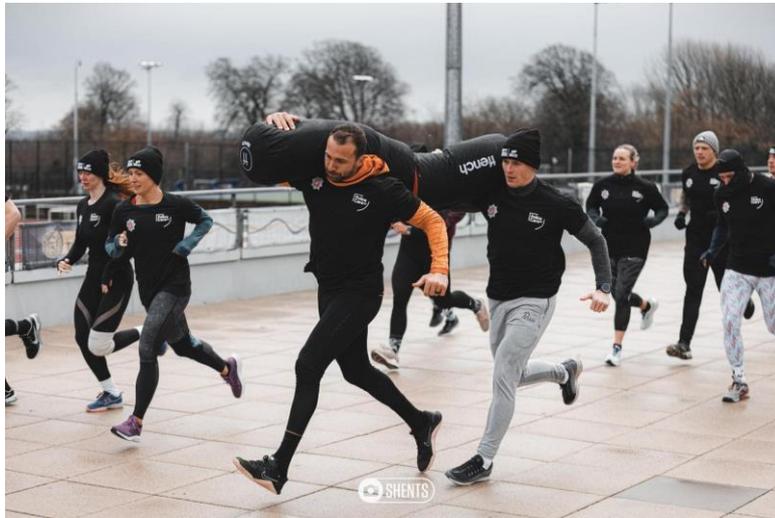


## PSUK CROSSFIT TEAM

Just a quick update about our most recent event.

My main motivation to take a team to this event was to showcase our Police Forces fitness levels, and for team building, morale, and physical and mental resilience.

So high is the standard of athletes nationally, the hardest job was narrow the field down to a squad of 16 from the volume of athletes that applied for selection; it is a real testament to the fitness levels of people involved in our sport and diversity of skills we have nationally.



We took a national squad of 16 athletes to 'Strength in Depth' on the weekend of 27<sup>th</sup> and 28<sup>th</sup> of November 2021. This event is huge on the CrossFit circuit and we managed to secure an 'invitational' slot and compete alongside 80 other European teams; 70 of which had to complete 'qualifying' workouts to be there and 9 others that also had 'invitational' slots alongside the Police Team. The invitational teams are basically made up of people that cannot come together to complete the qualifying workouts for various reasons.

There are 11 events over the two days; these events are extremely tough and include running with 60kg sandbags (in the snow as you can see in the above picture), swimming, gymnastic skills, weightlifting and a host of other brutal physical tests.

All of the events are designed to expose your team if you don't work together – no lone wolf is selected, no matter how good they are; you need to work together and mastermind who is best placed to undertake each physical test. James St Leger was our team captain and he masterminded our team strategies to ensure we highlighted our strengths and minimised any weaknesses. It was exciting to watch especially as the skill level is so high. Our best (albeit on paper our weakest) event was the swimming one. We actually placed 4<sup>th</sup> from all teams in this event.



We finished 18<sup>th</sup> in the 70 qualifying teams and 4<sup>th</sup> in the invitational teams. Believe it or not, the invitational teams were made up mainly of sponsored athletes and were an incredibly high standard. We finished only points behind 3<sup>rd</sup> place so were disappointed not to podium on this occasion.

We hope to be invited again next year, ideally we could take at least 2 squads of 16 (finances allowing) the standard and interest is so high nationally as a sport.

Thank you for your support once again this year, it means a lot to all involved and was a real morale boost to all that competed and supported. Officers and staff that took part took precious annual leave to be part of this. This team made connections across so many forces that would never have been made without this event. A real boost mentally to all involved that they are valued within our extended police family.