

# CrossFit Jackson Rules

1. The WOD is always harder than it looks.
2. No one who comes in the door can do every workout prescribed; scaling is smart.
3. Don't worry about how you look, worry about how you perform.
4. CrossFit builds mental toughness as much as physical fitness. Embrace the suck!
5. CrossFit will find your weakness. You get fitter by building on your strengths and training your weaknesses.
6. Pre-WOD "butterflies?" We all get them.
7. If someone vomits or passes out they are considered resting.
8. You must brag about CrossFit to everyone you know.

Ok, on a serious note, we have a lot of new people in the gym which is great to see! As the gym gets busier, it is important that we have some basic rules in place to make sure the place continues to meet the needs of the group.

## BE ON TIME

It is important that you turn up to the session on time as the warm-up is crucial for injury prevention, developing and honing skills, improving WOD performance, and reducing next day muscle soreness amongst other things. It also gives you a chance to set your weights, and make necessary adjustments before the workout begins. We totally understand being late once in a while due to unavoidable circumstances, but we believe that it's unfair for the coaches and rest of the class when consistently late members squeeze themselves into the workout, and disrupt the flow of the class. There will be a burpee penalty for being up to 10 minutes late. Beyond 10 minutes, you will not be joining the group.

## NO COACHING

We encourage you to support your fellow CrossFitter with "c'mon, one more rep!" and we hate to see people finish their workout and not give support to others! We know that members have good intentions when they start giving coaching cues, but there is a big difference between "c'mon one more rep" and "you need to... <insert coaching advice>." One member giving another member coaching cues might offend the person that is doing the workout, or provide misinformation on the technique. If you see something that looks unsafe, grab a coach, that's what we are here for! Otherwise, focus on your own technique and put your energy into supporting and encouraging others.

## CLEAN UP AFTER YOURSELF AT THE END OF CLASS

Used tape, markers, chalk, band-aids, water bottles and sweaty clothes all have a place and it's not on the gym floor. Please be respectful of gym and the resources we provide you with. Chalk is useful, even necessary. It is also messy. Use as much as you need, but keep the excess inside the chalk bucket! Please put back any and all equipment used in warm-ups and/or workouts (after properly sanitizing) when the class has ended. This way other members can find it, and there is more space to move around the box. When stacking the bumpers, make sure they are aligned properly. While Jenga is a great game, when dealing with a few hundred pounds of weights, it's a bit more intimidating.

## SCORES AND RESULTS ARE EARNED, NO CHEATING

Be honest with everyone else, and be honest with yourself. You know what full range of motion is, so there is no excuse for shoddy reps. If a coach calls you out for doing something wrong, listen to them. Constructive criticism can only help in the long run. Do every rep, with solid technique, no matter the time it takes. You only cheat yourself of the opportunity to become a better athlete and person. There is no honor in cheating, what joy is there in a victory you didn't earn? Cheating is disrespectful to your coaches and your fellow CrossFitters and will not be tolerated under any circumstances. Anyone caught cheating will be publically humiliated and eventually asked to leave CFJ if it persists.

## iPod/MP3 PLAYERS

Alright folks, we understand that Lady Gaga can be quite the motivation during a Filthy Fifty, but it's important to keep your iPod/mp3 players off during the workout because it interferes with our ability to coach you. It's our job to make sure you are performing safely and efficiently, and you need your ears to hear your coach. The only exception to this rule is if it's purely a running or rowing workout. Then you can listen to whatever your heart desires.

## LEARN HOW TO COUNT

If you lose count, the next number is always 1. If you know you have trouble keeping count, ask someone to count for you. Grab a piece of chalk or use sweat-tallies. Take accountability for your work in here. We put a lot of commitment into your fitness and it's important that you do as well.

## DON'T CHERRY-PICK YOUR WORKOUTS

Picking and choosing workouts based on 'what you want to do' will almost guarantee plateauing results. CrossFit is about being well-rounded, not just showing up on days that you can post a good score. Not recording a score is just as worse. Accountability is king, be proud of your day's efforts.

## CHECK YOUR EGO AT THE DOOR

If you have ego, leave it at the door. Don't bring that stuff into the gym. Sometimes it's hard to let this go, especially for the male species. CrossFit is magical in its ability to wreck egos. You have been warned.

## WORK HARD

Form follows function and intensity drives adaptation. What does that mean? The harder you work, the better you'll get. Effort is more important than any other attribute. DON'T BE EMBARRASSED OR ASHAMED if you have a 50 lb deadlift and the person next to you has a 500lb deadlift; if your Fran time is 30 minutes and someone else finished in 3; if you can't go Rx'd and scale every workout – AS LONG AS YOU ARE TRYING YOUR HARDEST. What you do doesn't matter so long as you push the envelope each and every workout. Believe this – the juice is worth the squeeze.

## INTRODUCE YOURSELF

CrossFit Jackson is more than a gym, it's a community. If you see a CrossFitter you haven't met yet, please introduce yourself, as they may need to revive your unconscious body later and "Dude, wake up..." is just so impersonal. Seriously, get to know your fellow CrossFitters.

## NEGATIVITY WILL NOT BE TOLERATED

This is a place of awesomeness, not high school drama. Keep that mess far away from here. Poor attitudes and non-supportive attitudes are not welcome here. Work hard. Don't drag people down with a bad attitude. Be optimistic, have fun and push yourself and those around you to be better than yesterday.

## NO KIDS IN THE GYM PLEASE

We love kids here at CrossFit Jackson and think it's important for them to see their parents leading active, healthy lives. However, we also want to keep kids and our athletes safe. This is why we ask that kids at the gym be under the direct supervision of an adult at all times, an adult who is not working out and who can make sure the kids stay in the front area and off the gym floor at all times. We can't run the risk of having your kids or our athletes getting hurt. The gym is just too busy and there is no safe place for them to sit. The front area is available if you bring an adult to supervise them. There is a couch and tv for their use, but they are not to be playing with the desk, rowers, lockers, etc. Children are not allowed in the gym or on the equipment to play. If you must bring your child without adult supervision, they will be required to sit on the Kid's Corner bench and not move throughout the class, but please do not make this a habit. We are not a facility that trains kids at this time and our classes and equipment are set up for adults. Please do NOT make a trainer or gym owner have to be the one to discipline your children or ask you to leave a WOD. Thanking you in advance.

To a dedicated athlete, a training facility starts to become a second home. Hours and hours are spent training. Sweat is lost, blood too sometimes, and grunts are echoed out the door. Relationships are developed, and bonds are forged; the type of bonds that can be made only through a shared sense of pain, perseverance, and accomplishment. You come here to make yourself better, physically and mentally. Goals are reached, and new ones are set, the cycle unending. We always strive to continuously improve member satisfaction and with CFJ growing as a community, we hope that these rules will be a great benefit to you and your training.