

Affiliate Cup Challenge

As the CrossFit Games qualifying season begins, it is time to start thinking about the CrossFit Affiliate Cup. Several members at the box have expressed an interest in representing CrossFit King of Prussia in the Affiliate Cup this year so it has become necessary to hold try-outs to select the team members. To date, this is what we know.

- 1) The team must be comprised of 3 women and 3 men.
- 2) All members must be active members of the gym (Active punch cards qualify)
- 3) Each Affiliate can send ONE affiliate team (hence the need for try-outs).
- 4) The first round of Affiliate Cup will be held in Logan, Ohio on May 7-9, 2010 and 6 teams will qualify for Aromas.
- 5) The members that comprise the Affiliate Team must be willing AND able to travel to Logan, Ohio from May 7-9 and Aromas, California from July 15-18, should the team make it that far.
- 6) I will be the Coach of the Affiliate Cup team.

To date, a deadline has not been set as to when the members of the team need to be finalized. This allows each of team prospects to train sufficiently before the try-outs are scheduled. I am planning to have the try-outs during the second weekend of April. I chose this time period for two reasons, 1) It will give people competing in Sectionals a chance to recover and try-out and 2) It will give the team 1 month of working together to build a cohesiveness that will be a necessity in Logan in order to qualify for Aromas.

Here is what you can expect should you decide to try-out for the Affiliate Team.

- 1) You will need to commit to the dates the competitions are being held.
- 2) You will need to be capable of performing multiply workouts in one day.
- 3) Workouts will place emphasis on well-rounded individuals.
- 4) The team, as a whole, will need to be capable of performing all CF exercises.
- 5) Workouts will be unknown until the day of the competition.
- 6) All athletes will be scored and ranked, with the top 3 men and women earning a spot on the Affiliate Team.
- 7) Individuals not ranked in the top three will become alternates. Alternates may be called upon should a team member qualify for Regionals as an individual, or should an emergency arise that prohibits a team member from participating in Regionals.

The goal is to develop the best team possible while having a much fun as possible. If you have any questions, please do not hesitate to ask me and if you are interested, please let me know or post to comments.