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### CrossFit Gardner-Webb University Postpones Competition to Sept. 19

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# CrossFit Gardner-Webb University Postpones Competition to Sept. 19

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Office of University  
Communications

March 18, 2020

## *GWU Partners With Alumnus to Host Event That Includes Division for Teens*

BOILING SPRINGS, N.C.—CrossFit Gardner-Webb University is sponsoring its first competition with the help of 2005 alumnus Daniel Abrahao, owner of WOD (Workout of the Day) League USA. The event, originally scheduled for April 25, has been postponed until Sept. 19, beginning at 8 a.m. in Suttle Wellness Center.

Besides being a first for GWU, this unique event will have five divisions—novice, scaled, Rx, teens, and masters. The scaled division is for competitors who perform the WOD with modifications. Those who compete in the Rx division complete the WOD as written. The novice division is for those who have little or no competitive experience, and the masters is for individuals 40 and older. “Most competitions have scaled and Rx, but do not have a separate division for teens,” explained GWU CrossFit Coach Melissa Battista. “This means that a 15-year-old could be going up against a 30-year-old.”

Abrahao stressed that most of all, the competition will be fun. “WOD League is largely geared towards beginner and intermediate athletes,” he shared. “We do have an advanced (Rx) division where participants are challenged a bit more and does require some serious fitness, but at the end of the day we are there to have fun, get a great workout, give our best effort and encourage a healthy lifestyle. CrossFit really emphasizes a ‘You vs. You’ type of attitude and there’s always great comradery among the participants. They’re supporting



Daniel Abrahao, a 2005 alumnus of Gardner-Webb and owner of WOD (Workout of the Day) League USA, will run CrossFit Gardner-Webb University’s first competition.

each other and want to see everyone do well. We would love to see the University really embrace this event and have a large group of students, faculty and staff come out to compete, watch and cheer on everyone.”

Two person, same sex teams will compete in four workouts during the day. Workout descriptions will be released two weeks before the event, and one of the workouts will be at the GWU football stadium, weather permitting. Teen athletes should be 17 or younger on the date of the event.



There are 60 spots available (120 athletes total). Registration is \$150 per team plus processing fees. All participants will receive a T-Shirt, medal, and other goodies from partners and sponsors. The top three teams of each division will also receive trophies and prizes.

[Learn more about the division Standards and Requirements.](#)

[Learn more about CrossFit Gardner-Webb University.](#)

*WOD League has been putting on functional fitness events since 2017, offering a simple yet fun and effective format of competition that allows participants of all levels to join the challenge and fun with friends. Learn more at [wodleagueusa.com](http://wodleagueusa.com).*

*Located in the North Carolina foothills, Gardner-Webb University is a private, Christian, liberal arts university. Gardner-Webb emphasizes a strong student-centered experience and rigorous academics to prepare students to become effective leaders within the global community. Ignite your future at [Gardner-Webb.edu](http://Gardner-Webb.edu).*