



Teens Guidelines and Procedures

Teens \$25 Add-On:

Wildland is now offering an Add-On option to the Teens membership that allows them to attend specialty classes such as Barbell Club, Gymnastics Cycles, Open Gym, Running Club, and Athlete Yoga.

Guidelines:

ALL TEEN ADD-ONS MUST BE CLEARED BY ANDREA BEFOREHAND

Our goal with this Add-On is to offer Andrea's athletes more support as they improve in the sport of CrossFit. Andrea will only allow athlete's she deems 'ready' and 'willing' the option to take advantage of the offer. This will ensure that our specialty classes aren't getting overtaken by Teens who aren't ready either maturity-wise or physically.

PROGRAM DIRECTORS HAVE THE RIGHT TO MOVE TEENS OUT OF THEIR CLASS IF THEY FEEL THEY'RE:

- A) NOT MATURE ENOUGH TO HANDLE THE CLASS STRUCTURE**
 - B) NOT FUNDAMENTALLY READY FOR THE LEVEL OF THE CLASS**
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- **GYMNASTICS:**

- Cleared Teens athletes can take part in Level 1 gymnastics cycles as they come out. (They cannot jump into current L1 or L2 cycles)

- **BARBELL CLUB/RUNNING CLUB/YOGA:**

- Cleared Teens can attend these classes

- **GPP CLASSES:**

- The Add-On **DOES NOT** permit Teens to take part in GPP classes
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Open Gym Guidelines for Teens:

- Teens must be 15 YEARS OR OLDER to take part in UNSUPERVISED Open Gym.
- Teens 15 YEARS OR YOUNGER MUST BE SUPERVISED by a parent or guardian.
- Same Open Gym Rules apply to teens as they do Adults (see Open Gym Guidelines)
- Teens must stay within the CAN and CANNOT parameters Andrea has set for them (see full Can/Can't List below)
- The GPP Coach is responsible to uphold the rules for Teens Open Gym. You are not expected to keep an eye on them during your class but please enforce the rules!



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CAN

- Practice strict work on rig: pull ups
- Do body weight movements: air squats, push ups, burpees, lunges
- Do some LIGHT barbell work: front squats, back squats, press, push press
- Do box jumps
- Use light to moderate dumbbells for strict work: bicep curls, single arm press or double, tricep work
- Work on your core strength: planks, ab mat sit ups, v-ups, lemon squeezers, flutter kicks

CANNOT

- No Olympic lifting: snatch, clean and jerk
- No hanging on high rings
- No attempting ring muscle ups or bar muscle ups
- No setting up lifts with the boxes
- No dynamic work on the rig: kipping pull ups, butterfly pull-ups