



CROSSFIT SERVICES

We are very excited about the opportunity to train members of The Morris Rugby U19/U16/U13 Program. Crossfit will prepare the team for an exceptional season. The benefits of our program are to condition the players to be ready for any athletic component of the game needed. We focus on the ten components of fitness, with particular attention to strength for injury prevention, speed/agility, and finally, endurance:

- **agility**
- accuracy
- balance
- coordination
- **endurance**
- flexibility
- **power**
- **strength**
- **speed**
- stamina

HJ will provide ten 1 hour of Crossfit classes with a rugby flavor **every Tuesday at 8 PM starting Tuesday, December 3rd** Each session would follow this format: mobility, general warm-up, specific warm-up, skill instruction, strength work, metabolic conditioning (on the shorter duration compared with regular Crossfit), speed/agility work, cool-down. Additional instructors will be added at each ten participant mark to keep the teacher: student ratio at 1:10.

This program is priced as follows, assuming 10 classes:

- With 10 people, each participant will be billed **\$149.80** (incl. tax), assuming **\$14/class**.
- Between 10-20 people, each participant will be billed **\$133.75** (incl. tax), assuming **\$12.50/class**.
- With 30 people, each participant will be billed **\$117.70** (incl. tax), assuming **\$11/class**.

Maximum class size would be 30 participants. If there is sufficient demand, we can split up the groups into two different age groups.

If you are interested in joining these Tuesday CrossFit Sessions please contact CrossFit directly to register and make payment directly to CrossFit. Their phone number is (201) 919-4329. Send an email to learn@socds.com as well so that we can keep track of who is planning to attend.

Sessions will start Tuesday, December 3rd and will complement the Thursday rugby indoor training sessions that are starting Thursday, December 5th at 8pm.

This is open to all age groups.