		Unnur Jeppe
40)		Wendy Heasley
41)		Yolandi Van Tonder



This is our 6-week program with the goal to change people's lives for the better!

Congratulations to all of you that participated in the end of year SPRING and SUMMER T/Challenges! It was a competition and so we will award a 1st, 2nd and 3rd place based on our points scoring system.

The points scoring system is set-up so that appropriate and healthy behaviours are incentivized! As with each of our T/Challenges, many of you have made some amazing physical changes and improvements. That is great but I do believe that our Transformation Challenge was more than that.

It was not about weight-loss or even loss of body fat %, but rather the sum total of positive and healthy behavior changes that will influence health, fitness and wellness over time. This I believe is the best way to achieve a long term Transformation and I hope that, what we have taught you, will stick with you for life, however small it may be.

A number of you will be staying on with us at CrossFit Algoa on a longer term basis...we look forward to helping you in the next step in your health and fitness journey! If you are still interested in joining us, our door is always open for new and longer term members!

Placings:

Top 10 T/Challenge SPRING 20

1	Odette Olivier
2	Sarah Benn
3	Justin van Acker
4	Jackie Botha
5	Michelle Benn
6	Sue-Anne Kock
7	Levina Gunn
8	Rejoyce
9	Hesphia Short
10	Marnus Hattignh

Top 10 T/Challenge SUMMER Nov/Dec 20

1	Angeline McLagan
2	Bernadette Holmes
3	Justin Gemmill
4	Nadia Marais
5	Lisa Klokow
6	Tania Van Thiel Berghuys
7	Unnur Jeppe
8	Carlin Hambury
9	Carla Pommerel
10	Kerry-Lee Jeffrey

Athlete's of the Month

Our "Athlete of the Month" award is made to members who have achieved some level of greatness relative to the competition or relative to themselves in sport and/or life in general!

NB - If we have left anyone out who you think deserves to be here – please let us know! With all of us being online from March to August it was tough keeping track of all our member's achievements!

March to August

Committed Club Winners (weekly draws) done through Lockdown



February



Sandy Rubin - completed her first ultra-marathon. The Hajar 50km in the UAE. The Marathon took her 10.5 hours, consisted of 2500m of elevation and was completed in 40 degree heat.

March



David Levey – 14th in the top 200 worldwide for the Age Group Online Qualifier for the 2020 Reebok CrossFit Games (Men 40-45 yrs)

April



All those who entered the Support Your Local Box Competition

May



Eva Thornton 12th – Legends Masters Comp Qualifier – Basically the world's best master's athletes who did not get to go to the CrossFit Games this year because of its cancelation! As such Eva has qualified to attend the Legends Masters Comp this or next year (2021), because of her performance!

July

Eva Thornton 2nd – WOD League's Winter Challenge (Masters Ladies)

Dave Levey 1st - WOD League's Winter Challenge (Masters Men)

August

Sandy Rubin completed the GVRAT (great virtual race across Tennessee) over lockdown!. She completed 1021km in under 4 months (1 May to 31 Aug). She finished in 3.5 months, averaging 13km per day 6 days per week.

September

Lance Williams and Steve Abbott (For completing The Chasing Giants – 2 Day Slake Enduro Stage Race in Hogsback)



Hilda Lapere 1st – Masters Marathon Champion (Canoeing South Africa)



Eva Thornton 1st – WOD League's Spring Challenge (Masters Ladies)
Dave Levey 1st - WOD League's Spring Challenge (Masters Men)

October



Spring Challenge participants and specifically our top 3 Winners:

1st Odette Olivier

2nd Sarah Benn

3rd Justin van Acker

November



Summer Challenge participants and specifically our top 3 Finishers:

1st Angeline McLagan

2nd Bernadette Holmes

3rd Justin Gemmill

Lance Williams – for being one of the few to finish and complete the Battle Valley's 2 Day Hard Enduro event (Transkei)

Coach Thando – for reaching 2 massive milestone PB's - a Front Squat of 190kg and a Snatch (squat) of 110kg. Excellent numbers Thando!!



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CrossFit Algoa

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Aidan Battison – for getting her first bar Muscle-up and joining the Ladies Muscle-up club at CrossFit Algoa!



Unfortunately the video chopped off the top of her head, nevertheless this is a pic of her actual muscle-up!

December

Endurade ECC participants and specifically our Sweet & Strong CrossFit Algoa Team for winning the Rx Team event (Eva Thornton, Don McLagan, Hannah McLagan, Rob Edelson).



Eva Thornton – 4th in the RX Ladies Division for the 2020 Endurade East Cape Champs competing against ladies half her age!



Audrey Flemming – Audrey started with one of our Transformation Challenges a few years back and has not looked back! She has progressed from our Beginners level and started on our AFL (Always Fit League) Competitors Training Program earlier this year. Audrey now regularly completes workouts RX or on our Intermediate levels! Audrey is consistent and diligent with her training, month after month! This is evident in how she has developed as an athlete over time! Well done Audrey, keep up the hard, smart work!



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A big Thank you to Our Sponsors who make what we do possible!

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In closing ... a few repeated thank you's...

A big thank you goes out to my wife Cindy and Kids (Caleb, Hannah, Ella) – for their unfailing support and love during a really busy, pressure-filled and time-consuming year!

To our Coaches (Cindy, Anje, Eva, Sam, Thando) and to Intern Coaches (Riaan, Sandy, Andy) thank you once again for all your work!!

To all our Members – you are what makes up CrossFit Algoayou are our community! We thank you for entrusting your health and fitness into our hands and we look forward to working with you in the future!

Thank you to my Lord and Saviour, for His grace over my life, and for allowing CrossFit Algoa to continue during 2020!

Have a Blessed Christmas Season and an Awesome New Year all!

Yours in Health, Fitness and Performance...

Dave and the CrossFit Algoa Team