Crossfit Syllabus

Academic Year 2017-18

# Instructor Information

|  |  |  |
| --- | --- | --- |
| Instructor: https://www.crossfit061.com/ |   | Class Location & Hours: Choose Crossfit 061 or Crossfit 574 S. Bend, Mishawaka, Granger, Elkhart  |
|  |  |  |

# General Information

## Description

**CrossFit Teens Class**
Tues. & Thurs.
​4:30 - 5:30pm Supports grades 9-12, twice/week and open gym time encouraged.

We’ve designed this strength and conditioning facility for individuals, teams, and athletes who are all striving to reach personal goals. CrossFit 061 is here to help you push your limits through athlete training programs, personal training, nutrition assessments, and several other helpful fitness services.
Weightlifting, gymnastics, and high-intensity cardio are utilized within our classes, and we use the most efficient training methods possible. Our conditioning program is unique in that it works with a carefully chosen variety of tools, exercises, and drills.

## Expectations and Goals: (circle one): Pass/Fail or Grade Given

## Pass/Fail

## Course Materials

## Required Materials (most should be provided by teacher covered in course fee, indicate if provided by student, i.e. sewing kit)

* Students will wear proper attire
* All equipment and workout schedule to be furnished by the gym

## Optional Materials (provided by student/family)

## None

**Course Outline and Objectives:**

Weekly instruction is differentiated and progresses weekly according to the unique abilities of the students at each level. Students are evaluated the first week to assess strength, endurance and personal WOD (workout of the day)time.

Examples of WODs can be found here: <https://www.crossfit.com/workout>

**Evidence of Learning (circle one):** post assessment, WOD personal time as compared to first class.