

GREEN Charter CrossFit

Greenville, SC

Our History & Mission:

GREEN Charter CrossFit is a registered, non-profit, public school-based CrossFit affiliate located in Greenville, South Carolina. We applied to create this affiliate in the Spring of 2019 with the mission of providing transformational experiences and education that will motivate our students to pursue lifelong fitness and overall health.

What is CrossFit?

“CrossFit is a lifestyle characterized by safe, effective exercise and sound nutrition. CrossFit can be used to accomplish any goal, from improved health to weight loss to better performance. The program works for everyone—people who are just starting out and people who have trained for years.” - Courtesy of CrossFit Inc.

Our Programs:

1. **CrossFit** methodology is incorporated into our PE courses. In PE students will learn the fundamentals of fitness and basic nutrition with a specific focus on overall health and safety. They will be equipped with the tools necessary to develop a healthy mindset and healthy lifestyle.
2. **GREEN Charter Barbell** is our high school Olympic weightlifting team which is offered as a Winter sport. Students learn the foundations of barbell movements, Olympic lifting progressions, and effective strength training. The team competes in local USAW sanctioned and unsanctioned weightlifting events.
3. **Saved by the Barbell** is an annual Labor Day fundraiser workout hosted by the CrossFit Foundation and taking place at participating CrossFit affiliates around the world. All proceeds from the workout support school teachers, students, parents, coaches, trainers, and administrators building CrossFit programs in their schools and communities.

Affiliate Coordinator

Cori Walter
CrossFit Level 1
USAW Sports Performance

Coach

Chance Reynolds
CrossFit Level 1

