

## Award Descriptions

- Rookie of the Year Award
  - The Rookie of the Year Award goes to an individual who started functional fitness within the last calendar year. This person is a member who is motivated, passionate, and willing to learn more about functional fitness. They started their journey in 2023 and has found a new passion for the sport.
- Most Improved Award
  - The Most Improved Award goes to an individual who made immense strides within the functional fitness realm. They showed enormous growth in performing movements in the gym space. This person made steady gains and has certainly, “leveled up.”
- Coachability Award
  - The Coachability Award goes to an individual who best utilizes their coaches as a resource in their fitness journey. They take their coach’s tips and tricks and put them into action. Coach’s love to work with this person as they see their knowledge and coaching be put to good use.
- Risk Taker Award
  - The Risk Taker Award goes to an individual who takes risks in the gym space. This person tries new movements and opportunities and doesn’t let the fear of failing get in their way. Bettering themselves is their main motivation and pushing through the speed bumps is part of the journey.
- Mover & Shaker Award
  - The Mover & Shaker Award goes to an individual that pushes others to achieve their highest potential. This person motivates others with their words and actions. They strive to elevate others to be the best version of themselves.
- Dedication & Discipline Award
  - The Dedication & Discipline Award goes to an individual that showcases immense commitment and devotion to bettering themselves through functional fitness. This nominated member is seen as the most dedicated person within their gym space. They work hard; day in and day out and embrace “the grind.”
- Positive Presence Award
  - The Positive Presence Award goes to an individual who brings positivity to others when they are in the gym. This person routinely elevates the morale and vibe in class. Through their words and actions, they bring a positive energy to anyone who comes in contact with them.
- Unsung Hero Award
  - The Unsung Hero Award goes to an individual who helps above and beyond what is expected in their gym. This member is a major contributor to the success of the whole. They give of themselves for the betterment of those around them and don’t ask for recognition in the process.
- Coach of the Year Award
  - The Coach of the Year Award goes to a coach that consistently gets the best out of their athletes when instructing. This coach leads their class in the direction best suited for their gym. They push their athletes to be the best athlete they can be.