



Mid-Year Update:

Where's the year going? Don't know about you guys but it seems to be moving way too fast. We are into the start of the second half of the year and smack in the middle of winter. Before you know it, it'll be time to break out the summer kit.

CFR has been very active in the community recently, so if you have been living under a rock I'll give you all a quick update.

Zuu Chimps, now Mokomoko and Mokonui:

We had our first intake this term with more kids than we anticipated joining in, 18 in total come through to give it a go.

It was challenging at times for our super trainer aunty Senila (Sus), but she has mastered this role with ease.



As a result we will be splitting the class into 2 groups, Mokomoko (2-5 year olds), represents a small lizard or skink and Mokonui (6-10 Year olds) represents a larger lizard or dinosaur.

The idea behind this is to give our tamariki their own class, which will allow us to manage the age disparity more effectively. Our Mokomoko need more attention and a slower pace, whereas the older Mokonui are a little faster paced and can understand instruction better, well most of them anyway. This will also create a progressive effect so our younger ones have something to aspire too.

To add to our Mokomoko and Mokonui classes we will design levels to which our kids can graduate too, like gaining a brown belt then black belt in Karate. We will elaborate on this later.

Mokomoko (2-5yrs) will be on Tue at 3.45pm-4.30pm

Mokonui (6-10yrs) Thursday at 3.45pm-4.30pm



No Limit's Strength and Conditioning teams comp:

Was held on the weekend and our team were fortunate enough to take home 1st place. It was an awesome team effort and I am proud of everyone's performances and the way in which everyone carried themselves with humility, positivity and badassivity.



There were some amazing moments throughout the day, Nic and Dylz dominating the Clean n Jerk getting the heaviest lifts for female and male respectively. Nic with 82kg and Dylz 127kg. Everyone's technique was on point, which is reflective in the results. Even our smallest member Polly was turning heads and freaking the bigger gurls out.

The final was another, the boys did great to get a good lead, which was finished off by the girls as they maintained under pressure and didn't lower their standards to get to the finish line.

All in all it was a beautiful event and spectacle.

On a side note, the thing I love about CrossFit is the overwhelming positive environment; hardly ever will you see other athletes or spectators putting one another down. Everyone encourages one another and helps each other through the pain. You don't see that too often in other competitive situations now do you?



Heart Stopper Challenge:



On Sunday a team of 3 strong CFRian men jumped into an ice bath for 5 mins to show their support for the Heart Kid's of Rotorua. This activity was to mimic 'ice on the heart' during surgery that the heart kids experience. Although it was temporary and only a taste of what the Heart kids go through, all 3 said they would happily do again in a heartbeat. Shout out to Lawrie and T.J for getting in the deep end, shot lads.

Our females had a massive hand in the day too, Lah making 2 awesome soups that sold out. Nic was on deck to lend her expertise and Sonya chipped in where she could too.

So many thanks to those that helped out, we were expecting more of a turn out but nevertheless we persevered and got the job done.

We have 2 members at the box who's children are affected by heart conditions, so thanks to Allyn and Michelle for inviting us down.

I understand the the online fundraising efforts totalled \$4500 so massive effort all involved.



Pan-Pac Athletes:



We have 6 Athletes competing in this year's games held over in the Gold Coast on Nov 11-13. There are 17 of us in total heading over. You may have seen us fundraising over the last month or 2 and we have a few more fundraising efforts to reach our goal of covering accom, fees, vehicles.

It has been a very successful team effort so far and we would like to thank everyone for your continued support.

ATHLETE'S: Lawrie, Billy, Chiks, Shane, Flynn, Munz

Support Crew: Lah, Sonya, Reon, Maude, Dylz, Nic, Marz, Ricky, Chloe, Ereena, Kiana



Timetable changes:

We are forever trying to think of ways to accommodate everyone and your busy lives. We have a few changes that we are going to start next week and they are as follows.

NEW TIMETABLE TO START	11-15 July					
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.00am	WOD	WOD	WOD	WOD	WOD	
9.30am		WOD		WOD		HtH
12.30pm	F-it		F-it		F-it	
3.40pm T.Toa / chimps	T.toa	mokomoko	T.toa	mokonui		
4pm T.Toa / TMOP / Zuu						
4.30pm	WOD	open gym	WOD	open gym	zuu	
5pm						
5.30pm	WOD	WOD	WOD	WOD	WOD	
6.30pm KK / AE / HtH	HtH / Zuu	AthELITE	Kaha Krew	HtH		

Please note:

T.Toa is now Mon & Wed at 3.40pm. If you are a teen please book into these classes instead of the wods in the afternoon, as spaces are becoming limited. Any other day feel free to book into anytime slot. T.Toa will start back in term 3.

Moko classes start in term 3

Open Gym is for unlimited members only. A trainer will be available at these times. The trainer may also train with you at these times.

HtH on Mondays will be Zuu focused and free to HtH members, all others will incur an extra \$2 for unlimited, \$5 for everyone else, \$8 for non-members.

AthElite, Zuu and HtH is also open to everyone and is the same price as above.

Kaha Krew takes a break for a few weeks over holidays.



Teen Gauntlet:

We are proud to be sending Jayden away to the Teen Gauntlet going down this Friday 8th July in Hawkes Bay. Jayden will be competing with the best teens from around NZ and the world.

It is an astonishing achievement and we wish him all the best. Luck has nothing to do with this young mans progress, only hard work, determination and listening to his coaches.

Looking forward to watching this guy carve up.



New Members:

Say hi to all the new guys. By now you would have meet the latest of our whanau members, welcome to the box guys.

Unfortunately we don't have pictures of all our new recruits. In the pics we have (left to right) Trish Cantwell, Jacob Whitworth, Leo Baldi, Alice, Chloe Pike, Sue O'Connell, Todd Cameon.

Missing is Rachelle Cox, Cassie Akurangi, Joelisa Joeseeph, Mikaia McPeak, Tamati, Chelsea Pyke, Maia Devon,



Still have loads more events etc coming up.

Birthday Comp next week, various comps throughout the region and whole lot more CrossFitting.

That's it from me whanau

Nga Mihi

Munro Waerea

BSc (Otago) Anatomy & Structural Biology

CrossFit Level-1 Trainer / CrossFit Weightlifting Trainer / CrossFit Football Trainer

Zuu / Ankorr certified Trainer

Director / Head Trainer