



423 N LEMON AVE
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WIFI ACCESS:
SEAWARD MEMBERS
Getfitness



WODIFY
DOWNLOAD APP
RESERVE CLASSES



A/C INDOOR
OUTDOOR AREAS
SHOWERS

MEMBER INFORMATION



WELCOME TO SEAWARD CROSSFIT!

We are very excited to welcome you to our community and we are looking forward to helping you achieve your goals. Joining a new gym can be a daunting task so we have put together this information booklet to make the process a little smoother. The owners, staff and members all welcome you and are here to help so please don't hesitate to ask.

**YOU'RE
STRONGER THAN
YOU KNOW!**

OUR VALUES & IDENTITY

Seaward CrossFit lives by 5 common values that describe who we are, what we stand for and define the Seaward experience. These values are the foundation of our community and drives everything we do. Every single decision is guided by the following values.

WE VALUE PERSONAL ACHIEVEMENT

We believe success is not found in a mirror: It is inside us. We don't measure progress on scales, we measure it in hurdles overcome and goals realized. We recognize each other for our accomplishments, no matter how big or small, and get fulfillment from our achievements.

WE VALUE INCLUSIVENESS

We are an inclusive community. We believe everyone deserves to flourish in a safe space without judgment or fear. We are open to all and open with each other. Everybody matters. We are supportive and welcoming within Seaward and throughout the community.

WE VALUE COURAGE

We know anything is possible with commitment and courage. Through fearless determination, we can accomplish things we never imagined possible. Facing challenges with courage makes us stronger.

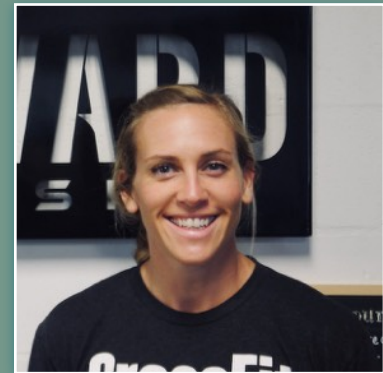
WE VALUE RELENTLESS OPTIMISM

We are the enemies of self-doubt. We believe in ourselves and each other. We know everyone has hidden strengths and untapped potential that keeps us going forward. Positivity wins, and we demonstrate that every day to our members and our Sarasota neighbors.

MEET OUR OWNERS



TIM



OLIVIA - Coach



BEN - Head Coach

WE VALUE SOLIDARITY

We're in it together. We share our struggles, suffering and successes. We lift each other up and push each other further. We challenge each other to go beyond what we thought possible. We also know a little friendly competition helps keep us going, makes us stronger, and bonds us together.

GENERAL INFORMATION

Seaward CrossFit has been serving the community since March, 2014. We have achieved many milestones over the years but the recent move into our current facility has been the most significant. We hope that you enjoy and respect our facilities which will allow others to do the same for many years to come.

To allow everyone to get the most out of their experience, please follow these guidelines during your time with us.

DAILY CLASS ROUTINE

- Please enter the building through the front door off N Lemon Ave.
- Check in at the front desk for every class and open gym session.
- Inform the front desk staff or coach of any possible injuries that may affect your ability to move safely.
- Reserve your class ahead of time via the Wodify app. This will help the coach prepare for your workout.
- Late arrival more than 10 minutes after the start of class excludes you from participating until the next available class.

EQUIPMENT

- Every piece of equipment has a home. Please ensure that equipment is returned to the correct place.

MEET OUR COACHES



KERA



WILL



MARCO



ABI

EQUIPMENT (cont.)

- Wipe off touch areas using the disinfectant and towels provided
- Ensure all chalk is removed from equipment after use. Nylon brushes are provide for barbells and the rig.
- If any equipment is damaged, please let the coach know so we can get it repaired in a timely fashion.

RETAIL

- Retail purchases can be made with the front desk staff or coach.
- Bulk purchases are available so please contact info@seawardcrossfit.com for more details and pricing.
- Purchases of \$3 or less can be made with store credit or cash only.

LOCKERS

- Locker rental is \$10 per month
- No stickers on or inside of the locker.
- No perishable food items.
- No wet towels or clothing.
- Be considerate of others. If you can smell your equipment, so can others. Time to wash it!
- Only use the locker you have been allocated.
- Let us know if you no longer need your locker. We have a limited amount and a waitlist.

SHOWERS

- Limit your time to 5 minutes. There may be another member waiting to use it.
- BYO towel, soap and toiletries.

FACILITIES



With recent renovations completed in July 2022, we have fully air conditioned facilities, bathrooms and showers, a multi-purpose room and outdoor workout area.

BATHROOMS

- Mirrors are available in the locker area and bathrooms
- Please let a member of staff know if the bathrooms are in need of servicing.
- Do not flush anything other than human waste and toilet paper. Trash cans are provide in each bathroom for other items.

CLASS INFORMATION

PROGRAMMING

Even though the programming may seem random, our workouts follow a weekly, monthly and yearly plan. The workouts are programmed with the intension of participating 6-7 days per week. If you attend classes less frequently, it is up to you to decide which days suit your goals best.

It is very important to keep in mind, it is your responsibility to manage your rest and recovery. You can find more information in the sidebar but listen to your body and take rest/recovery days as needed.

WORKSHOPS

Workshops and seminars are held approximately once per month. If there are any suggestions for workshops, please let us know. Here are some of the workshops we regularly offer:

| | | |
|-----------------------|------------------|---------------|
| Olympic Weightlifting | Nutrition | Handstands |
| Jump Rope | Pull-ups | Running |
| Recovery & Stretching | Muscle-ups | Setting Goals |
| Crossover Symmetry | CrossFit Judging | Toes-to-Bar |
| CrossFit Open | Competition Prep | Rowing |

REST & RECOVERY



Muscle soreness and fatigue are a normal part of a regular workout routine. Pain and exhaustion are not. If you have any concerns or questions, our coaches are here to help and have a wealth of knowledge to share.

Here are just a few tips on how to manage recovery:

1. Get adequate sleep
2. Stay hydrated
3. Dial in your nutrition
4. Break up muscle tissue
5. Stretch, warm-up, cool down
6. Start slow and build up the intensity of your workouts

OPEN GYM

We offer Open Gym time every week for members to use the facilities as they see fit. A coach will always be present and available to assist you. For members with at least 12 months of experience, you are able to use the facilities during regular class times. Equipment and space limitations may apply depending on the requirements of the scheduled class.

SUPPLEMENTAL PROGRAMMING

Many members have found interest and passion in other areas of fitness. We do offer a number of opportunities to progress with more specialized areas that aren't part of our daily programming. We provide these other tracks of fitness depending on the interests of our members. If you are interested in any of the programs below, please let us know so we can incorporate them into our weekly programming.

| | |
|---------------|-----------------------|
| Endurance | Body Building |
| Gymnastics | Running |
| Masters (55+) | Body Weight/Boot Camp |
| Weightlifting | Competition |

1:1 INSTRUCTION

You may not be able to achieve all of your goals by only attending our regular classes. You may get frustrated with your progress or get overwhelmed because there are too many areas you want to improve in. Booking a 1:1 session with a coach may help get you there. We have seen many members make amazing progress after just a few sessions with a coach. We can also provide you with specialized programming to complete on your own. 1 hour private sessions are available so please inquire at the front desk or email us for more information.

NUTRITION



The CrossFit Theoretical Hierarchy Of Development shows nutrition as the fundamental base. It is the foundation of the pyramid and can be the most challenge to improve.

Use our resources and support to help you navigate your nutritional needs. You will see considerable improvement not only with your fitness but everyday life.

MEMBER MANAGEMENT

We use software called Wodify to manage memberships, workouts, attendance, retail sales and workout results. After your account is setup, you will receive an email with your login details. Download the Wodify smartphone app for iPhone or Android or visit the website app.wodify.com

Here are some of the tasks you are able to perform in Wodify.

RESERVE CLASS

We require all members to reserve for class at least 2 hours before or before 9:00pm the previous night for the 5:00am classes. You are able to reserve multiple classes over the following week all at the same time. To cancel a reservation, click Cancel Reservation on the class you wish to cancel.

RECORD WORKOUT RESULTS

One of the most important aspects of achieving your goals, is measuring your progress. This data can also be used to scale movements for workouts. Make use of the notes section to enter comments regarding your mood, energy levels and workout strategy. It can be extremely helpful to look back on.

UPDATING PAYMENT INFORMATION

Under your profile, you are able to keep your payment details up-to-date. No need to wait until the next time you are in the gym. You have access to it right there on your phone or computer.

ANNOUNCEMENTS

The weekly announcements are an important way for us to communicate with our members. You can find the announcements right at the top of your home screen. This is where you can find the weekly workout summary and any other information you may need about upcoming events and programming focuses.

WODIFY TIPS

The screenshot displays the Wodify app's home screen. At the top, there's a 'WODIFY TIPS' header. Below it, the app's logo and name 'Wodify' are shown, along with the tagline 'Book Classes & Track Workouts'. A prominent 'OPEN' button is visible. Below this, there are statistics: '175 RATINGS' with a '2.3' average and five stars, 'AGE' listed as '4+ Years Old', 'CATEGORY' as 'Health & Fitness', and 'DEVELOPER' as 'Wodify'. An 'ANNOUNCEMENT' section follows, mentioning a 'FREE Pelvic Floor Workshop' on July 23rd. An 'UPCOMING' section highlights a class for 'Today, Jul 22 @ 5 PM' at 'CrossFit: 5:00 PM', with a 'View workout' link. A list of classes is shown with times like 5:00am, 8:00am, 9:00am, 5:00pm, and 6:00pm, each with a duration of 60 minutes and a class number. The 5:00pm class is marked as 'RESERVED'. Below the class list, a workout result for '20 hand-release push-ups' is shown with a 'more' link. A 'Filter' button is present. A section titled 'Rx' shows a list of members: 'Nathan Kalin' with 3 likes and a time of 12:20, and 'Garrett Aeilts' with 4 likes and a time of 14:00. A note below Garrett's entry says 'Finished 3 rounds + 1 squat clean'. At the bottom, a 'Scaled' button is visible. A text box at the very bottom of the app interface reads: 'Read announcements., reserve and check into class, record results and much more.'

WORKOUTS

The best place to see the upcoming workouts is via the app. You will also find notes and comments regarding the intended stimulus, scaling options and even videos featuring the helpful tips for the movements.

MEMBERSHIP CHANGES

Monthly memberships can be changed as often as needed. Please contact us 7 days before your next renewal date to upgrade or downgrade your membership.

EXTENDED LEAVE

If you are unable to attend classes for an extended period of time, we can stop your membership for as long as needed at the conclusion of your current month.

Please note: Your new membership will be at the current rate, not at the previous membership price.

RECOMMENDED EQUIPMENT

We have all of the required equipment to participate in our workouts but many people choose to use their own equipment. Here are some items that you may wish to consider and feel free to ask any coaches or members for their opinions.

| | |
|---------------------|-----------------|
| Jump Rope | CrossFit Shoes |
| Weightlifting Shoes | Foam Roller |
| Tape | Gymnastic Grips |
| Weight Belt | Weight Vest |

MURAL



Our symbol, the octopus that you see gently wrapping our new home, is depicted under the building, supporting all of our efforts and allowing us to reach a wide audience through multiple arms of community engagement.

Mural completed June 2022 by Taylor Smith AKA Dreamweaver

COMMUNITY

The Seaward community isn't just made up of its members but also the local Sarasota and wider CrossFit community. We are always on the lookout for ways to support our community so if you know of a need, please let us know

ANNUAL EVENTS

On the next page, you will find our annual events. We are always adding to this list so keep an eye out on our emails and announcements in the Wodify app. ANNUAL EVENTS (cont.)

| | |
|-----------------------------|------------------|
| MLK Day | January |
| Black History Month | February |
| CrossFit Open | February - March |
| Women's History Month | March |
| Murph | May |
| Rainbow Relay (Pride Month) | June |
| Independance Day | July |
| Halloween | October |
| Veterans Day | November |
| Hanukkah | December |
| 12 Days of Christmas | December |

NO SHOW HAPPY HOUR

Our monthly event, usually on a Friday night, where we can get together at the gym or a local bar/restaurant. It is a great chance to meet other members and get to know your community.

FREE TRIAL/COMMUNITY CLASS

For those wanting to try out a class, or simply participate in a free workout, join us every Saturday for a 30 minute class. Any and all abilities are welcome. You must sign up 24 hours beforehand via the link on our website.

ABBREVIATIONS

CrossFit is a mashup of many different sports and uses many different terms for movement and workout structures. Here are just a few of the most common ones.



AMRAP: As many rounds or repetitions as possible.

BJ: Box Jumps

C2B: Chest-to-bar pull-ups

DU: Double under jump rope

EMOM: Every minute on the minute

GHD: Glute Hamstring Developer

HSPU: Handstand Push-ups

MU: Muscle-ups

METCON: Metabolic Conditioning

OHS: Overhead Squats

T2B: Toes-to-Bar

TABATA: 0:20 Work/0:10 Rest

WOD: Workout of the Day

OTHER INFORMATION

GUEST PASSES

Each monthly member receives one free guest pass per month. Please contact us 24 hours ahead of time to reserve your guest a spot in class. Your guest should have CrossFit experience and passes do not roll over month to month.

MEMBER REFERRALS

For each referral who signs up for a monthly membership, you will receive \$25 store credit after 3 initial renewal periods. Please email us with your referral details.

COACHING DEVELOPMENT PROGRAM

Ever been interested in becoming a coach or want to learn a new skill? Take part in the Seaward Coaching Development Program. You are not required to have a CrossFit Level 1 Trainer certificate but may wish to get one at some stage. The program is a minimum of 9 classes, containing 3 different stages of Observation, Partial Coaching and Full Control. Contact us today to find out more information.

SCHEDULE

To view our most recent class schedule, please visit our website. Keep an eye out in our monthly newsletter for updates and changes.

EXTRA INFORMATION



There is a wealth of information available online and these are some valuable resources we have found:

MOVEMENT LIBRARY:
SeawardCrossfit.com

INSTAGRAM:
[@squat_university](https://www.instagram.com/squat_university)

YOUTUBE:
[@Catalyst Athletics](https://www.youtube.com/CatalystAthletics)
[@The Ready State](https://www.youtube.com/TheReadyState)

ARTICLES:
[What is CrossFit?](#)
[Essentials](#)
[Mechanics, Consistency, Intensity](#)