



CREW SCRIPT

INDIVIDUAL & BUDDY

Edition

Dear volunteers,

Welcome to the team!

We would like to thank you for being part of the 2025 Beach Showdown Indoor Edition, a 2025 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

Organization

The Beach Showdown, powered and owned by CF Events
Blekersweg 17
7312GK APELDOORN, Netherlands
KvK-nº: 69193711
VAT-nº: NL 857776782B01
Insurance number: 00350071868
www.beachshowdown.com
info@beachshowdown.com

Follow us on Instagram & Facebook [@beachshowdown](https://www.instagram.com/beachshowdown)

Point of contact	
Kimberley – Event/Competition Manager	+316 29123730
Remco – Crew/Competition Manager	+316 39827665
Davy – Head Judge	+32 478 421802
Daan – Head Judge	+32 486 979971
Derek – Head of media	+316 81965303

Location

The final will take place at the indoor beach location in Aalsmeer. The Beach Aalsmeer is the largest indoor beach venue in the Netherlands. Three different fields will be set up for the final workouts: two on the beach and one in the hall. Shoes and bare feet are allowed during the workouts on the beach. The Beach has dressing rooms with showers and lockers, toilets, catering, and a kids' area. Don't forget your flip flops! ☺

THE BEACH AALSMEER

Oosteinderweg 247 A
1432 AT Aalsmeer
<https://www.beach.nl>

Parking

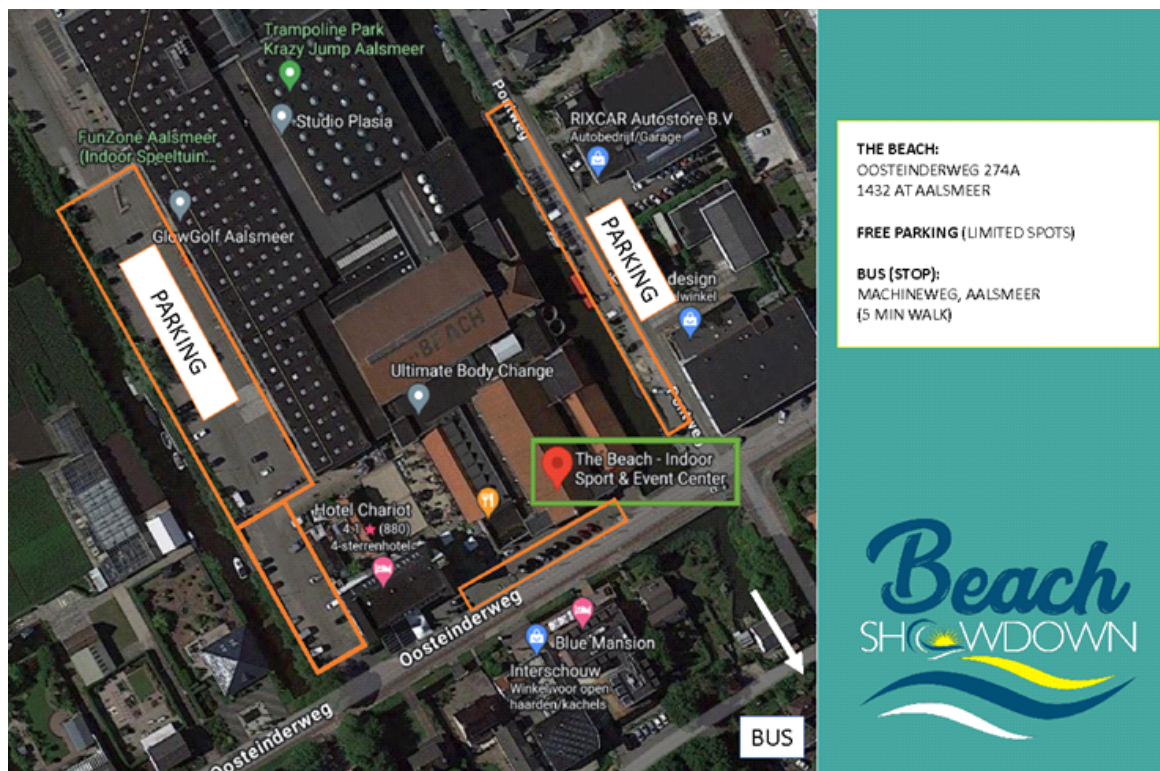
There is a parking area at the location with several spaces where you can park for free (see map). IMPORTANT! The number of parking spaces is limited, so we ask the athletes and spectators to carpool as much as possible.

Public Transport

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

- Bus stop Machineweg, Aalsmeer (Lijn 171) ☒ 5 minutes walk

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



Beach Rules

- The beach is an indoor sports accommodation where the following rules apply:
- Dogs are not allowed
- Own food is only allowed in the athlete and crew area
- Help keep the beach clean
- Do not sit on the edge of the beach field and do not hang in the nets
- Watch your children carefully and do not leave them unsupervised

Event Map

You can find all the important locations for the event on this map. Only athletes and crew are allowed to enter the 'ATHLETE AREA.' This is the only way to access the warm-up area, dressing rooms, and competition Field 1 & 2. Competition Field 3 is in a separate area.



Final information

You can download all final information at our [Beach Showdown website!](#)

You also can find the workouts, heats and leaderboard at [Competition Corner!](#)

Crew info

Build-up Crew on Friday 14 February

The build-up starts at 09:00. Please let us know what time you will arrive. We will arrange a bite to eat at the venue, and dinner will also be provided on-site for those staying late or overnight. During the build-up, we will share the schedule and divide the tasks with our crew.

General Timetable Saturday 15 February

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

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

Registration

On Saturday, we expect you to be present at 07:30 am at the venue. You can register in the crew area (check the event map). A separate space is provided with separate facilities for the day. 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 Saturday at 8:00 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 area at 08:00 am.

On Thursday February 13th 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. Each crew member will get a Beach Showdown crew shirt 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 pride that you are a member of the team and wear the crew shirt at all times during the event.

Catering during the weekend

Breakfast will be at Hotel Blue Mansion (only for overnight guests) from 7:00 AM. If you are staying at Hotel De Jonge Heertjes, a breakfast package will be provided. It will be on the front door of your room in the morning. Lunch and snacks will be available on Saturday in the crew area at the venue. Dinner on Saturday is for all crew members who help with the breakdown. 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 on Friday (registered beforehand):

- Check-in will be at the venue with the Crew manager, **NOT** at the hotel.
- Free parking at the hotel
- Including early breakfast

Hotel Blue Mansion (across the street): Oosteinderweg 248, 1432 BB Aalsmeer

Hotel De Jonge heertjes: Raadhuisplein 16, 1431 EH Aalsmeer

Our crew manager will assign you a bed, you will be sharing your room with another crew member.

WEEKEND SCHEDULE

Friday

09:00 - 17:00	Build-up at THE BEACH (including lunch and dinner)
17:00 - 18:00	Hotel Check-in for overnighers (NOTE: Bring some ID)

Saturday

07:00	Breakfast at hotel for overnighers in Blue Mansion
07:30 - 08:00	Crew registration in the crew space
08:00 - 08:30	Roll call & General briefing in the crew space
08:30 - 08:50	Judges briefing at field 1
08:50	Judges ready on the competition floor
08:00 - 10:15	Check-in athletes
09:00	Start workouts
09:00 - 11:45	First round of workouts
11:45 - 12:15	Lunchbreak
12:15 - 15:00	Second round of workouts
15:00 - 15:30	Snackbreak
15:30 - 18:15	Third round of workouts
18:15 - 18:45	Prize ceremony
18:15 - 20:15	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)

What is expected of me?

In general

If you are unable to arrive on time or cannot attend, please let us know. You can call our crew manager or send a message in our crew WhatsApp group. If you are unable to attend, please inform us as soon as possible so we can find a replacement. Being a volunteer comes with responsibility—if you're on board, we need to be able to count on you. And if we can count on you, you can count on us to ensure you have a memorable event!

Break down

We kindly ask you to hang around after the prize ceremony on Saturday. 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;
- After registration, help the vendor on their way to the designated vendor area;
- Merchandise shop;
- Your point of contact will be our Event Manager & Crew Manager.

Athlete Control – Staging/Check-in

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 check 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:

- Pick up the scorecards at the fields from the athlete control crew;
- 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.

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 10 judges in each heat. During the event you will receive a schedule with the times that you have to judge. Try to keep a close eye on each other and if a judge is not present, fill in the empty heats. The head judge will certainly keep an eye on this.

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.

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

Spectators need to buy a ticket before in the online shop or at the door. [Here can buy a ticket](#) (kids up to 12 years are free).

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 Awesome 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 Aalsmeer. 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 :)

Margay (Media manager) & Derek, (Head of Media)

Meet Derek, our head of media and also known as WODPHOTOGRAPHY.



He has been around since the very first edition of the Dutch Throwdown and with all his knowledge and experience, he is here to guide our incredible media team to capture the whole event. Taking it to another level and making each event one to always be remembered.

His wife, Margay, has been working behind the scenes of WODPHOTOGRAPHY for many years, helping events, boxes and their owners with their social media & content management. As of last year she took over all the CF Event social platforms and she is thrilled to be part of the team!

On the day of the events she makes sure our socials are ON FIRE.

Together with her husband Derek and our awesome media team, they will make sure to capture all athletes and crew members. Making sure that every event will be everlasting. And hey, if you see one of our photographers, don't forget to say burpeeaaaa!

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!

Daan Kieseoms, 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 head judge and keep an eye on all of you ☺

Davy Vanderheijden - Head judge

Hey everyone,



I'm Davy, 42 years old. Since 2021, I've been active at CrossFit Non Deficere, where I started my CrossFit journey. After volunteering as a judge for fun, my passion for judging quickly grew. This led to me being approached by Karen from CF Events, and now I'm not only responsible for the setup of various CF Events, but I've also grown into the role of Head Judge.

In 2024, I earned my CrossFit Level 1 certification, and alongside my judging work, I'm also a project manager. My attention to detail, which I apply daily in my job, is a huge asset when creating a structured and fair competition environment. Every event I'm involved in receives the care and attention it deserves.