

Letter to Gymbassador Participant

(courtesy of CF Aseko)

CrossFit XYZ Gymbassador

Congratulations and Thank You!! You are going to be one of the welcoming faces and first impressions of CrossFit XYZ's rocking community! We are super stoked to have you play such an important role for this community by welcoming new members and showing them the ropes. Our goal with this program is to help our new members integrate into our community by easing the transition adjusting to CrossFit. And what better way to do that than through you. After all, it is because of you that this place is so DAMN Cool!

Now, we understand you live busy lives so we respect and appreciate the time you dedicate to this. This program is designed not to take too much of your time... just a couple of classes here and there and maybe a coffee date or two.

As a Gymbassador your responsibilities are pretty easy. We will pair you up with a new member for a class or two. And you will show them around the box, introduce them to other members, get to know a little bit about them, share your story with them. If they have any general questions about the box and our community, share how your experiences with us and our community. And WOD with them a couple of times (if on a Saturday we would like for you to pair up with them). After about 3 weeks, we would like to buy you and your new buddy coffee. During this time, we would like you to do a brief follow up with them. (Sometimes, it is more comfortable to talk with your peers then to the School Teacher).

We will then follow up with both of you - first, with you, then with our new member as well to do a check in and see how things are going, and see if there are any issues and or improvements we need to be made aware of. If it is something immediate, please bring it to our attention asap.

Again, THANK YOU! For taking time out of your day to help make this place better and more exciting. If you have any questions, please do not hesitate to ask. Remember this is completely voluntary so we understand when life happens.