



AUGUST 31th & SEPTEMBER 1st @ THE SPOT ZANDVOORT

OUTDOOR EDITION CREWBOOK

CrossFit[®]
LICENSED | 20
EVENT | 24



DEAR VOLUNTEERS

Welcome to the team!

We would like to thank you for being part of the 2024 Beach Showdown Team Edition, a 2024 CrossFit® Licensed Event. This event would not be possible without your help. In this briefing you will find all the necessary information needed for this event.

We have fun...

We are helpful...

We stay positive...

We are respectful...

We do great things...

We love what we do...

We work hard and smart...

We communicate and listen...

We strive for excellence...

WE ARE A TEAM

GENERAL INFO

Organisation

The Beach Showdown, powered and owned by CF Events

Koning Lodewijklaan 752

7314 BB APELDOORN, Netherlands

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Phillip – Competition Manager	+32496 959531
Martin – Head Judge	+316 57323647
Daan – Head Judge	+32486 979971
Remco – Crew Manager	+31639827665
Derek – Head of media	+31681965303

GENERAL INFO

Location

The final will take place on Zandvoort beach. The Beach Showdown is an event licensed by the Zandvoort City Council and based at THE SPOT. Three different fields will be built in front of The Spot's buildings for the workouts. All workouts are on the beach and NOT in the water. We keep a close eye on the weather and inform the volunteers early if the schedule has to be adjusted due to bad weather. The Spot has small dressing rooms, (NO showers), toilets, catering and a drinking water point.

THE SPOT

Strandafgang Barnaart 23a
 2041 KB Zandvoort, Netherlands
www.gotthespot.com

Parking

Parallel, all along the coastline, you will find plenty of PAYING parking spaces on the Boulevard. Parking at the boulevard cost 15 euro per day. Next to the venue is the lifeguard station where there is an absolute ban on parking. This year it's not possible to use the parking of the circuit, so make sure you will use the parking spots at the boulevard. The image below shows the different parking options. Make use of these parking spaces and abide by local traffic rules. The organization is not responsible for enforcing these rules (the police are and they will enforce them strictly) and will never intervene in violations. Keep in mind the neighborhood and other visitors who will also use these parking spaces.

If you stay for the weekend you can park your car at the hostel and drive together :)

Public Transport

If you come by public transports, choose the following stops:

- Bus stop Zandvoort Circuit or Tjerk Hiddestraat (Lijn 84 & 81)
- Central station Zandvoort aan Zee

If you travel by public transport, we advise you to plan your route via 9292.nl



GENERAL INFO

Beach Rules

The beach in front of the venue is a public beach where city rules apply:

- Dogs are NOT allowed between 9am and 7pm on the beach (Dogs are allowed at The Spot)
- Help keep the beach clean
- Watch your children carefully and do not leave them unsupervised on the waterfront
- It is forbidden to park in the spaces provided for the sea rescue team/ lifeguard station located right next to the venue on the Boulevard

Several information boards and flags with directions for swimming have been placed on the beach. It is wise to be aware of these signs. They are there for you!



As this is not a sports activity on or in the water, the organization can **NOT** be held responsible should accidents occur.

Event Map

You can find all the important places during the event on this map.



CREW INFO

Build up Crew on Friday

The build up starts at 09:00. Please let us know that you will be there, we will arrange a bite to eat at the venue. During the build-up we shared the planning and we divided the task with our crew.

General Timetable

Below you see the general timetable for both days. During the final, all schedules can be found at the information desk and in the crew tent.

TIME	ACTIVITY
08:00 – 10:00	ATHLETE REGISTRATION
09:00 – 11:30	ROUND 1 WORKOUTS
11:30 – 12:15	BREAK
12:15 – 14:45	ROUND 2 WORKOUTS
14:45 – 15:30	BREAK
15:30 – 18:00	ROUND 3 WORKOUTS
18:00 – 18:30	PRIZE CEREMONY

Registration

On Saturday and Sunday, we expect you to be present at **07:30 am** at the venue. You can register in the crew tent (behind the registration & information desk). A crew tent is provided with separate facilities for the entire weekend. You can drop your bags and belongings here (we recommend that you keep your personal, valuable items with you at all times).

General briefing/roll call

On both days at **7:45 am** we will have a general briefing and roll call of the whole team and the teams will be divided. Here you will also find out what is expected of you before, during and after the event. Please make sure that you are present in the crew tent at **07:30 am**.

On Thursday August 29th at 08:00 AM, the workouts, flow and standards will be released on [Competition Corner](#). If you have registered as a judge, read the rulebook carefully in advance. We will also share this in the group app.

Crew shirt & dress code

When you have registered, our crew manager will provide you with a crew shirt in the size you have given up with your application (Color: White). Each crew member will get a Beach Showdown crew shirt per day which you can keep after the event. It's up to you which kind of shorts, pants or leggings you want to wear (a neutral dark color is recommended). Show with some proudness that you are a member of the team and wear the crew shirt at all times during the event.

CREW INFO

Catering during the weekend

Breakfast will be at the hotel (only for overnighters in the HOTEL) at 6:30 am.

For breakfast in the hostel there will be packages ready, pick them up with your crew manager at the hostel. If you have any allergies, please provide your own breakfast.

Lunch and snacks will be provided on Saturday and Sunday in the crew tent at the venue. Dinner is for all the crew at Saturday 19:00 pm at The Spot. Coffee, tea, beverages and snacks will be available throughout the day in the crew area.

Accommodation

For those of you who will be staying overnight for the weekend (registered beforehand):

- Check-in will be at the venue with the crew manager, NOT at the hotel.
- Free parking at the hostel and hotel
- Including breakfast packages
- Take your own towel (Hostel only)
- Nearby is the festival "Mysteryland". There are guests in the hostel and hotel who come from the festival, you can bring your own earplugs.

HOSTEL

Stayokay Hostel Haarlem

Jan Gijzenpad 3

2024 CL Haarlem

[Website](#)

HOTEL

Bastion Hotel Haarlem Velsen

Vlietweg 20

2071 KW Santpoort-Noord

Our crew manager will assign you a bed, you will be sharing your room with other crew members.

WEEKEND SCHEDULE

Friday

09:00 - 18:00	Build-up at THE SPOT (including lunch)
18:00 - 19:00	Dinner at THE SPOT
19:00 - 20:00	Hotel Check-in at Hostel for overnigheters

Saturday

06:30	Breakfast at hotel for overnigheters
07:30 - 07:45	Crew registration in the crew tent
07:45 - 08:15	Roll call & General briefing in the crew tent
08:15 - 08:45	Judges briefing at field 2
08:50	Judges ready on the competition floor
08:00 - 10:00	Check-in athletes
09:00	Start workouts
11:30 - 12:15	Lunchbreak
14:45 - 15:30	Snackbreak
18:00 - 18:30	Prize ceremony
18:00 - 18:45	Floor check-up for next day
18:45 - 19:30	Diner at the venue For everybody in the Spot
19:30 - 20:30	Hotel Check-in at Hostel for overnigheters

Sunday

06:30	Breakfast at hotel for overnigheters
07:30 - 07:45	Crew registration in the crew tent
07:45 - 08:15	Roll call & General briefing in the crew tent
08:15 - 08:45	Judges briefing at field 2
08:50	Judges ready on the competition floor
08:00 - 10:00	Check-in athletes
09:00	Start workouts
11:30 - 12:15	Lunchbreak
14:45 - 15:30	Snackbreak
18:00 - 18:30	Prize ceremony
18:00 - 19:30	Break down together (We really appreciate it if crew stays longer for the break down and we will arrange something to eat for the crew who stays longer)
19:30	Final check out with crew manager

WHAT TO EXPECT OF ME?

In general

If you are unable to be on time or cannot come, please let us know. You can call our crew manager or send a message in our crew Whatsapp group. If you are not able to attend, please let us know **ASAP** so that we can look for a replacement. Being a volunteer is not without obligation. If you're on board we need to be able to count on you. If we can count on you, you can count on us to make sure that you have a memorable event!

Clean up

We kindly ask you to hang around after the prize ceremony. We start together and we end together, this way everybody can be home on time.

IMPORTANT: After the clean-up, please go and see the Crew Manager for the final check-out.

Registration & Information Desk

The front office team is in charge of the entry control and registration and have the following responsibilities such as:

- Athlete registration by scanning their Competition Corner QR code;
- Athlete registration by crossing off the name of the athletes participating list;
- If the athlete has bought a t-shirt, the size is behind the name on the list. Give the t-shirt to the athlete and mark it on the list.
- Give the athlete his or her access band (they must put it on immediately);
- After registration, help the athlete on their way to the designated area to collect their name plates and the seating area;
- Help the spectator on their way to the right area;
- Vendor registration by crossing of their name on the separate list;
- Give the vendor the weekend access band (they must put it on immediately);
- After registration, help the vendor on their way to the designated vendor area;
- Your point of contact will be our Event Manager.

Athlete Control – Staging

The staging team is in charge of the athlete's control and have the following responsibilities:

- Be sure that all heats are ready five (5) minutes prior to the heat start;
- Give the athlete/team their correct scorecard;
- Make sure that they write their (team)name on it;
- If the division is not written on the scorecard, make sure you do or the athlete does (that makes the work of team scoring a lot easier processing these scorecards);
- Make sure that the athletes will wait at their corresponding lane number (numbers will be hanging out at the designated waiting area);
- At the designated time and, at the signal of the head judge, athletes can enter the competition floor to their corresponding lane number;
- Your point of contact will be our Competition Manager.

Scoring

The scoring team is in charge of processing all scorecards and have the following responsibilities such as:

- Processing the correct scores in Competition Corner;
- Provides a back-up classification system so that in case of questions about scores or appeals, a quick check can be done;
- Your point of contact will be our Competition Manager.

WHAT TO EXPECT OF ME?

Head Judge

- The Head Judge(s) is/are the person(s) in charge of all judges and has the following responsibilities such as:
- Conducts the judges briefing;
- If applicable, conducts the athletes briefing;
- Makes sure that the judges are in place, on time and have all the necessary tools (stopwatch, clipboard, pen) with them;
- Watch judges and athletes to ensure uniform enforcement of the standards;
- Ensure that judges get regular breaks;
- Assure judges that mistakes are normal and forgivable (make them comfortable to admit error(s) to you);
- Periodically/repeatedly corral the judges and give them positive feedback and direction;
- Back up the calls of the judges (unless a clear mistake has been made);
- Individually compliment the judges on good/hard calls;
- In the spirit of the Dutch "not for the best, but for the rest" make sure that judges don't be too strict (no-rep) in the scaled, and parent/kid division;
- The Head Judge may, at his or her discretion, revoke the validation or invalidation of a repetition or, in the event of an error or mistake, award an appropriate penalty to an athlete's score, ranging from declaring the repetition invalid or awarding appropriate fractional points and/or time adjustments;
- Your point of contact will be our Competition Manager.

Judge

The judge main responsibilities are:

- Ascertain that each of the athletes' movements meet the prescribed movement standard for the task;
- Inform the athlete when their movement fails to meet the prescribed movement standard for the task (= no-rep);
- Verbally informing the athlete why they have missed the repetition using short, action words to describe the miss (e.g., "lower", "depth", "lockout", "chin higher", "open hips", etc...);
- Pointing to your own body part to visually indicate to the athlete why they have missed a repetition (e.g., tapping your elbow while saying "lockout", etc...);
- Guide your athlete/team to the next station or area during the workout;
- Keep an accurate count of good repetitions performed by the athlete;
- Inform the athlete/team when all repetitions of a movement have been completed;
- Score sheet must be filled out clearly and be legible;
- Immediately inform the head judge of any mistakes, disputes, or complaints;
- Make sure that the scorecard is signed by the athlete and judge before handing over to the designated person;
- Your point of contact will be our Head Judges.

Judges system

With the exception of the Concept 2 field, the other two fields have to be occupied by 11 judges in each heat.

The head judges guide the judges during the workouts. There is a central timer and judges receive a stopwatch for extra control. After each workout, the score form must be signed by the team and the judge. These forms are collected after each workout so that the scores can be quickly processed on the online leaderboard.

If the athlete you are judging is a family member, a close friend, a member of your own box, your sweetheart, etc.. Please tell the head judge so that you can switch lanes.

Competition Area

We have a set-up of three different fields for athletes and yourself. Each of these three fields has its own judge crew, staging and specific workout. The competition floor is only accessible to the crew and the entering and leaving athletes. Clear markings will be put up where athletes and visitors are and are not allowed to go. If you see athletes who look a bit lost after their workout, help them in the right direction to leave the competition floor.

WHAT TO EXPECT OF ME?

First Aid

During the event there will be first aid available all day long for accidents. Of course we hope that all athletes make it through the final injury-free, but if something happens, these people can be approached directly.

Spectators

During the final, the entrance is free for spectators, so invite everyone to come and support the teams.

The Team

A great event asks for a great team. And you are part of it! A lot of people are involved in making this a success. This weekend will be exciting, busy, hard work, superfun and pushing the people on and off the field. Let's make it awesome!

Questions?

We hope to have informed you enough with this briefing for the final. If there are any questions please contact us via WhatsApp or send an email to crew@beachshowdown.com.

Thank you all!

MEET OUR TEAM



KIMBERLEY VAN RIJN, EVENT MANAGER

"Hey there, I'm Kimberley, **THE EVENT MANAGER** of the amazing beach event, the Beach Showdown! My journey began in 2017 when I decided to organize a CrossFit event on the beach, the Indoor Throwdown. What started as a passion project has grown into a proud success with two fantastic editions. I'm really looking forward to the upcoming edition on the beach in Zandvoort. I'm doing my best to make it an unforgettable event for all athletes, spectators, and, of course, our fantastic crew! See you at the beach :)

MEET OUR TEAM



Remco Deleij, Crew Manager

Hello everyone, I'm Remco, I started CrossFit in 2019. According to my wife, I became addicted to it. I just see CrossFit as something I really love doing and I can't live without it. After a number of competitions at CF Events, I started helping at the Beach Showdown in 2023, where I was approached by Joost to become Crew Manager. I'm really looking forward to the tournament and working with top players like you!

MEET OUR TEAM



MEET DEREK, OUR MEDIA MANAGER!

Say hi to Derek, our head of media and the brilliant art designer behind CF Events, also known as WODPHOTOGRAPHY. He's been with us since the very first Dutch Throwdown, bringing a wealth of knowledge and experience to the table. Derek guides our incredible media team in capturing every moment, taking our events to the next level, and making each one unforgettable.



MEET MARGAY, OUR SOCIAL MEDIA AND MARKETING MANAGER!

For years, Margay has driven (the husband) WODPHOTOGRAPHY, assisting events and owners with social media & content strategies. In 2021, she took over all CF Events' social platforms and marketing, ensuring every moment is captured and promoted. On event days, Margay makes our socials SIZZLE. Alongside her husband Derek and our media family, they capture unforgettable moments, making each event a timeless memory.

MEET OUR TEAM



PHILIP ISENBORGHES, COMPETITION MANAGER

Hi there, I am Philip.

I started doing CrossFit at Black Oak Turnhout in 2017. Here I met Michelle, who is the event manager of The Dutch Throwdown. She convinced me to give judging a try and I have been a dedicated volunteer ever since. I have been present at multiple competitions of CF events, always bringing in new team members to join in on the fun AND hard work!

Now it's time to step up the game and try something new. I will be the competition manager during the Beach Showdown. I'm excited for this new challenge and looking forward to meeting you all and having an amazing weekend at the Beach.

MEET OUR TEAM



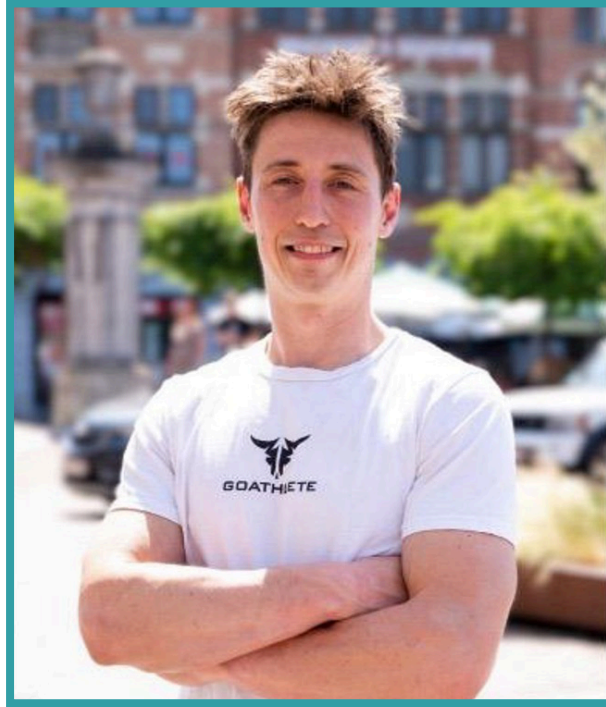
MARTIN VAN KAMMEN, HEAD JUDGE

Hi everyone, I'm Martin, 27 years old, working and studying in Groningen. A swimming athlete for 12 years at high level and now CrossFit since 6 years (also very competitive).

Studies: archaeology & medicine.

Coach at CrossFit Noord, and run a supplement brand from Norway. I am also one of the head judges at CF Events and competition manager of the Scandinavian TD, Beach Showdown and the Euro Grid League. Furthermore, I have lots of hobbies for which I have very little time..

MEET OUR TEAM



DAAN KIESEKOMS, HEAD JUDGE

Hi everyone I'm Daan,
I have been doing CrossFit since 2016 and coaching since 2018. Specialized in Olympic weightlifting
and Strive for perfect movements. I will join the crew as a head judge