



## The Strongpoint Scoop

August 2015

ELITE FITNESS IS OUR GOAL.

IN THIS ISSUE

## August Training Highlights

by Ryan Miller

We just wrapped up another (hot) successful July highlighted by our gymnastics clinic series with Coach Hollis Heatherly from First Coast Gymnastics. Hollis led us through an hour of training in handstands and handstand walks, ring work, and muscle ups throughout the month. We saw dramatic improvements in all of our participants! We had a total of four members complete the monthly challenge with Andres, Cathy, and Connie grinding through their ring pushups and handstand pushups to earn all 1,000 points! We are going to bump up the difficulty a notch in August. Your August challenge, should you choose to accept it, is to earn another 1,000 points with ring dips and handstand pushups counting for 1, strict ring dips and strict handstand pushups counting for 2, and muscle ups on the bar or rings counting for 3 points each. Liz and Michelle concluded the Strongpoint Kids summer program in July and we look forward to the return of the youngest Strongpointers in September!

We have a few events on the calendar for August starting with [No Baby, Leave the Socks On](#) women's only competition on **August 8<sup>th</sup>**. We still have slots available for all three divisions – Party, Scaled, and Rx and the party division is a great place to start for our Strongpoint ladies that recently started and are not quite ready to tackle a scaled competition. Registration will close at midnight on **August 5<sup>th</sup>**. Best of luck to Alli, Laura, Liz, Megan, MK, Enza, Candice, Brittany, Stephanie, and Haley! Come on out and support our girls!

We have some members headed out to the beach at 6:00 pm on **August 22<sup>nd</sup>** for the annual [Summer Beach Run](#). The course is a 5 mile out and back right along the water at Jax Beach and Tijuana Flats is providing complimentary food for participants after the event. We will have two free clinics throughout the month with Crossover Symmetry on **August 15<sup>th</sup>** at 11:00 am and Muscle Ups on **August 22<sup>nd</sup>** at 11:00 am. There is no prerequisite for the Crossover seminar, but there will be a prerequisite test at the beginning of the Muscle Up clinic. The price of admission is 10 unbroken pull ups and 10 unbroken ring dips. Once you're there, you have the basic strength and are ready to start learning muscle up technique. ☺ We will run two Bring-a-Friend days on **August 26<sup>th</sup>** and **29<sup>th</sup>**. There is also another [Masters Fitness League](#) competition starting on **August 27<sup>th</sup>**.

Who is ready to build schools? In August, [Sweat Angels](#) is partnering with [buildOn](#) to provide the bricks necessary to build schools in Nicaragua. If you are not familiar with the Sweat Angels program, you can learn more at: <http://www.causely.com/sweatangels>

We welcomed aboard seven new members in July with David Y., Rafael, Janelle B., Catalina, Hollie, Daulton, and Josh joining the Strongpoint family. Thank you to Andres, Rayan, and Enza for the referrals! We also said farewell to several long term members, Aaron Sheeks, Chris Brennan, Shawn Shackelford, and Will Huggins. They will be missed and hopefully we will see them for a drop in from time to time when they are in town or their schedule clears up.

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Congratulations to Parker Gilbert, our Spotlight Athlete for August 2015!

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We look forward to the Jax Beach Fitness Festival on **October 3<sup>rd</sup>**, second **Director's Cut** at CrossFit 904 on **October 10<sup>th</sup>**, and Fall **Festivus Games** at Strongpoint on **October 17<sup>th</sup>**. We are also hosting Rx Smart Gear for their **Rx Method** double under clinic on **October 18<sup>th</sup>**. A very busy October will wrap up with several of our members headed to Dade City for the **Savage Race** on **October 24<sup>th</sup>**. Now let's train hard, train safe, and get better in August!-rm



“Ahhhhh.....HOME AT LAST! Nothing like it!” We have an awesome box and grateful to have an owner who cares that we are always improving as athletes and people.

**What is your favorite exercise or WOD?** Nasty Girls V2! 3 Rounds [50 Pistols, 7 Muscle Ups and 10 Hang Cleans] Also any WOD that brings out my weaknesses and makes me realize I have a lot of work to keep me humble and HUNGRY!

**What is your least favorite exercise or WOD?** COE a HERO WOD with 100 THRUSTERS at 95#....need I say more

**What motivates you to show up day after day?** Having awesome training partners and people to always push me. Never being satisfied and always pushing my goals. I want to be an “Elite” CrossFit athlete but still have a long way to go.

**What negative thoughts hold you back from being your best?** I feel like I’m never strong enough and I always use that to drive me to keep training harder. The whole “What is Rich doing?” type of thing; I feel like I’m never doing enough and need to train harder or more often.

**What has been your most memorable moment at Strongpoint CrossFit?** Hang snatching a 20# PR of 225# at Rep Your Box 3 with Ryan and Laura yelling at me “It’s just another bar Parker! This is yours! Take it!” I will always cherish that moment and energy from my coaches, the crowd, and my family.



## Spotlight Athlete: August 2015

by Parker Gilbert

**What made you decide to start CrossFit?** I wanted something more than the typical “globo-gym” experience, and all the people I was training with were not pushing me hard enough or in the direction I wanted to go. I found CrossFit in 2012 and started following the “.com” WODs and did the 2013 Open workouts in the globo-gym to just see how hard it would be and needless to say I got my butt handed to me. I started working at Beeline and found Strongpoint just around the corner from our office. My first WOD of 15-12-9 of Deadlift 275# and 30” Box Jumps and fell in love and have never looked back.

**What results have you seen or goals have you achieved?** Doing muscle-ups for the first time after seeing Orlando doing them effortlessly my first week in the gym and telling myself, “One day I want to be able to do just 1 of those!” All of my Olympic lifts have improved dramatically over the past year and also my endurance has improved making it easier to push past my mental barrier and keep going. I never allow myself to be satisfied at one spot so I’m always chasing new goals and more weight to add to my lifts.

**What do you like best about the gym?** I love our incredible coaching staff and always having a rabbit in RM and other elite guys/gals to chase and push me to go harder and faster. Out of all of the other boxes I’ve dropped in at I still come back to Strongpoint and walk in and take a deep breath.....

**What has been your least favorite moment at Strongpoint CrossFit?** Whenever someone hits 1# more than me on a lift.....\*cough cough\* “FUATA!”, but seriously doing 14.5 the first time and completely dying while doing the bar-facing burpees literally crawling up to jump over the bar. Worst feeling ever!

**What's one thing that no one at the gym knows about you?** I am very artistic. I airbrush, play drums and sing for my church as well as like to write poetry and songs. I love tattoos but have never gotten one, but will eventually I’m sure I just would have to design it first

**What is your favorite quote from Strongpoint CrossFit?** “What the sam-hill!?!?” - Ryan Miller said while I was doing “weighted arcs” with a barbell

**What do you want to accomplish with your training in the next year?** I want to get my Clean & Jerk over 300#, snatch 250# and squat over 400#. Also I am training to get ready for the Rx division at Wodapalooza coming up January 2016. I have a lot of conditioning to do in the next 5 months

**What advice would you give to someone who just started out?**

**SET GOALS!** If you never set goals you'll never have reference for how far you have come. Never quit whether on yourself or your fellow CrossFitters. You can always mentally push far beyond what you think or perceive. If you find yourself shaking your head "NO" tell yourself "I CAN do this and I WILL do this!"

**What advice would give to someone who was on the fence about starting?** There are thousands of people around the world that do CrossFit and are here to help and encourage you to reach your goals. **YOU CAN DO THIS.....**you just need to start

**Coach's comments:** *Parker came into the gym long on motivation, but a little short on coaching from having been working on CrossFit on his own for some time. He possessed great athleticism and mobility, which when coupled with his work ethic, enabled him to quickly develop his weaknesses into strengths. Parker has become a real ambassador for the gym bringing in numerous "Beeliners," his wife, Megan, and even his older boy, Carter. I suspect we'll see Caden on the floor once he gets a little older. CrossFit has truly become a family affair for the Gilberts! Beyond that, Parker seems to go out of his way to welcome aboard new and prospective members. He routinely offers positive advice and encouragement to our new joins. His comments about belief our spot-on... I learned a while back not to bet Parker that he cannot do something after losing a couple of apparel items betting him he couldn't do whatever he had in his head to do. Parker has become an awesome member and we look forward to continuing to see what he can do in the future.*

**Ask Coach**

by Ryan Miller

**Q: Can you explain the accessory work on the board?**

**A:** The accessory work is supplemental to the main workout. Accessory work is accessory to the main movements for that day. Lower body accessory work will marry up to lower body max and dynamic effort, upper body accessory work will marry up to upper body max and dynamic effort, and Olympic lifting accessory work will marry up to Olympic lifts. There will also generally be some core work and a "finisher" or "cash out" included. There are more than likely be some new movements to learn as we keep the accessory work constantly varied like our regular workouts. Ideally accessory work will be accomplished during open gym periods, but otherwise just try to be considerate of the class if there is one on the floor. When in doubt, ask the coach on the floor to make sure you are not impeding the class. As far as learning the movements, I can

explain and demo everything and will generally keep an eye on people as they are learning. You will have seen 90% of the accessory movements after a month or so. You can generally YouTube individual movements if there is something you are unfamiliar with and no one is around to help you out with it. While it may sound like common sense, I see a lot of people doing accessory work a day late, trying to catch up, etc. You would be better off just doing that day's accessory work, making up the day you missed on Saturday, or just missing a day than trying to make it up the following day. Think about it like accessories for toys... Your GI Joe accessories (weapons, helmets, etc.) don't work that well with your Barbies. You cannot brush the GI Joe guys' hair and Barbie doesn't have thumbs to hang onto machine guns and swords and their fat heads are way too big for the GI Joe helmets. Yeah... you might be able to make a game of it, but it's a lot more optimal when you marry up the right accessories with the right toys.

**Q: XX Movement hurts my back, shoulder, hip... etc. Is there something else I can do or should I just skip the workout?**

**A:** Just show up! CrossFit is not only infinitely scalable to any ability level, we can change up movements and/or equipment to preserve the stimulus and work around individual injuries. A few examples: 1) Hands are torn and Toes to Bar are in the WOD: Sub in GHD Sit Ups. You get the same global extension and flexion of the trunk without any impact on the hands; 2) Conventional Deadlifts hurt your back: Try Sumo Deadlifts in lieu of conventional. The wider stance somewhat reduces the hamstring mobility required to get into a good conventional deadlift position; 3) Shoulders hurt doing pull ups: sub in ring rows. It reduces the load and shifts the angle of the pull to more of an inverted row; 4) Shin splints or other lower body issues are bothering you on a running day: sub in a row. You will still get a potent cardiorespiratory stimulus without the added banging on your lower extremities. All that said, we can nearly always change up the grip, angle, or shift to a completely different movement or apparatus if you are battling an injury that is aggravated by a particular movement. We can do it in a manner that will keep up your strength and conditioning without adding undo stress onto the damaged part. Remember that **motion is lotion**... Sitting idle will generally do a lot less to help you heal than maintaining whatever activity level you can. There are plenty of wounded warriors and others that are missing limbs and still manage to do CrossFit. We can generally work around day-to-day injuries without a problem.



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



## August 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Sandbox Combine Ken Hall Tiffany Lewers Sam Marodis	3	4	5	6	7	8 No Baby Leave the Socks On Competition @ SPCF <b>**NO Classes!**</b>
9	10	11	12	13	14	15 Crossover Symmetry Clinic 11:00 am (Free)
16	17	18 Todd Urkowitz	19 Brian Cotroneo	20 Krissy Klingler	21 Phil Prevost	22 Gator Mud Run Smr Beach Run Muscle Up Clinic 11:00 am (Free) Mike Valenti
23	24 Abigail McKay	25	26 Bring-a-Friend Matt Batton Susan Regnar	27 MFL Op 22: 9/11	28 MFL Op 22: 9/11 Martin Pena	29 Bring-a-Friend MFL Op 22: 9/11 John Berger
30	31 MFL Op 22: 9/11 Adam Clark	Sep 1 MFL Op 22: 9/11	Sep 2 MFL Op 22: 9/11	Sep 3 MFL Op 22: 9/11	Sep 4 MFL Op 22: 9/11	Sep 5 MFL Op 22: 9/11