

THE PANTHER



MEMBER OF THE MOMENT

THIS MONTHS MEMBER OF THE MOMENT IS **JAMEEL!** HIS DEDICATION TO SELF IMPROVEMENT SINCE JOINING IS INSPIRING! HE HAS BEEN KNOWN TO RETEST CLASS WODS REGULARLY, SO HE MAY ALSO BE CRAZY. WE LIKE CRAZY!



Tell us a bit about your life before CrossFit and what led you to choose CrossFit to form part of your weekly training routine?

I chose CrossFit because it's a sound base for any sport or discipline I might want to try in future. Takes care of overall strength and fitness. I was miserable, surrounded by draining people and looking for a way up before joining.

How has your health/ fitness improved since joining BRC?

I feel better about everything, more resilient, more stoic.

Talk to us about what you like to see on the whiteboard when you arrive in the morning vs

what makes you want to turn around and get back into bed...movements/ types of workouts etc.?

I like seeing the word 'sled'. (Really??)

How do you use your fitness and health outside the gym?

Improved well-being helps me stay goal oriented. Started running, that's new for me.

How do we get more people involved in the BRC? Often, we find people are intimidated and hesitant to get going with CrossFit – any advice?

That one is for marketing experts with charts and graphs. They might be less hesitant if they know form and technique matters at BRC?

What about CrossFit and BRC specifically do you enjoy the most?

CrossFit:

- Simplicity - There's not a huge learning curve when you start. You experience results immediately.
- Openness - CrossFit means learning new skills, new movements and you don't have to stay stuck in one sport or approach. There is little room for dogma.

BRC: Quality coaching and the positivity of the people who go. It's a genuine place with heart

What are your impressions of our new space?

Optimised, functional, pleasant.

In keeping with Coach Nic's rapid fire quiz tradition, below are some questions, answer them based on the first thing that comes to mind:

- **AB or Ski? Ski**
- **Would you rather arm wrestle Luke or Hastings?** Luke and Hastings, both like a good laugh.
- **Long Metcon or Short sprint workout?** Long, methodical, paced, oppressive grinding, metcon with 'Contact-Wait Out' by Bolt Thrower on repeat would be sublime.
- **My best memory of CrossFit is:** Walking to weightlifting after running drills.
- **My short-term CrossFit goal is:** Form a callisthenics routine.

Lastly, what does CrossFit/ Black River mean to you?

A lifeline, encouragement, betterment, fun.

FICT 2019

So, after much anticipation for our two BRC teams, FICT 2019 kicked off on the last week in January. FICT 2019 promised to be the biggest and best yet and it did not disappoint. With the CrossFit games qualifying process changing in 2019, FICT was made a CrossFit sanctioned event which meant that the winners for the weekend would punch their tickets to the 2019 Reebok CrossFit games in August. This resulted in more than a few international CrossFit athletes flying in to compete on the weekend.

After a few challenging team training weekends, that exposed the athletes to some outdoor and team WODs, they were more prepared than ever before. Coach Matty, coach Luke, Mare and Chezza made up the BRC Panthers while the coach James, Coach DJ, Coach Andrea and Anande were representing the BRC Jaguars.

The weekend kicked off with a beach event on Clifton 4 that involved high reps of synchro pull-ups, KB swings and KB squats with ocean swims between rounds. It was a real test of team work and resilience in the cold Clifton waters. James looked like a new born child after his first swim and only performed his first pull-up after going for a quick warm shower and flat white at a nearby coffee shop – this left David to perform multiple sets with Andrea and Anande. It came at a cost, after the workout if you looked really, really, really closely to his hand you would have noticed a “terrible wound” that would hamstring him for the rest of the weekend and cut his part time hand modelling career short, he claimed his wound was severe in comparison to Andrea whose hands had multiple rips from the sand on KB combination. In the end both teams did great and it was an epic way to kick off the weekend to come.



Friday kicked off in the venue for the remainder of the weekend – the running track stadium in Greenpoint. The day started off with an epic test of endurance aptly named the “Pain train”, a workout starting with a 400M team relay, then progressing through multiple concept 2 machines, from the rower to ski erg and the bike with the added challenge of carrying a sandbag between each of the

machines. There were some memorable moments, most noticeably Matty being so tired that he tried to walk around the boxes on the track as opposed to stepping over them. He got tazed by a judge and returned to the arena to continue the WOD. Luke showed exceptional abilities to complete the WOD, even while constricting all blood flow to his legs with his trademark camouflage “extra tight” shorts (available for sale – please contact Luke directly).

The day had another three workouts – all testing different aspects of fitness. A max lifting strength test followed by a gymnastic workout and then culminating in the final WOD of the day done under the lights of the stadium – a team deadlift and burpee workout. Luke played out of his boots after nearly losing two fingers and about 3 kg of bodyweight when his hands ripped badly on the bar muscle ups performed in the gymnastics WOD “Gymnastic Conga”. The deadlift WOD had both teams, with the help of Mare and Andrea making some clear calls on the rep counts, doing particularly well in a very strong field. This is testament to the fact that the guys should always listen to the ladies to avoid complete anarchy in the arena like when Matty attempts any max lifting WOD. Moral of the story – listen to Mare and not Matty.



Day 3 kicked off with both teams having a team strategy meeting which focused on trying to figure out where Trotter was going between workouts. It remains a mystery, but some say he setup a small soundproof booth inside the Nutritech tent that allowed him to watch old reruns of friends and facetime his dad Rudder.

The first WOD of the day was a spicy couplet testing a mix of gymnastic and weightlifting skills. Luckily DJ was able to stop the blood loss from his hand wound by dabbing it with an ear bud and lead the Jaguars in style. They were magic on the dance floor with Andrea and Anande making easy work of the cleans and HSPU. The team strategy was derailed slightly by James who was told by the judge that his first snatch looked more like a clean and jerk but they managed to recover and finish strong.

The panthers came out hard as usual with Matty blacking out again and trying to go unbroken/ignore any team strategy discussions before the WOD – Luke managed to reign him in though after warning that the pace he was setting could negatively impact his grip test results. Chezza dominated a big set of ring muscle-ups while reciting her gummy bears theme song – “doing muscle-ups with perfect hear” over and over out loud and the hard work Mare has been putting into her gymnastics showed when she cranked out big sets of HSPU.



The long weekend of well-rounded fitness tests came to an end with an assault bike and wallball WOD. It was probably the least favourite WOD of the weekend but tested the athletes mentally and they all stepped up well. Jaguars and Panthers – you all made us proud and it was awesome to see you out there amongst the best in the world!



The support from the BRC family over the three days was epic as well – thank you to all of you that came out to shout from the sidelines, it did not go unnoticed and it helps push all the athletes to another level. A big shout out must also go to Mo – he was on hand the whole weekend to make sure all the athletes had everything they needed (he also got a sneaky picture with Ben Bergeron!). Mo you a legend!

BROADCAST YOUR BUSINESS

SPORTS REHAB CENTRE



Mike Van Rheede and his team have just opened up in the Scott Road space. You can email him (danrheede@yahoo.com) or whatsapp him (072 014 7820) for an appointment.

Tell us about what your business does?

We are a multidisciplinary team who provide physiotherapy and biokineticist assessments treatments and rehabilitation. We will be adding the services of a sports physician and Pilates studio over the next few months.

What is the story behind it – when did you start it and how long have you been in operation for?

I have worked in private practice for over 11 years and have envisaged a multidisciplinary high-performance practice since I started studying Physiotherapy, I wanted to provide all individuals no matter what their sporting background be it recreational to elite with the highest level of care, education and rehabilitation. So that they could return to their chosen sports a more informed, confident athlete than when they started. Whilst giving them the access to the best possible hands on treatment and access to specialist help possible.

How many people do you employ?

Currently we are a small staff of three and will be looking to grow to a group of eight over the course of the year

Are you confident about the future of South Africa? What makes you excited about the future of your business in this country?

Eternally optimistic, South Africans must be some of the most resilient people in the world who always seem to overcome any obstacle with a smile on their face!

Specifically, to Observatory and to South Africa in general I see huge scope for small enterprise and entrepreneurial growth which is incredibly exciting.

What are some of the major challenges you face in your business?

Not too many to be honest , more the pressure we put on ourselves to make sure we deliver a good service to our patients

Any special offers to the BRC community of members (Nudge nudge, wink wink)?

Yes for sure! All BRC members will have a **14%** discount for physiotherapy.

Where can we find more details about your business – facebook page, website, twitter, insta, post office, verimark?

We will be launching our website by March month end, it will have an online booking system and we will be looking at posting some self-help tutorials in the near future.

IN OTHER NEWS

The 2019 Open

As you are all probably aware – the CrossFit open will be running for 5 weeks from the end of February through March. We encourage as many of you as possible to get involved and participate in the weekend WODs. Saturday and Sunday mornings from 9-11am.

Fundamental classes

Keep an eye out for our monthly emails that will detail what our Saturday mornings fundamentals classes will cover (after the Open). The idea is to focus on a different skill every week and it is worthwhile to attend for both beginner and more advanced athletes!

Discovery Wellness day

Coach Luke will be running a Discovery wellness day on 12/13 April. Be sure to book in and get your Vitality assessments done for the year.

Wild Sprout meals available at Oorah bar

Wild Sprout is an awesome establishment that serves healthy meals in Wellness Warehouse and from their Café in Kenilworth. They have also paired up with the Oorah bar at BRC which allows you to preorder meals to ensure you have a healthy lunch/ dinner option close at hand. Get details from the Oorah bar directly or email andrea@oorah.co.za for more details.

Upcoming competitions

There are more than a few upcoming competitions this year. Last man standing in Johannesburg from 26-28 May will see one or two BRC teams participating. If you are keen to get involved in some competitions – whether on a social or serious level, please let us know or chat to a coach!