



It's that time of year again... The 4th Annual BBCF CROSSFIT OPEN TEAM LEAGUE!

YOU WILL FALL INTO 3 CATEGORIES:

1. You participated last year and can't wait to do it again.
2. You didn't, but wish you would've and now you can.
3. You are new to BBCF, have no idea what's going on, it sounds confusing, but you're incredibly curious and you will sign up because everyone else is doing it.

Whichever category you fall into, please read this email in its entirety and then run to sign up at the front desk.

WHAT IS THE CROSSFIT OPEN?

Every year CrossFit Headquarters (CFHQ) hosts the CrossFit Open to find the strongest and fastest athletes to qualify to go to the annual CrossFit Games— essentially the Olympics of CrossFit. Over 5 weeks, CrossFit HQ will announce a mystery workout each Thursday. We will be following the 5 weeks of workouts alongside the CFHQ Open, but are putting our own interactive/fun spin on it— a TEAM-BASED league featuring our FRIDAY NIGHT LIGHTS team showdown each Friday.

WHY SHOULD I PARTICIPATE?

The Open is full of opportunities to achieve what you didn't think was possible and celebrate progress with friends. For five weeks, you—and the hundreds of thousands of other people who CrossFit across the WORLD—are at the whim of the Director of the Games Dave Castro, taking on workouts that may require you to try a new skill, improve the skills you already have, or push yourself harder than you ever have before. This might be a little scary to new CrossFitters, but believe us when we say, it's fun, it's exciting, and it is a fantastic way to make new friends at the gym. PLUS, you'll get an awesome 2018 Open T-Shirt/Tank!

If you talk to anyone who has experienced the Open, or Friday Night Lights with us, they will probably tell you their favorite part was watching one of their fellow Blackbirds get a PR lift or when a friend stepped outside of their comfort zone and they watched them grind away on a workout that tested their limits. So, yes, we are keeping score and competing on teams for the Open, but in the end, we really only care that everyone gave it their all regardless of what team they're on. During the Open and especially at the Friday Night Lights events you often find that the loudest cheers are not for the people that finished first or lifted the most, but they are for the person with the most heart. You do not have to be competitive to participate; you just have to be open to a new experience.

WHAT CAN I EXPECT— the quick version?

- Sign up at the front desk before Sat, Feb 3rd.
- Pay \$40— includes your t-shirt and goes toward weekly raffle prizes & socials.
- You'll be drafted onto a team by the coaches on Feb 3rd.
- Complete 1 CFHQ mystery WOD per week, preferably at Friday Night Lights Showdown.
- Rx, Scaled, Master's (35+), Master's Scaled, and Teen (14-18) Divisions.
- Team Dodgeball bracket will take the place of the Spirit points this year. No elaborate team intros.
- Socials after the 1st and 5th Friday Night Lights.
- Meet new people, have some fun, and get a good workout.
- You are not required to register for the CFHQ Open to participate in our BBCF Open Team League, but you may choose to do both.

WHAT CAN I EXPECT— the detailed version?

STEP ONE – Sign up at the front desk for the BBCF Open Team League before FEBRUARY 3rd. Cost is \$40 and includes your team t-shirt! You **MUST** put your t-shirt/tank size on the sign up sheet. The shirts will be a similar fit and feel as our current BBCF tshirt. Women can choose between tank or men’s tshirt. At the time of sign-up we will also ask you to commit to performing the workouts as RX, Scaled or Mixed. We will be asking for payment at the time of sign-up and will be accepting cash, card on file or check made out to Blackbird CrossFit. Your registration fee will go toward team t-shirts, door prizes, and the socials.

STEP TWO – Stand by for the announcement of the results of the coach’s draft and your team assignment. We will have five teams with Blackbird coaches as team captains. The team captains will meet on Saturday, February 4th for a draft of all the members registered for the Open. The details of the draft are confidential. We only share the final team results. The more of you who participate, the more fun this will be!

STEP THREE – Get with your team, create a name, make your team flag, and start the fun.

STEP FOUR – Support your team and participate in the Open workouts that will be run every Friday @ 6pm from February 23rd thru March 23rd. If you can’t make it to the 6pm event each Friday, you can still support your team by doing the workout during the 5:30am, 8am, 9:30am or 4pm class that day. If needed, you can also make up the workout on Saturdays at Open Gym 8-10am. (In special circumstances ONLY, we will give you until Monday close of business to complete the Open WOD and still have your score count for your team.)

Open workouts will be the WOD for every class run on Fridays during The Open. So, even if you do not sign up for this league, you’ll be doing the workouts! We will have a special **6pm “FRIDAY NIGHT LIGHTS”** event each week for everybody who can make it where the teams will go head to head in heats. ALL team member’s performances will count for their respective team regardless of which class you attend on Fridays. Additional points will be given for each athlete who competes at the actual Friday Night Lights event each week. See “Points” section below for details. *Due to Friday Night Lights, the regular 5pm, 6pm and 7pm classes will be cancelled each Friday from February 23rd—March 23rd.* We are sorry for any inconvenience.

We’ll have drawings each week for fun prizes. At the end of The OPEN the top team with the most points will also earn the title of BBCF OPEN TEAM LEAGUE CHAMPS and get a plaque on the trophy!

ARE THERE DIFFERENT DIVISIONS?

There are three age divisions— Teen (ages 14-17), Open (ages 18-34) and Masters (35+). Each Thursday when a workout is released, all age divisions will have two versions of the workout: Rx’d and Scaled. The scaled option will be designed to make the Open even more accessible by using reduced loads or less complicated movements.

As stated above, at the time of sign up we will require you do commit to a RX, Scaled or Mixed Mixed= you can opt for RX or Scaled based on WOD and ability. How do you make the decision on what to sign up for? If you’re not sure where you fall in the spectrum here is a link to the 2015 and 2016 CrossFit Open workouts:

<https://games.crossfit.com/workouts/2016>

Here are some criteria to help you with your decision:

- If you have never performed an RX workout then sign-up for **SCALED**
- If you perform 50% or less of your workouts as RX then sign-up for **MIXED or SCALED**
- If you perform 75%-50% of your workouts as RX then sign-up for **MIXED**
- If you perform 75% or more of your workouts as RX then sign-up for **RX**
- If you perform All of your workouts as RX then sign-up for **RX**

For people signing up as Mixed you will have the option to perform WODs RX'd or Scaled. This is a decision that will be made between the Mixed athlete and their Captain on a weekly basis. We will urge all Captains to make this decision based on what version of the workout best challenges the Mixed athlete within their current ability levels and not make the decision based on gaining the most points for their team.

HOW IS THE TEAM LEAGUE SCORED?

+1 Point – **Attendance**: every member of a team that competes at the Friday Night Lights event each week earns one point. Maximum one point per athlete, per workout.

+1-4 Points – **Top 3**: every male AND female member who places among the Top 3 at BBCF for each workout in Rx'd and Scaled divisions will earn an extra point for their team. 1st place will receive 3 points, 2nd place will receive 2 points, 3rd place will receive 1 point. If a Top 3 finisher is a teen or masters athlete, they will earn 1 additional point.

+Dodgeball bracket point details to be announced.

WHAT'S DIFFERENT FROM LAST YEAR?

For our returning Open Team League Athletes, you'll notice that we are doing things slightly different.

DIVISION COMMITMENTS—This year we are asking you to commit to competing as an RX, Scaled or Mixed athlete at the time of signing up. We are doing this to force those who are on the fringe of getting to “the next level” out of their comfort zone. It's amazing to see what you can accomplish when you hold yourself to a standard you “think” is just outside your limits.

NO REPEATS—This year you **CANNOT REPEAT** a workout to improve your team's score. The first judged performance of each workout will be the only performance that counts toward your team's score. If you are signed up for the CrossFit Open you may repeat a workout as many times as you want in an effort to improve your personal score and regional ranking.

THE SPIRIT— We will not be awarding Spirit Points this year. We want to keep the spirit, the excitement and the party amped up, without putting undue pressure on teams to come up with some outrageous skit each week to earn an extra 5 points. It was incredibly entertaining to watch, but super stressful for the participants. Your team WILL still be required to come up with a team name & make a team flag. And we still encourage you to decorate the gym to show your team spirit.

THE HEART AWARD— The Heart Award is given to an individual who shows great effort, above and beyond, who steps up to the plate and pushes their physical and mental limits and boundaries. There are no points associated with it. It is just recognition of great effort, not necessarily performance. The coaches will vote on this person each week.

DODGEBALL BRACKET— Just because we're not doing team intros doesn't mean we take out all of the fun. Each team will play one single elimination, knock out dodgeball game each week. The points and bracket system are not 100% set. Stay tuned for details. Points will be minimal and not total game changers like the Spirit Points were.

THE OFFICIAL CROSSFIT OPEN

We do not require you to register for the “official” CrossFit Open through CFHQ and log your scores via their site. If you do wish to do so, this will allow you to see how you stack up to everyone in your state, region,

country and worldwide. There are even different divisions for military, first responders, nurses, doctors and teachers. We realized that seeing where you rank in this way wasn't necessarily a motivating factor for many, so we decided to keep the competition in-house.

IF YOU ARE STILL INTERESTED IN SEEING HOW YOU PLACE IN THE WORKOUTS AMONGST EVERY CROSSFITTER IN THE WORLD, you are welcome to sign up via the link below and pay the \$20 fee. We will be happy to verify your scores each week. But, THIS IS NOT REQUIRED TO PARTICIPATE IN THE BBCF OPEN TEAM LEAGUE.