



ELITE FITNESS IS OUR GOAL.

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June Training Highlights

by Ryan Miller

Another month is already in the rearview mirror as 2014 continues to whiz by. We had an action-packed month in May with the Southeast Regionals, several vendor visits, an outstanding Snatch Clinic with Coach Joey Lippo, and capped it all off with Rep Your Box 3! We had a total of 4 teams comprised of 24 competitors from the gym with our Scaled Division teams finishing 48th, 42nd, and 15th of 53 and our Prescribed Division Team finishing 6th of 12. The competition was a true testament to the high-level competition and the continued development of the CrossFit East family. Highlights included several hang snatch personal records and the lone first place finish on the weekend, Amanda Larson's third and fourth muscle ups, Laura Davie and Aaron Sheeks on the combined Diane workout. It was an impressive performance to say the least! Some of our overall finishes in different events gave me a pretty good idea of gaps in programming that we can address in the coming months before next year. We also completed our second annual Memorial Day Murph on May 26th with a total of 28 braving the heat and stepping up to complete one of the most infamous CrossFit workouts.

We continued pressing forward with our second Wendler strength cycle and will move into our third and final cycle in June and July. We are also going to shift focus with the monthly challenge to developing some more upper body pulling strength with strict pull ups. Your challenge this month, should you choose to accept it, is to complete 300 strict pull ups throughout the course of the month. Of course you may scale with a band assuming that you are working within in accordance with your ability. I would strongly recommend testing your max strict pull ups now, completing the challenge, and then retesting under the exact same conditions at the end of the month. For instance, if you can complete 7 strict pull ups on black band today, be sure to retest on a black band at the end of the month to get the most accurate and valid measure on improvement.

The remainder of June is a little less packed than May was. CrossFit Ferrum is hosting a local throwdown on **June 14th** called Sweatfest 2. They have scaled, Rx, and Elite divisions available and you can register to participate [here](#). We will follow that up on the **21st** with at least one team participating in The League of Shadows competition at Jax Beach. You can find event information and register [here](#). Coach Paul is also still looking for volunteers and judges and has come up with some sweet incentives. Please contact me if you are interested in volunteering. The Sunshine State Games Olympic Weightlifting Championship is the same weekend and several members of our Barbell Club will be heading down to Lakeland to participate in that competition as well. We will close the month out on **June 28th** with another Olympic Weightlifting Clinic with Coach Lippo. This time we will focus on the Clean and the seminar will run from 11:30 until approximately 2:30. You can register to participate [here](#). Oddly enough, nearly everyone from Strongpoint that participated in the snatch clinic set a new personal record on Hang Snatch at Rep Your Box 3....

We welcomed aboard several new members in May including Jasmine, Karis, Justin R., Carly, Sindy, Shelby, Ryan K., Nick, Paul, "Sparky," and Trisha. We also said goodbye to a few long-term members who will be missed. Fair winds and following seas to

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Rosalie and Danny P. who are executing orders to Hawaii (tough luck I know...) and Chris B. who will leave us in early June to join the FBI.

Be on the lookout for the “No Baby, Keep the Socks On” ladies’ only competition we are hosting on July 12th and one more Olympic lifting clinic on the Jerk with Coach Lippo in July on a date to be determined. No let’s train safe, train hard, and get better in June!

-rm



waited until the summer challenge was being offered and took the plunge. It’s been 10 months and I haven’t looked back.

2. What results have you seen or goals have you achieved? - My core has gotten stronger and my overall strength has increased. I have steadily gained personal records in many of my lifts. Back in February, I challenged myself to work on double unders for 5 minutes per day since I could only get one at a time. By the end of the month, I could do 10-15 at a time.

3. What do you like best about the gym? - I love the camaraderie and the feeling of acceptance. No matter your shape, age, level of fitness, everyone is welcomed with a “You can do it” attitude. Everyone roots everyone else on. It doesn’t matter if you’re the first or last to finish or if you Rx-ed or scaled the WOD. You showed up, challenged yourself and moved forward on your quest for health and fitness.

4. What is your favorite exercise or WOD? - My favorites are those exercises I can do as prescribed: box jumps, toes to bar, double unders, and yes, burpees. But I also like working towards achieving PRs in weightlifting, especially back squats and clean and jerks.

5. What is your least favorite exercise or WOD? - Karen is an absolute killer. I don’t like to use the word hate. I abhor Karen.

6. What motivates you to show up day after day? - The accomplishment I feel after I have finished at Strongpoint carries me through the day. I am proud of myself for giving it my all and leaving my ego at the door. I have never felt better about my level of fitness or my health. I want my two daughters to know the importance of exercise and commitment and that strong women should be applauded.

7. What negative thoughts hold you back from being your best? - CrossFit has helped with many of my negative thoughts but the devil on my shoulder still pops out at times. My age is a big one, immediately thinking I can’t do something because of the number of years I’ve lived on this Earth. At times, I also doubt myself when going for a PR. I think someone needs to load the bar for me next time so I don’t have a number stuck in my head with a negative thought attached to it.

8. What has been your most memorable moment at Strongpoint CrossFit? - I have a few! 1. The first time I Rx-ed a WOD with Toes to Bar. 2. When 14.2 came up in the open, I was freaking out because I had only been able to Overhead Squat 50#. I tried once on Friday and couldn’t get down to below parallel and back up once. Determined not to get a zero, I came back on Monday and was able to squeak out three at 65#. 3. Completing 14.5 and all 168 reps of thrusters and bar facing burpees. I surprised myself that day with my determination and now know I can get through almost anything after completing that WOD.

9. What has been your least favorite moment at Strongpoint CrossFit? - Times of self-doubt are hardest. I may have been able to complete a skill or WOD if I had only believed in myself more.

10. What’s one thing that no one at the gym knows about you? - Before I moved to Florida 4 years ago, I worked full time and lived a pretty sedentary life. Running a mile with some of my 4th and 5th grade students was difficult for me.

Spotlight Athlete: June 2014

by Michelle Penson



1. What made you decide to start CrossFit? - I had a number of friends across the country who were doing CrossFit and loving it. My curiosity was piqued but I wasn’t ready to make the jump since I didn’t know anything about the local boxes or anyone who was a member. When Maria Petow joined Strongpoint, stopped working out with us at boot camp and couldn’t stop talking about it, I knew I had to give it a try. I

Going from a full time teacher to a stay-at-home mom, I was determined to make myself a priority and get in shape. I lost 30+ pounds, started running and playing tennis and eventually found boot camp which led to CrossFit. And the rest is history...

11. What is your favorite quote from Strongpoint CrossFit? - The only one I can remember is "Thumb up your butt, you're good!" Not sure why it sticks with me.

12. What do you want to accomplish with your training in the next year? - I'm working on strict pull-ups and hand-stand pushups as often as I can. I also want to increase my back squat, clean and deadlift numbers. And I'd like my rowing to become more efficient. When I participate in the 2015 open, I'd love to end up higher in the standings than this year, even though I'll be a year older.

13. What advice would you give to someone who just started out? - Be positive and be proud of yourself for just showing up and doing the work. Listen to your coaches. Don't compare yourself to anyone else in the gym; it's a losing battle. And above all, celebrate every accomplishment, no matter how small.

14. What advice would you give to someone who was on the fence about starting? - Give it a try, especially at Strongpoint CrossFit. You have nothing to lose and everything to gain: a positive attitude about yourself, your body, your mind and your health. You will have so much fun, you won't think about the sweat pouring down your brow or the ache in your muscles the next day. You will find a home away from home.

Coach's Comments: Michelle has become a mainstay in our morning classes. She has demonstrated above average determination and work ethic since her early days in the gym, but has really picked up her intensity in 2014 and the results truly speak for themselves as we have seen substantial improvements in her strength and skill. She regularly participates in the monthly challenges, nutrition challenges, meticulously logs every workout, and constantly seeks self-improvement. Not only does she ask how to improve, she implements what her coaches tell her to work on... sometimes that very day! Michelle has rededicated herself to improving her mobility and the work has transferred directly over into better movement. We are very excited to see what she can do next year with another year of training under her belt! Michelle is a strong community builder and has taken several new members under her wing and helped them along as they were starting out. Plus she makes some amazing Paleo treats! For all these reasons and more, it is our pleasure to name Michelle Penson as our Spotlight Athlete for June.

PS: This is our first Spotlight Athlete that was referred in by a previous Spotlight Athlete. Thanks to Maria Petow for sending such a great member our way!



Dehydration from a bodyworker's perspective

by Krissy Klingler

Dehydration refers to an inadequate amount of fluid in the body. Lack of hydration to the body has a detrimental impact on athletic performance because muscle endurance, strength, and power are reduced. You may also increase the risk of an injury during physical activity. Those that participate in endurance sports or long workouts, (especially in Florida's high humidity levels!), dehydration can and WILL occur quickly.

Here are some signs that you need to hydrate!!

Mild/Moderate symptoms...

Thirsty, dry sticky mouth, infrequent urination (dark yellow in color), dry/cool skin, headache, chronic fatigue, muscle cramps, joint and muscle pain, weakness, poor digestion/cravings.

Severe symptoms...

Not urinating (or very dark yellow/amber colored urine), dry/shriveled skin, irritability or confusion, dizziness or lightheadedness, rapid heartbeat, breathing rapidly, sunken eyes, listlessness, shock (lack of blood flow through the body), unconsciousness or delirium.

It's YOU isn't it??!!

We all know the body is made up... What? Like 70% water!? But do you know, nearly all body functions are about fluid balance? And that even small changes in fluid balance can affect our performance and daily life?? If fluid is not replaced, blood volume can drop causing the heart to work harder to supply the skin and muscles all the oxygen and nutrients it needs to sustain energy.

As dehydration progresses the body redirects blood to working muscles and away from the skin. So now your body is unable to diffuse heat. That increase in internal heat results in muscle cramps, lightheadedness, and fatigue.

So now let's review, dehydration causes lack of energy and the inability to diffuse internal heat, so now your cramping and getting tired! Hmmm.... Sounds like the worst workout EVER!! Fatigue is huge!! It not only affects your performance, body control, and endurance potential, it also can be detrimental to decision making. Which may result in injury. I bet we all could think of at least one -duh- moment we have had during our training that either resulted in injury or had huge potential to!! Our joints have important cartilage that protects the surface of our bones. This tissue is even made up a lot of water. If the joint is well hydrated then friction between the bones is minimized.

When dehydrated, our internal cleansing system becomes congested and stagnates like dirty dishwater.

As the immune system attempts to deal with bacteria and viruses, poisons and toxins enter the lymph system to be disposed from the body. Good circulation assists with this process. Drinking adequate amounts of fluids dilutes these toxins helping your kidneys flush the poisons out of the body.

Dehydration can also result in the body producing excess histamine, which can trigger allergies, interfering your bodies ability to resist infections.

The biggest thing I have noticed among athletes as a body worker is the difference the muscles actually feel when it's dehydrated!! Ideally every bodyworkers dream is to have someone on the table that follows the proper diet and drinks enough fluids to support their training. Why? Because the tissues are healthy!! In terms of hydration, the fascia, tendons, and muscles have more fluid within them, allowing them to be manipulated easier.

The body is amazing!! It actually wants to help you perform at your highest potential. So when it sees opportunities to heal and grow, it takes it! Hydrated tissues love therapists, chiropractors and the like to come in and guide it to recovery, to a balanced state, to a more improved state. However, when the tissues are dehydrated it feels like rubber! No joke. Like the thickest hardest resistance band in your gym. The one that gives hardly any slack! It's sluggish and irritable and doesn't want to comply with anything that I ask it to do. Which also means it's probably not complying with majority of what YOU'RE asking it to do as well.

Sooo... I'm dehydrated!! What now?!

Ummmm, go get some water silly!! They say you should drink half your body weight in ounces! I know, that seems impossible at the moment. Start of small. Grab an 8oz bottle of water and drink it... ALL of it now! Now, drink 2 of them! Or maybe you want to buy one of those 32oz sports bottles and challenge yourself to finish it by the end of the day! Feeling adventurous? Try a full gallon!!!

Since we are all competitive in nature, find some friends and see who can drink the most in a week.

Avoid dehydrating beverages like teas, coffees, and alcohol. If you do, try to not drink it directly before or after a WOD! Maybe even chase it down with an 8oz bottle of water!

Let's not let this heat beat our performance, effect our PR's or worse.. cause us to injure ourselves. Drink water!!!!



Workout Tracking 101

by Ryan Miller

There is an old saying, "What gets measured gets done." I frequently find myself in the middle of a training session telling the class to shoot for 60-90% of their max weight on (*insert particular exercise here*) and being surrounded by blank stares. Despite my better efforts to memorize everyone's individual max efforts, the community has grown a little too large for me to remember everyone's performances on every lift, Benchmark Girl, and Hero WOD. I offer a simple solution for my own lack of mental acuity: If you are serious about improving, you should keep a log book. Here's why....

Tracking Progress: So let's go all the way back to intros and early weeks in the gym. During those periods, I tell everyone who starts that while we do not repeat workouts often, we do repeat on purpose because we want to be able to measure progress over time. Doing CrossFit without maintaining a record of your previous performances is like going to school and never receiving a grade. You never know where you are at without feedback. A properly maintained log book provides the feedback we need to sustain continuous improvement. How you ask? Let's look a little deeper.

Data Analysis. A proper log book goes beyond simply recording your WOD times. You should have a place reserved to track rest & recovery, nutrition, and be able to look back at the previous few WODs. It's not a bad idea to write in notes about mood, attitude, and general physical well-being. Does taking a dive on Fran indicate that you are somehow in worse shape than three months ago when you did it? Not exactly. You have to compare your rest, the workouts leading up to that day, injuries, soreness, illness, how you ate that day, day before, ... etc. There are a lot more factors involved in measuring progress than simply looking at your score from last time. The score from last time is a great start, but it takes more than simply logging your WODs to achieve elite fitness!

Planning and Goal Setting: Do you ever find yourself showing up on days that mesh well with your strengths and missing the days that may expose a weakness (a.k.a. cherry picking)? You are only as strong as your weakest link and will probably benefit more as an athlete by working on your weaknesses than continuing to focus on strengths. That said, plan your work and work your plan. If the coaches are telling you to do a little homework and spend a little extra time on something, write it down and plan it in a couple of times a week. Spend ten minutes on it prior to or following a class. Weak overhead? Take the time to work your presses or overhead squats at a moderate, challenging weight a couple of times a week. Are ring movements your nemesis? Get on the rings! Do you do well at MetCon and feel behind on strength work? Plan some extra time to go heavy a couple days a week, write it down, and then hold yourself accountable. Are you weak on the Olympic lifts? Make some time to start attending those classes and clinics. That's the best way to stick to it. Goals tie right into this and it's worth mentioning that something magical happens when goals go from thoughts to paper.

Tracking Personal Records and Successes: There is little more satisfying in CrossFit than accomplishing a goal that took some work to achieve. It's not so much the physical act as the manifestation of all of the work it took to get there. This is a very personal thing that is unique to every individual. A sub-10:00 Helen score may not mean much to someone that it comes to easily. A sub-10:00 Helen to someone who started out at 20:00+ is a huge achievement though. A quick warning on this one . . . CrossFitters are seldom ever satisfied nor should we be. As soon as one goal is achieved, another one should pop up and direct the focus of your training. Be hungry if you want to succeed. Be very hungry!

So what should you use? It really doesn't matter. It can be as simple as a cheap notebook from WalMart or an Excel spreadsheet or as elaborate as an online tracking system or MetCon-5 book. Heck, I will give you your own MetCon-5 logbook if you're the first to tell me that you read this article. I have used spreadsheets, online tracking, and logbooks specifically made for CrossFit. The tool is less important than the points described here and ultimately, the user. There is no magic bullet. Your ultimate success or failure is in your hands. So what next? Start small. Start logging your WODs, tracking your rest, nutrition, and mobility. Put in the work, collect some data, adjust your training, and then watch the personal records roll in!



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JUNE 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Chris B. & Jill Heyse	3	4 Yoga 7:30 pm	5	6	7 Will Huggins
8	9	10 Sathish Chenna	11 Yoga 7:30 pm Weslie Hamada	12 Bring-a-Friend Day Maria Cunningham	13	14 Sweatfest 2 (CF Ferrum)
15 Enza Lobusta	16	17 Bring-a-Friend Day	18 Yoga 7:30 pm	19	20 Dessiree Bazemore	21 League of Shadows (JaxBeach) & Sunshine State Games (Lakeland)
22	23	24	25 Yoga 7:30 pm	26	27	28 Clean Clinic w/ Joey Lippo 11:30-2:30pm NO Open Gym
29	30	July 1	July 2 Yoga 7:30 pm Matt Thurber	July 3	July 4 Modified Hours 9 & 10am ONLY Bo Heyse	July 5 Lauren Maynard