



ELITE FITNESS IS OUR GOAL.

IN THIS ISSUE

December Training Highlights

by Ryan Miller

We just wrapped up another successful month in November, which started with a bang at the Florida Weightlifting State Championships/Soul Open at CrossFit Soul in Miami on November 1st. Coach Jason Doll locked up his first Florida State Championship in the 69kg division. Aaron Sheeks, Laura Davie, and I followed up the next weekend by taking home 2nd, 3rd, and 4th in the "Girls" division of the *Hard Charger Challenge* at CrossFit Sovereignty. Girls in this case referred not to our gender, but to the workouts as it ended up being a mixed-gender competition. We had to complete a max effort snatch in five minutes followed up by *Fran* and then *Diane*. Aaron and Laura each had a first place finish in the Snatch and Diane portion, respectively, and Aaron set a new personal record on the snatch. Parker Gilbert was the lone Strongpoint competitor in the "Hero" Division where he placed 6th. We wrapped up the month with the annual Subaru Distance Classic and pancakes. Heather Harrelson had the best showing out of the Strongpoint runners with a 2nd place finish in the 6K in her division. Congratulations to Petey, Rachel B., Devon, Liz G., Candice, Cathy, Jeremy, and Kevin for completing the 6K and Cassie and Krissy for the half marathon. You earned some extra turkey and dessert!

While December is a quiet month on the competition front, we have plenty of in-house events to keep us moving forward. We will start the 12 Days of CrossFit on **December 1st**, which will consist of a little voluntary extra work following classes. We have two stockings. One has exercises and the other has a rep scheme ranging from 10-50. To play is simple... You choose one slip from each stocking and then finish the exercise for the prescribed number of repetitions. You can play once per day and you will be able to enter the raffle for every time that you play from **December 1-13**. We will draw winners at the Strongpoint Holiday party on **December 13th**.

Strongpoint is hosting a weightlifting fundraiser clinic for Coaches Jason and Laura on **December 6th** from 11:00 am - 2:00 pm. This is a great opportunity to get some more in-depth instruction from Jason and Laura and for the community to get behind them to offset their travel and lodging expenses as they travel to Washington, DC for the American Open the 12th-13th. This clinic is the perfect opportunity to tighten up your lifting whether you are an aspiring competitor or simply just want to move better in classes. We are limited to 25 registrations and are recommending a \$20 donation. You can register to participate [here](#) and we will have a donation jar set up at the clinic. Rhett and Heather will be headed downtown to the Jaguars *Keep it Tight* challenge at the stadium the same weekend. Head over and cheer them on if you get the chance.

We will host our annual 12 Days workout and Holiday Party on **December 13th**. We will have workouts at 9:00 and 10:00 am with the harder option at 9:00 and scaled version at 10:00. The 10:00 am session will be open to friends and family members as well. The workout will follow along the lines of the song, Twelve Days of Christmas, with round 1 consisting of 1 repetition of an exercise, round 2 consisting of 2 repetitions of a second exercise and 1 of the first, 3-2-1, 4-3-2-1... until completion.

December Training Highlights

Pages #1 - 2

Spotlight Athlete: December 2014

Congratulations to Matt Thurber, our December Spotlight Athlete!

Pages #3-4

Strongpoint Boot Camp Intro

Page #4

Ask Coach

Page #5

December Events Calendar

Page #6



It's a fun one! We'll have some lunch provided by the gym afterward and members are invited to bring in a side dish, dessert, or drinks to contribute to the festivities. We will also have a raffle and perhaps one or two other activities starting after morning classes. The party usually winds down around 2:00.

As advertised, Strongpoint is introducing a Boot Camp program in January. We are going to do a test run at classes on the **20th** to solicit some feedback from the community on how we can make the classes better. We will also host both nutrition and mobility lectures at 11:00 am that day that will be free for members and guests. Both lectures will eventually be part of the boot camp program. The boot camp classes will basically be a scaled down version of what we already do in our classes (constantly varied, functional movement, high intensity), a nutrition challenge, and daily accountability checks. It will be very similar in scope to the Summer Challenges that we ran in 2013, but a little longer with some other benefits included. You can read more about the SBC on page 4 and we will release additional details as we get closer to launch...

Strongpoint will be running modified hours on **December 24th, 25th, 31st, and January 1st**. We will be closed on Christmas Eve, Christmas day, and New Year's day. We will run 9:00 & 10:00 am classes only on New Year's Eve where we will do our annual *New Year's Eva* workout. *Eva* consists of 5 rounds for time of an 800m run, 30 kettlebell swings, and 30 pull ups. *Eva* puts the **NASTY** in nasty girls! We will have scaled versions available for everyone to get a good workout without overdoing it.

And finally, we are entering into the third iteration of the Masters' Functional Fitness League from **December 26th – January 12th**. This competition is open to athletes over the age of 35 with age divisions every five years and prescribed and scaled divisions available. Registration opens December 1st and you can register to participate [here](#).

We welcomed aboard several new members in November including Suzanne, Nichole, Jeremy, Jason Davis, Joan, Fred, Alli, Kyle S., Danijel, and Joelle. Thank you to Mike Eddins, Tab, and Michelle Penson for the referrals! On a more somber note, we will bid farewell to one of our longest standing members and coaches, Ryan Pearson, as he heads back home to Oregon mid-month. While he has staked a claim here in Jax, he has both a great job opportunity and the chance of being closer to family back in Oregon. He will be sorely missed by all of us and we wish him well as he moves on to this next chapter. And finally, please keep our deployed members in your thoughts as they execute their missions abroad during the holiday season. We wish Ryan J., Tyler, and Chris P. a safe and speedy return.

January is another busy month and will come fast as the schedule rapidly fills with holiday parties and travel. Steel Mill CrossFit is hosting the *River City Rumble* on **January 10th** followed by Bold City CrossFit's *Bold City Beatdown* on **January 24th**. You can get details on both and register to participate [here](#). Strongpoint will be implementing comprehensive workout tracking and class registration via Zen Planner in January. We will then kickoff February with a barbell seminar

with local powerlifting standout Brian Carroll on **February 1st**. Brian has been consistently ranked as one of the top two lifters in his class in the US over the past decade and has consistently added 90 pounds a year to his total (back squat, bench press, & deadlift) during that time. We will release registration info for members in the coming weeks.

We have a busy few months coming up. Let's finish 2014 strong, train hard, train safe, and get better in December!
-rm



Spotlight Athlete: December 2014

by Matt Thurber



What made you decide to start CrossFit? After moving from Nebraska to Jacksonville, I was physically at a point where I was in the worst shape I had ever been. Talking out loud at work, I had expressed to co-workers that I was having problems getting motivated to work out on my own, but was unsure of what type of program or regiment I wanted to pursue. Former member Ellye Aull overheard my conversation, and knowing my previous background in gymnastics, thought I should try CrossFit. At the time, I had heard of CrossFit, but did not actually know what it was. I met with Ryan less than a day later, struggled through the baseline workout, and have been hooked ever since.

What results have you seen or goals have you achieved? When I first started at Strongpoint, I had no goals other than to attempt to get back into shape. I was coming off of the second of two major shoulder repair surgeries, and was uncertain as to whether or not I would actually be able to perform many of the associated movements. The results for me have been nothing short of remarkable. I am lifting more weight, and feel in better shape now in my late 30's than I did competing collegiate gymnastics in my early 20's.

What do you like best about the gym? The people. This is both from the standpoint of the excellent coaches that Strongpoint has, to the varying degrees of its members ranging from the very beginner to the seasoned athlete. Everyone comes with different backgrounds and life experiences. It is the blend and personality of the "Box" that makes Strongpoint what it is.

What is your favorite exercise or WOD? My favorite exercises are those which involve gymnastics such as rope climbing, hand-stand push-ups, box jumps, and pull-ups. I also like those WODs that stretch the body's endurance.

What is your least favorite exercise or WOD? My least favorite exercises are snatch and overhead squat as I have had the most difficulty mastering these two lifts with my shoulder limitations.

What motivates you to show up day after day? The people from a dual perspective. I like the camaraderie of working towards goals and setting personal marks of achievement with those in class. I also look forward to competing with the entire gym as it relates to the WODs, and my personal goal to attempt to either beat a mark previously set, or to set a time for others to work towards.

What negative thoughts hold you back from being your best? Fear of injury. It is very easy to get carried away to perform that last set, or to lift an additional ten pounds in an effort to achieve a PR. I have to remind myself at times that I am not as young as I used to be, and my body can be prone to injury. However, that fear must be checked to prevent it from becoming counterproductive.

What has been your most memorable moment at Strongpoint CrossFit? Competing with everyone in teams at Rep Your Box.

What has been your least favorite moment at Strongpoint CrossFit? A recent knee injury that has been extremely slow to recover.

What's one thing that no one at the gym knows about you? I recently had the word "Unbroken" tattooed onto my torso. Although this word does have meaning in CrossFit, it was motivated by other aspects of my life which CrossFit has helped me once again see. On two separate occasions following major shoulder surgery, I was told by orthopedic surgeons that I would not be able to perform any form of strenuous physical activity involving my shoulders. The first time was when I had to retire from gymnastics at the age of 15, and the second time was in 2008. In each instance, I worked hard to re-strengthen my shoulders, and was able to compete in collegiate gymnastics at the University of Iowa, and I have now found myself again in CrossFit. We are all dealt different hands in life, and are to some extent, "broken." However, it is how we react to the adversity to shape ourselves by which we become "Unbroken."

What is your favorite quote from Strongpoint CrossFit? Day 1 - Ryan Miller told me a quote that has shaped my entire experience at Strongpoint: "Just show up"

What do you want to accomplish with your training in the next year? This year I am eligible from an age perspective to compete at the Masters level for The Open. My goal for the next year is to push my training to the next tier in an effort to qualify for Regionals in the Masters Division.

What advice would you give to someone who just started out? "Just show up"

What advice would give to someone who was on the fence about starting? Attend classes two or three times a week for one month. If you hate it after that, then at least you will not have any regrets about not giving it a fair shot.

Coach's Comments: "Matt T." came to us in the fall of 2013 with a great athletic base, but little conditioning to go with it. He started competing within six months of joining the gym first during the 2014 CrossFit Open and then at the spring Festivus Games a couple of months later. Competition seemed to ignite something in Matt and we watched him creep up the leaderboard as his mechanics started to return and his aerobic base improved. Now it's not at all uncommon to see Matt among the leaders on the whiteboard each

day due in no small part to his dedication and consistency. Additionally, Matt routinely goes out of his way to encourage other members of the class after he finishes the workout. He is absolutely tireless barely taking a minute to catch his breath before moving from person to person to help push them through their last reps! Matt has become a key member of our afternoon classes and we look forward to seeing him continue to progress in the coming year.



Strongpoint Boot Camp (SBC)

by Ryan Miller

The Strongpoint Boot Camp (SBC) is starting in January, 2015 and will provide a six-week starter program to someone new to or returning to a fitness regimen with the initial steps to get into the best shape of their lives. SBC will offer a friendly, non-threatening environment that will help members learn new skills, reach their goals, shed some pounds, shape a better body, and make some awesome new friends. While we will continue our focus on the CrossFit method (constantly varied, functional movement at a high intensity), these classes will be somewhat scaled down from our regular program. Workouts will consist primarily of bodyweight movements with some kettlebell, medicine ball, and plyometric work sprinkled in. There will be little-to-no barbell work, heavy lifting, or Olympic lifting as we'll need to design a program that can be taken off-site to avoid conflicting with our regular classes.

We tend to deal with all types of people in our program as you have seen and can probably relate. Some people come into it with a very strong athletic background while others have very little. Some are in good shape already while others go straight from the proverbial couch to CrossFit. And some have a very good background in strength and conditioning while many others have next-to-none. My goal with starting the boot camp classes is to provide a "B Option" for those that are: 1) Not in good enough shape to jump right into our classes; 2) Too intimidated to try the regular program without "getting in shape first" or 3) Turned off by all the heavy lifting and barbell work in our CrossFit classes.

We will combine the fitness classes with a nutrition challenge based on CrossFit nutrition principles that will get enhance the results of the fitness training. This will include daily tracking and logging to enhance individual and team accountability. The tracking piece will be set in a competitive atmosphere with prizes awarded to top individual finishers as well as a newly designed team component that will take accountability one step further.

This will all be set a somewhat "military" environment; however, the coaches are not going to put on campaign covers (drill instructor hats) and start screaming at people. The flow

of the sessions will follow along the lines of a Marine Corps physical training (PT) session. Each class will also be organized as a platoon with three squads in each, hence the team component mentioned earlier. This will give us the ability not only to assign individual winners, but to designate a top team, "Super Squad," at the end of the competition with the intent of adding an additional layer of accountability to the program from previous gym-wide nutrition challenges.

The program will include 18 instructor-led sessions, classes and coaching on fitness, nutrition, and mobility, fitness test and body composition evaluations at beginning and end of program, initial 30 Day supply of nutritional supplements, inclusive starter package to help with groceries, cooking, and dining out, and the opportunity to win awesome prizes including cash, products, and free training!

The particulars:

Dates:

Class 15-1 Indoc on January 10. Finals and Graduation on February 21. Classes run 1/10-2/21.

Class 15-2 Indoc on March 7. Finals and Graduation on April 18. Classes run 3/7-4/18.

Class 15-3 Indoc on May 2. Finals and Graduation on June 13. Classes run 5/2-6/13.

Class 15-4 Indoc on June 27. Finals and Graduation on August 8. Classes run 6/27-8/8.

Class 15-5 Indoc on August 22. Finals and Graduation on October 3. Classes run 8/22-10/3

Class 15-6 Indoc on October 10. Finals on November 21. Classes run 10/10-11/21.

Class Size: Classes will be limited to 15 day and evening slots (30 total/class).

Times: 2 morning sessions, 2 evening sessions, and a combined Saturday session each week. Members will have the opportunity to come to any three of the five sessions each week.

Location: Weekday sessions at a local park TBD. Saturday sessions at Strongpoint CrossFit.

Who we're looking for: New Year's Resolutions like, "Going to get in shape" or "Going to lose weight in 2015," someone who wants to go from "couch-to-CrossFit," new moms, individuals that have been out of CrossFit or another fitness program for three or more months, anyone you know who says they "need to get in shape" before they'll try CrossFit, someone who dropped out of the program because they found the regular classes too overwhelming.

Program launch: Second week of December. More to follow...



Ask Coach

by Ryan Miller

Q: What should I do for workouts when I go out of town?

A: We just added a [Travel WOD](#) page to our website. This was a feature of the last website that some of our longer-standing members that travel frequently were missing when we switched websites during the summer. So by popular demand, we brought it back! There are 25+ different workouts on there and you could pretty easily mix and match to make up a bunch more. A few of our members like to drop into different boxes when they travel too. As a matter of etiquette, I recommend that you call first in case they have a class reservation system in place. The class you intend to go to may be full. It's best to call or email first. I tend to do a mix of both options as dropping in everyday can get a little expensive depending on the gym's policy.

Q: Can my friend or family member come in when they are in town for the holidays?

A: Yes. Our standard drop in rate is \$20 and we include a shirt with it. We can negotiate when/if they want to come in multiple days.

Q: What should I do if someone is getting ready to do a lift in the back corner and I need to go to the bathroom or get a drink?

A: You have a couple of options here. You can wait until after they complete the lift and then walk on through or you can go through the other door. As a matter of protocol, you should not walk in front of or behind someone preparing to do a lift because you may distract them. This ultimately supports safety for the observer and the lifter as a slip in concentration can cause a potentially dangerous missed lift. This goes for the main floor too, but weightlifters in particular are accustomed to people observing this protocol.

Q: Why do the coaches always brief the movement standards before the workout?

A: A few reasons: 1) We have a variety of levels in most of the classes. Some people may not have heard it as much. Please be courteous and keep the noise level down for them. 2) Repetition and review are good to reinforce learning. 3) Sometimes people that think they know it all still do stuff wrong...

Q: I feel like my results have stalled out. How do I break out of this plateau?

A: I'll answer this question with three questions and a brief explanation: 1) How is your nutrition? We generally put out a lot of nutritional information when someone joins the gym. It's just a couple of articles, but following the guidance contained therein will definitely help you lean out, tone up, and get stronger. Remember... 80% of the effort will get you 80% of the results. You don't have to live on sticks and berries to be lean and healthy! 2) How is your rest and recovery? A lot of people make the mistake of training with too much frequency and not enough intensity. We generally recommend starting with day on, day off followed by two on, one off and then eventually three on, one off. The idea should be to work harder, not more! And oh by the way, you should be getting at least 7 hours of sleep at night. It's also not a bad idea to see a chiropractor and/or massage therapist at least once or twice a month for some body work too. Rhett and Krissy are both awesome and understand exactly what we do in the gym. 3) Are you logging your workouts? There is a reason we record results on the whiteboard and repeat certain lifts and workouts several times a year. We do this to benchmark and track progress. We may not revisit the same lift or workout for a month, a quarter, or even a whole year. Knowing where you were at last time we did it is a key element of making forward progress. Athletes that track their workouts tend to show about a 15% improvement per year. That's probably worth the time it takes to record your workout results.



Strongpoint CrossFit
 6695 Colray Court, Unit 303
 Jacksonville, FL 32258
 Phone: 904.654.3383



Petey's last class



Subaru Classic

DECEMBER 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 12 Days of CrossFit Andy Berry	2 12 Days of CrossFit	3 12 Days of CrossFit	4 12 Days of CrossFit Pete Kroshefskie	5 12 Days of CrossFit Aaron Sheeks	6 12 Days of CrossFit Olympic Lifting Clinic 11:00 am – 2:00 pm
7 Jon Aciego Adam Wilson	8 12 Days of CrossFit Ian Petersen	9 12 Days of CrossFit	10 12 Days of CrossFit	11 12 Days of CrossFit Sara Willin	12 AMERICAN OPEN 12 Days of CrossFit	13 AMERICAN OPEN 12 Days of CrossFit Gym 12 Days WOD & Holiday Lunch
14	15 Paul Andruzzi	16	17	18	19 Bad Mike	20 Strongpoint Boot Camp Test Run
21	22 Erika Eddins	23 Melanie Jacobs	24 Christmas Eve No Classes	25 Christmas Day No Classes	26 Winter Masters Functional Fitness League begins	27 MFFL
28 MFFL Christine Baker	29 MFFL Kicha Lucas	30 MFFL	31 New Year's Eve 9:00 & 10:00 am WOD only	1 New Year's Day No Classes	2 MFFL	3 MFFL Jay Kendrick Bryan O'Hare