

Congratulations!  
Today is your day!  
They've started the CrossFit Games  
You're off and away.

You have strength in your heart,  
You have feet in your shoes.  
You can motivate yourself  
In any WOD you choose.

You're on your own.  
You can run, swim and row  
And YOU are the one  
Who'll decided how hard to go.

You'll look up at pull-up racks,  
Look 'em over with care,  
And think to yourself,  
"I can't wait to jump up there!"

With your heart full of strength,  
And your shoes full of feet,  
You're too lionhearted  
To quit a WOD that you meet.

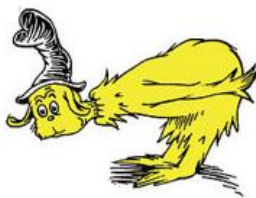
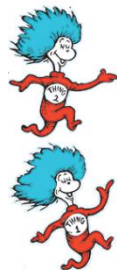
You might see a box-mate  
Go tumbling down.  
Don't be discouraged  
They'll get up off the ground!

The Open is HERE!!  
All the standards are fair,  
And the smell of competing  
Is thick in the air.

New PR's can happen  
And frequently do  
To athletes as willing  
And dedicated as you.

If there's box jumps in the Open  
Don't yell at CrossFit HQ,  
Just step into those calf sleeves  
And start jumping too!

You've wall-balled and push-pressed.  
Your rope climb is high.  
You've maxed out your front squat and  
Gone Bad in that Fight.



You won't lag behind  
Because you have speed.  
You'll pass Annie & Rich  
And soon take the lead.

When you crank through those sit-ups  
You'll be the best of the best  
You will lock out those jerks  
They'll be heavier than the rest.

Except when you don't  
Because sometimes you won't.  
Sorry to say but sadly it's true  
That DNF's can happen to you.

You might trip a double under  
And fall flat on your face,  
And we all will WOD on.  
No we won't slow our pace!

But this will inspire you.  
You'll bounce right back up,  
And you'll deadlift and clean your way  
Out of that funk!

Because the Open is here!  
You're in for some fun  
And you have FIVE weeks to play,  
Not only just one!

You will burpee and pull-up.  
Rounds plus reps will be marked.  
We'll judge range of motion  
From finish to start.

Think technique and form.  
Drop that squat nice and low.  
Make use of your pulls and  
Reach out your row!

If we're in for some shuttles  
And running galore,  
Make sure you get both hands  
To touch to the floor

And if what's prescribed  
Is a kettlebell swing,  
To a full extension  
All your joints you should bring!



Handstand pushups and lunges  
And Overhead squats.  
Bring it on athletes,  
Let's see what you've got!

Because you know your body  
And barbell alike.  
And YOU are the best judge  
If your movements were right.

So let's OLY and bring it  
CrossFit Games here we come!  
We are ready and fit  
And our preparation is done.

Oh 3-2-1-GO!  
There is fun to be done!  
There are points to be scored  
And WOD's to be won.  
Yes, the magical things  
you can do when you fall  
will make you the winning-est  
winner of all.

And will you succeed?  
Yes! You will, indeed.  
(98 and  $\frac{3}{4}$  percent guaranteed!)

CrossFitter, you'll move mountains!!!

So be your name Froning, Chan, Clever or Akinwale  
Or Thorrisdottir, Spealer, Khalipa or Bailey,  
You're off to the Open,  
Today is your day!  
The CrossFit Games are waiting  
So get on your way!!