



## The Strongpoint Scoop

July 2014

ELITE FITNESS IS OUR GOAL.

IN THIS ISSUE

## July Training Highlights

by Ryan Miller

We just wrapped up June and another successful month for the Strongpoint community. We finished out our second Wendler cycle and started our third and final cycle that will run us through the end of July. Look for a testing phase immediately following where we will retest our max efforts in several benchmark lifts and workouts. We had four members compete in the League of Shadows at Jax Beach on the 21<sup>st</sup>, with Cassie taking second in the scaled division and Danny, Rhett, and Aaron placing 10<sup>th</sup> in the team's division. We had six members complete the June strict pull up challenge. Congratulations to Connie, Cathy, Adam T., Brittany P., Hiawatha, and Matt B. for completing all 300! We capped off the month with another Olympic weightlifting clinic with Coach Joey Lippo in which we saw five of eight participants set a new personal record (PR) on clean after more than two hours straight of barbell work! We are looking forward to hosting a third clinic in late July or early August where Coach Lippo will share his teaching progressions and drills to improve the Jerk. We want to see some more PR's!

July is a pretty quiet month on the competition and seminar front. Strongpoint is hosting "[No Baby, Leave the Socks On.](#)" a ladies only competition **July 12<sup>th</sup>**. "No Baby" is a single-day competition with three competitive workouts for everyone, followed by a forth workout for the top five in the scaled and prescribed divisions. There are currently still slots open for both the prescribed and scaled divisions and we are still looking for a few volunteers to round out the dream team! Talk to Ryan if you are interested in volunteering, know of a vendor that may be interested in participating, or click [here](#) if you would still like to register. Thanks to Petey, Mike C., Justin S., Brad, Mike E., Chi, Sara, Parker, Kevin and Rhett for lending their expertise and time as volunteers for the event. We truly could not do it without our volunteers! As a reminder, there will be no regular classes that day. Best of luck to Coach Laura as she heads down to Orlando for the Central Florida Games the same weekend. We know she will make us proud by moving around some heavy ass weight (HAW).

Keep an eye out for our new website launch in July. We are happy to be working with Push Press Labs to clean up our site and more fully integrate Zen Planner into our day-to-day operations.

We are hosting the third annual [31 Heroes](#) charity workout on the **2<sup>nd</sup> of August**. Proceeds benefit the families of the 31 service members killed in the line of action in Afghanistan on August 6<sup>th</sup>, 2011. You can learn more and register to participate [here](#). Search for "Strongpoint CrossFit" in the box labeled "Join a team" and then follow the rest of the instructions provided.

Congratulations and thanks to our Spotlight Athlete for July, Ken Hall, for putting in some hard work installing the new stereo system, moving the clock, and constructing a new wall ball rack. I think that our members would agree that it dramatically improved the space. Ken has become a big part of the community over the last year and you can read his write-up on page 2.

## July Training Highlights

Pages #1 - 2

## Spotlight Athlete: July 2014

Congratulations to Ken Hall our July Spotlight Athlete!

Pages #2 - 3

## Crash and Burn: CrossFit Burnout

It's about balance, Daniel San.

Pages #3 - 4

## Ask Coach

Ryan answers a couple of common questions.

Page #5

## July Events Calendar

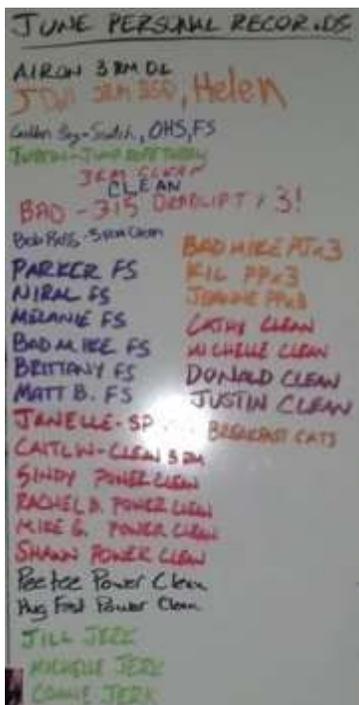
Page #6



We welcomed aboard several new members in June including Heather G., Brittney, Kyle R., Jillian, Heather H., Adam C., Haley, Matt C., and Chris B. We bid farewell to Andrew Naff and Bill "Sparky" Sparkowski, who are both executing orders, and long term member Burton Christie, who moved to the beach. We are sorry to see them go and wish them the best of luck in their next chapters.

We will move out of our strength phase into a power and Olympic weightlifting technique development phase after a two-week testing phase in August. Plan to continue lots of squatting with a move toward Olympic lifts and associated assistance work in the coming months. Now let's train safe, train hard, and get better in July!

-rm



## Spotlight Athlete: July 2014

by Ken Hall

- 1. What made you decide to start CrossFit?** I had heard a lot about it on the news and via Facebook from friends who had tried it. What finally made me pull the trigger was when I started dating my girlfriend, who did CrossFit at another gym and told me how much she enjoyed it. I figured I'd give it shot because I couldn't have my girlfriend being stronger than me ;)
- 2. What results have you seen or goals have you achieved?** I immediately noticed that my cardio had gotten much better and over time, my strength has vastly improved. I have seen improvements in any sports that I play and in all physical activity that I engage in.

- 3. What do you like best about the gym?** The people! Strongpoint is a tight-knit community where everyone encourages each other to be better and to push themselves to the limits. You just don't find that at a regular gym and I really believe it helps you to become a better athlete, feel good about what you are doing, and WANT to go to the gym.
- 4. What is your favorite exercise or WOD?** I love any WOD with a barbell (except Thrusters)
- 5. What is your least favorite exercise or WOD?** Tabata. Can't stand it.
- 6. What motivates you to show up day after day?** Continuous improvement and results. I feel better about myself when I go to the gym and there is nothing better than that post-WOD high. The difference between CrossFit and a standard globo-gym is that I actually enjoy going to work out and look forward to exercising. I could never say that about any type of workout regimen I have done prior to this.
- 7. What negative thoughts hold you back from being your best?** Honestly, there is always a little concern in the back of my mind about getting injured and not being able to continue. CrossFit has its risks just like any other sport, but it's all about being smart, using proper form, and listening to your body.
- 8. What has been your most memorable moment at Strongpoint CrossFit?** I have many memorable moments, but for some reason, the first time I hit a 225lb clean was a big deal to me. There's something awesome about hitting a new PR that you just can't beat.
- 9. What has been your least favorite moment at Strongpoint CrossFit?** Probably coming back to the gym after taking off almost a month. You wouldn't think it would make a huge difference, but I felt like I had started from scratch all over again.
- 10. What's one thing that no one at the gym knows about you?** I have a martial arts background and have met Chuck Norris 3 times. Yup, true story.



- 11. What is your favorite quote from Strongpoint CrossFit?**  
“That’s heavyyyyyy.”
- 12. What do you want to accomplish with your training in the next year?** I really want to focus more on weightlifting and improving my Snatches and Cleans.
- 13. What advice would you give to someone who just started out?** Stick with it, don’t quit – you will see results. When it comes to movements and weightlifting, focus on form over weight! Most importantly, push yourself to your limits to realize your full potential; your mind will quit before your body ever does.
- 14. What advice would give to someone who was on the fence about starting?** Give it a shot; you have nothing to lose, other than that beer belly you’ve wanted to get rid of.

*Coach’s Comments: Ken came to us in April of 2013 as an already reasonably fit individual. He decided pretty early on that three days a week was simply not enough and bumped his membership to unlimited... he couldn’t get enough Strongpoint “love” in three days a week! The coaching staff has seen dramatic improvements in his endurance, technique and strength since that time. He has dipped his feet into competition on three occasions as an individual at our in-house competition, as part of a team at Fall Free for All, and then again in the CrossFit Open. Ken also referred in Taylor Troedson, who has become an awesome member in her own right. Of note, Ken has acted on some great ideas to improve the gym. He was solely responsible for changing the configuration of the high rings last winter making it much easier to complete muscle up workouts with a full class. He also built and set up the new stereo system, constructed the wall ball rack, and moved the clock to a position that can now be seen throughout the gym, which also alleviated the need to move it during certain workouts. Ken has been an integral member of the gym and we look forward to continuing to work with him in the future!*

## Crash and Burn: CrossFit Burnout

by Ryan Miller

I have recently been addressed by a few members or former members that have told me that they are burned out on CrossFit and need to take a break for a while (or permanently). Your first year in CrossFit can be a bit of a roller coaster... riding the highs of yet another personal record (PR) one day and then wondering why you can’t set a new PR the next, or worse yet, wondering why you are worse on a workout or lift than you were the last time it was programmed. Unfortunately, these are all normal emotions and part of the process. CrossFit is intense by design and with that; our program can invoke some pretty intense emotions. Looking back at my Psychology 111 days, I remember the professor standing in front of a group of 100+ bleary eyed freshmen explaining that intensity in one emotion is easily transferred to another. He talked about it in relation to breakups among college students. One day, you’re head-over-heels in love and the next, you cannot figure out how to spend another minute with the person. Well, before you break up with CrossFit, there are some things that you may want to know.

**1. You will progress relatively rapidly during your first 6 to 12 months in the program and the probably level off somewhat after that.** Think about your performance in the gym as contingent on three different characteristics – technique, strength, and mobility. There is a significant amount of motor learning that occurs initially, leading to early success. Step one is figuring out the technique and how to do the movements. It takes practice! Step two is developing the mobility to get into the correct positions to be able to generate the greatest amount of force. Step three is actually projecting force into the object and is dependent on strength. Unfortunately, strength takes the longest to develop. Those first four or five snatch PRs during your first six months of training may have less to do with building actual strength than improving mobility and being able to coordinate the movement more efficiently. After you develop some initial technique and mobility, progress may level off until you are able to produce more force. In other words, you have to get stronger and getting stronger takes time. Be patient. Stick with it and the strength gains will come, albeit slower than the technical and mobility advances at the beginning. Your PR’s might slow down to a few pounds at a time instead of the bigger jumps we see in the first year.

**2. Progress is not necessarily linear.** At some point in everyone’s training, they reach a plateau where they are not seeing that weekly or even daily improvement. However, you have to take a lot of things into account when you look at your personal bests. What did your nutrition, rest and recovery look like leading up to a previous performance of a lift or workout? What workouts have you already done that day, that week, etc.? Are you still feeling the effects of that last workout? Was your previous best done in the crucible of competition with a hundred spectators screaming at you and potent dose of adrenaline to back you up? Are you hydrated and did you sleep enough last night? Unless all of the conditions are exactly the same as before, you may not necessarily be comparing apples to apples. Expect that you are going to have days where you will not be better. Expect that you will have some days where you are worse. I’ve been at this for about six years and have been active in athletics for the better part of my life. Some days; you’ll feel great and perform like crap. Other days, you’ll feel like crap and perform great. Accept it as part of the process and keep moving forward.

On that note, CrossFit is broad and varied in nature. That’s what keeps it interesting. But there is also a lot to get better at... all the time! In the event that you are no longer seeing progress or want to perform better relative to others, then you may need to dedicate a little extra time to developing gaps in your fitness. This may be related to technique, mobility or strength. It is almost always going to involve doing something that many of us dread... working on weaknesses. You may need to change up your diet a little bit or sleep more at night. Talk to a coach before you decide that CrossFit must just not be for you and throw in the proverbial towel.

**3. Do not come to the gym every day.** This is a big mistake I see a lot of people make. CrossFit is defined as Constantly Varied, Functional Movement, at a High Intensity. While

CVFMHI is a fantastic recipe for improving fitness, it can also wear you out if not approached with due respect. We break our body down in the gym, feed it at the table, and get stronger *when we recover*. To quote famous CrossFit coach and athlete Chris Spealler, “(You) gotta have recovery if you want to have intensity. (You) gotta have intensity if you want to see results.” CrossFit Headquarters still prescribes three days of training followed by a rest day ([www.crossfit.com](http://www.crossfit.com)). Elite training programs that cater to Games athletes like the Outlaw Way and the Invictus Competitors blog also prescribe rest days for their athletes. Those workout blogs are prescribed for high-level athletes that may even do this professionally with a team of sports medicine professionals behind them to help them recover as quickly and effectively as possible. That does not describe most of us....

I generally recommend new CrossFitters start off with day on/day off followed by two on/one off and eventually three on/one off. In some cases, five days on (Monday-Friday) with weekends off is *okay* if it fits better with someone’s schedule, but recognize that training at a high intensity with that kind of frequency may wear you down by mid-week. You might consider catching a mid-week Yoga or weightlifting class and taking at least one of those days off from a CrossFit WOD. Based on the gym schedule, you might try training Monday, Tuesday, and Wednesday, rest Thursday, training Friday and Saturday, and then resting Sunday. Once again, I have been at this for just about six years and trained pretty intensely in the Marines and as a martial artist prior to that. This might blow your mind, but I do not do metabolic conditioning every day. I generally schedule in two, one at a minimum, days of active recovery each week. Listen to your body. If you’re feeling especially sore or tired, skip a workout. Do some active recovery and mobility instead of the WOD that day. You will probably bounce back stronger for the next session. You simply cannot train with intensity if you do not have sufficient recovery between sessions and that means that you have to take some rest days.

**4. Remember the original reason why you started.** The white (score) board is a glorious thing! It quantifies everything we do in our workout and qualifies our performance compared to others, which tends to drive extra effort and, in turn, more progress. However, it can also be a bit of a double-edged sword if you leave the gym or competition arena feeling dejected and wonder why someone is “better” than you. I tell every single person that does an intro with me that the most important competition in the gym is the one with *yourself*. Let’s take an example from the world of weightlifting. You can complete a rigorous 12-week training cycle, eat right, rest, set a new PR on Snatch and Clean and Jerk and still lose... *heck, you might do all that and come in dead last*. So is that a failure or a success? If you tend to worry more about how you compare to others, then you would say it is a failure. Turning the tables, you did everything you could to perform at the peak of your current abilities and set new personal records. That’s a success in my book!

That said; worry more about your performance compared to your previous abilities and whether or not it is getting better over the long term, not whether you are at the top of the board

on a specific day. We have to accept that some people are going to progress faster than others. We have to accept that some people are going to be able to walk in “off the street” and perform really well at a given CrossFit workout based on previous training, athletic background, and age. This simply cannot deter us from our original goal of personally getting stronger, fitter, leaner, and better. Very few people start CrossFit because they want a good time on the whiteboard or a certain place in a competition. Nearly everyone who starts at Strongpoint wants to get leaner, stronger, and fitter, do something more interesting than “the regular gym” and/or even meet some cool, like-minded people. I have yet to have someone sit in front of me for an intro and state their goal is to have the top score on the board or to beat someone on a workout.

**5. Do not put too much pressure on yourself.** Once again, almost no one starts CrossFit because they want to lift a certain amount of weight, move it a certain number of reps, get a certain time on a workout, or finish on the podium at a competition. The coaching staff wants you to set goals and strive to achieve them, but this can cause a lot of undue pressure if they are not realistic and you are not achieving them. Rather than looking at coming up short of a goal as a failure and quitting, take a step back and analyze your training. Are you setting SMART (Specific, Measurable, Attainable, Realistic, Timely) goals? Are you following the program? And that means all parts of the program, which includes sleeping enough, taking rest days, and eating right. Are there other stressors at home or work, injuries, or time commitments that may be holding you back? Are you routinely scheduling extra time to work on and develop weaknesses? And finally, have you talked to a coach about your progress to get some outside observation and advice?

There is a great quote from CrossFit coach, athlete and Games Announcer Pat Sherwood in which he said, “*The goal is to get fit, make it the best hour of your day, stay safe, turn up the music, high five some people, and blow off some steam. So remember that. Relax. Have fun. Work out.*” Remember why you originally started. Instead of just focusing on the end, enjoy the journey. Enjoy being surrounded by an awesome community of like-minded people that want to see you succeed. That’s where the fun and challenge is at and it will make it that much sweeter when you get there!



## Ask Coach

by Ryan Miller

**Question:** *Why don't you offer a fundamentals course at Strongpoint CrossFit?*

**Answer:** A lot of new members and prospective members ask this question. There are articles written on the opposing side that say it's absolutely necessary to run an on-ramp and I would like to provide my thoughts on why we do not. Many CrossFit gyms require an initial On Ramp, Elements, or Fundamentals class prior to joining the group classes. We do not for four basic reasons:

1. We want to immerse people into our community as early in the process as possible. The community will welcome you in and help you along more than a single coach with a group of new joins could. As it stands, there are typically 1-2 new members in any given class at any given time, which is easily manageable by our coaches.
2. Our instructors teach and drill the movements required for that day's workout prior to turning the class loose to practice and then we routinely observe and provide feedback throughout the session, with special attention paid to newer members or anyone struggling with the movement. With the broad and expansive variety of movements that we use in our classes, we have found this is much more practical than trying to frontload everything into a handful of fundamentals classes prior to exposing members to program. In the event that there is not time in the class schedule to teach and practice every single movement prescribed that day (a 10 movement chipper like the Filthy 50 for instance), the coach will always provide modified movements that will still give you the desired stimulus. **We will always, always help you scale the workout to make sure it is appropriate for your current ability level.**
3. We used to do a three-class fundamental series and found two inherent problems. When offered at certain times, some people could not make those times. For instance, individuals that trained in the morning could not make an evening fundamentals session and vice versa. Second, people did not seem to retain the information very well when 15 different movements were given to them over a three-hour span.
4. We prefer to make your experience with Strongpoint as cost-effective as possible. Most gyms that do provide an on-ramp series charge a fee on top of membership for that first month. We bring in members one or two at a time. It would simply not be cost-effective at all for each new member to have to conduct individual-level training up front. That service is, however, available if someone does not feel adequately prepared for group classes right away and at least one coach is always available during Open Gym periods for extra help.

While some claim that moving new members into group classes right away will undoubtedly result in some disastrous injury, we have refined our method of indoctrinating new members and injuries among our new members are certainly the exception rather than the rule. We have been doing it this way for over two years. If it didn't work, we would never have any old members...

**Question:** *Why don't the coaches like it when I walk in late?*

**Answer:** While no one ever asks me about this, one of our coaches recently had a spirited debate with a former member about this one with the argument being that members pay for the service and basically should be able to do whatever they want... show up early, show up on time, show up late... a rather laissez faire approach to training. I have trained in gyms with this relative lack of structure, and frankly, it's just not the way Strongpoint runs for a few good reasons:

1. We brief the entire class on the workout plan prior to starting class. We may also use that time to explain and demonstrate some of the movements required for the warm up, workout, or cash out that day. The WOD brief helps keep everyone on track throughout the training session.
2. Assuming you're more than a few minutes late, you may miss the warm up period. The warm up is important for several reasons. The warm up gradually raises core temperature, begins to activate the central nervous and cardiorespiratory systems, and starts working the muscle groups that we will be using that day. Often times the warm up will also serve as a progression into more advanced movements that we may be doing later in the class. We do a lot of athletic, weight-bearing activities in our program. It is important to get a thorough warm up prior to moving onto more demanding activities to ensure you are performing to the peak of your abilities and reducing the risk of injury.
3. We like to start on time, pay sufficient attention to our members during training periods, and finish on time to start the next class. Our members pay good money to train at Strongpoint. It throws a wrench into things if someone walks in 10-15 minutes late and absorbs the coach's attention to get caught up. It is not really fair to everyone that was on time to have the coach pulled away to catch one person up on what the class is doing.

On that note, *just about everyone* is late once in a while and we will always work with people when unforeseen circumstances get in the way of making it to class on time. Just try to be courteous to the rest of the members and avoid making a habit of walking in late.





# JULY 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 29	June 30 <b>New Morning Hours Start</b>	1	2 Yoga 10:00 am & 7:30 pm Matt Thurber	3 Roberto Garcia	4 Modified Hours 9 & 10am ONLY Bo Heyse	5 Lauren Maynard
6	7	8 Niral Shah	9 Yoga 10:00 am & 7:30 pm Trisha Hughes	10	11	12 "NO Baby" Competition @ SPCF NO Regular Classes
13 Adam Tozier	14	15	16 Yoga 10:00 am & 7:30 pm Rhett Butler	17 Bring - a -Friend Day	18	19
20	21	22 Bring - a -Friend Day Carly Meltzer Kevin Perrigo	23 Yoga 10:00 am & 7:30 pm Jessica Schacht	24	25 Brittney Ackley	26 Carl Lochstampfor
27	28 Connie Garland	29	30 Yoga 10:00 am & 7:30 pm	31	Aug. 1	Aug. 2 31 Heroes Workout