



## The Strongpoint Scoop

March 2015

ELITE FITNESS IS OUR GOAL.

IN THIS ISSUE

## March Training Highlights

by Ryan Miller

We just completed February and with it, graduated our first class of the Strongpoint Boot Camp on February 21<sup>st</sup>. We had a total of eight members finish the session with an average of over 32% improvement between their preliminary and final fitness test and a grand total of 57 pounds and inches lost! Congratulations to Megan Gilbert for the big win, Michelle Cardinal for second, and Kristy Thurber for her third place finish. Congratulations to all of our other finishers as well and special thanks to Maria Cunningham for helping out as a class leader. Our next camp kicks off on March 7<sup>th</sup> and all the details can be found right [here](#).

Dr. Rhett Butler and Heather *H<sup>2</sup> Heijah* Harrelson earned another spot on the podium at CrossFit 904's annual Valentine's Day Massacre. Great job Heather and Rhett!

We had a total of 14 members complete the Lurong Resolution Challenge with Cathy Miller coming out on top followed by Rachel Bush and Janelle Glova in second and third, respectively. Congratulations to our top three and to all of our participants on a job well done! We also had three members complete the February Chest-to-Bar Pull Up Challenge. Congratulations to Parker, Angie, and Cathy for completing all 5-Hundo. Your March Challenge, should you choose to accept it, is to complete 2,000 double unders. Attempts count as reps, so don't feel like you cannot participate because you do not have double unders. You just might find that dedicating a little time to trying will actually help you perfect this difficult movement!

We completed our second month of the Sweat Angels program with a total of 220 check-ins throughout the month supporting the cause of helping to fund glasses for kids in need. We're taking a turn toward the pets in March with funds from check-ins going to support rescuing animals from "kill" shelters. Be sure to check-in every time you come in March to help save the pups!



The 2015 CrossFit Open came in like a lion with CrossFit Open 15-1, a 9 minute triplet of Toes-to-Bar, Deadlifts, and Power Snatch followed by six minutes to find a 1 Repetition Max Clean and Jerk. The Clean and Jerk max was a new wrinkle to the CrossFit Open with it being the first time ever that they have programmed a max effort lift. We actually saw several new personal records that day despite the obvious tax on the grip, core, and CNS of doing a tough metabolic conditioning workout first. It just goes to show what a little adrenaline and competition can do!

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Have you got your Bondi Band yet?

We welcomed aboard several new members in February including Monica, Chad, Dennis, Nicole, Sam A., Lang, Ian F., Alex, Dan M., Angeline, and Jordan. We also had a total of five new members rollover from boot camp into the gym and I'd like to welcome Megan, Jeremy, Kristy, Maria, and Michelle C. over to the regular classes!

The [2015 CrossFit Open](#) will be the focus of effort throughout the month of March with a new workout announcement each Thursday this month. We have right around 30 participating this year and are trying out "Friday Night Lights" with Open workouts at **6:30 pm every Friday**. Feel free to come out and do the workout and/or cheer on our competitors even if you're not registered.

And don't forget that we are introducing CrossFit Kids this month on the 16<sup>th</sup>, 18<sup>th</sup>, 19<sup>th</sup>, and 21<sup>st</sup>! See Liz Gard's article in this issue for more information on and our goals pertaining to the program. **WE ARE STOKED!**

There are several other events coming in the next couple of months with two Bring-a-Friend Days on the 25<sup>th</sup> and 28<sup>th</sup> of March, Shoulder Impingement talk with Jacksonville Orthopedic Institute on the 25<sup>th</sup>, Sweatfest on 4/11, Festivus on 4/18, Tuff Stuff and the CrossFit Gymnastics Certification on 5/9, and Rep Your Box 4 on June 20-21<sup>st</sup>.

February was a successful month full of new personal records and a lot of extra work preparing for the Open. I'm sure I speak for the entire coaching staff by saying that I'm excited to see what we can do this year. Now let's train hard, train safe, and get better in March!  
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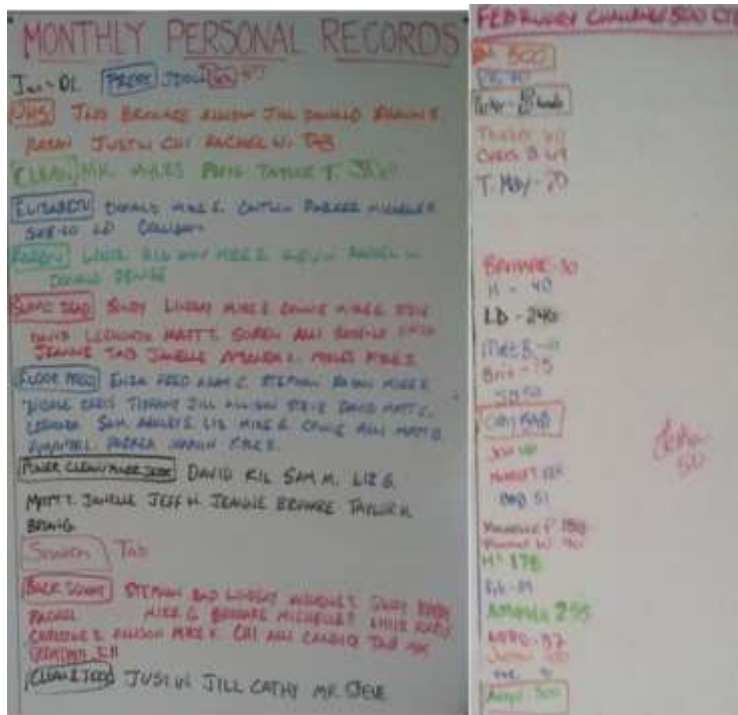
## CrossFit Kids

by Liz Gard

Have your kids ever asked you, "Can I do that?" Well guess what, now they can! Strongpoint CrossFit is now officially a CrossFit Kids affiliate. We will be starting by offering Pre-Kids ages 3-5 and Kids ages 6-12 this spring, continuing with regular class times this summer.

Pre-Kids will be a 20 minute long class which will include a mini whiteboard session, skill, warm-up, WOD, and a game. Pre-Kids will be lively, quick paced, and engaging. Athletes will have a focus skill for the month such as air squats. We will then work on each part of the movement throughout the month during our skill sessions. Athletes will then practice the whole movement through the WOD and during the game. Each part of the class lasts between 3-5 minutes. Athletes end each session with an exciting game of duck-duck-goose, an obstacle course, or some type of captivating activity. In the Pre-Kids class athletes will be not be completing WODs or games for time. The ultimate goal is for athletes to have fun and learn to foster healthy communication between peers and develop positive self-esteem. Athletes will be completing all movements unloaded, with nothing in their hands. During this stage of develop it is important to incorporate some impact loading exercises (i.e. broad jumps and planks) and vestibular movements (i.e. forward roll and headstands) to help create healthy bones, coordination, and balance.

Kids class will last 30 minutes and will include a whiteboard session to review class, warm up, skill, WOD, and a game. Kids will be run vaguely like an adult class, but as with the Pre-Kids, they will end with a game. Athletes will focus on one to two skills a month, for example air squats and push press which will then transition into thrusters the following month. Workouts will be in an AMRAP format for a short amount of time or reps in either couplets or triplets with low rep schemes. Class will end with a CrossFit Kids game like dodgeball or baseball where all athletes are completing a movement to get back into the game. The overall goal for Kids class is that they are engaging in healthy competition and creating the association that exercise is fun! During this stage



athletes will begin unloaded. Perfect movement will be rewarded by being able to hold light objects, like 5 inch sections of PVC pipe in each hand, to progressing to PVC bar (unweighted), and finally to light dumbbells and kettle bells (loaded). It is important that each class combine impact loading exercises with vestibular movements to foster bone density, balance, and coordination.

So what will CrossFit Kids do for my child? Having your child participate 2-3 times a week will help to harness your child's energy in a safe, teamwork, style community that promotes healthy relationships with peers their age. Studies have shown a correlation between kids who participate in regular exercise programs and greater achievement levels in the classroom. As a 4th grade teacher myself, I have seen first-hand how incorporating the principals of CrossFit Kid's in my classroom has led to increased assessment scores within a short amount of time. My students are more engaged in class, retain more of each lesson taught, and are able to concentrate for longer periods of time. The goal of our program is to maintain a healthy balance of exercise and education. Strongpoint wants to partner with you to create a happy, healthy child who can't wait to come to class!



## Spotlight Athlete: March 2015

by Whitney Beisiegel

**What made you decide to start CrossFit?** After being a college athlete it was difficult to find the same intensity and drive that I experienced. I tried going to the gym with friends but our workouts were never satisfying. The more I heard about CrossFit, the more I wanted to challenge myself.

**What results have you seen or goals have you achieved?** After going to a few local competitions I decided one day I wanted to sign up for one. I was always very nervous to compete but last year I was able to join a scaled Rep Your Box team where I enjoyed the team aspect as well as competing against others individually.

**What do you like best about the gym?** I like the competitive atmosphere and how everyone cheers you on even though they secretly want to beat your time lol.

**What is your favorite exercise or WOD?** I LOVE handstand push-ups and rope climbs. Probably two very weird things to enjoy, but those were two skills I was able to pick up very quickly.

**What is your least favorite exercise or WOD?** I probably dread overhead squats the most...but that's because my mobility is terrible.

**What motivates you to show up day after day?** I like that our workouts are always different and that we hardly ever do the same one twice. Recently though, I just want to stay in shape while pregnant and that's been a HUGE motivator since I like to eat junk food.

**What negative thoughts hold you back from being your best?** My negative thought is constantly "you can't lift that". Hopefully one day I'll get over it!

**What has been your most memorable moment at Strongpoint CrossFit?** Halloween 2014 when my "16 and pregnant" costume beat out "Rex-kwon-do".

**What has been your least favorite moment at Strongpoint CrossFit?** I was frustrated with myself at Rep Your Box when I couldn't finish the last WOD. I felt like I let my team down and that I could have done better. Since then I've worked on setting a better pace instead of going full speed out of the gate.

**What's one thing that no one at the gym knows about you?** One night at Caddy Shack I met Bill Murray who was pretty intoxicated. After taking a picture he told me, "you look like someone who would be kidnapped and put in the back of a limo". To this day I'm not sure what he meant, but I'm also happy that hasn't happened to me.

**What is your favorite quote from Strongpoint CrossFit?** "It's your nickel" - Ryan Miller

**What do you want to accomplish with your training in the next year?** Push myself to complete more RX workouts



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

Take it easy when you first start out. You don't have to be the best at everything. As you progress your strengths will be recognized and you'll continue to be better the more you train

**What advice would give to someone who was on the fence about starting?** Just try it! Don't just come for one class, try it for at least a month. You might actually find some workouts you enjoy

**Coach's Comments:** *Whitney is another in a long-line of Spotlight athletes that started out in our 2013 Summer Challenge. While she was always athletic, we have seen dramatic improvements in her strength and work capacity since that time. Above all, Whitney has a great attitude, is very coachable, and really gets along well with everyone in the 4:30 and Saturday classes that she has become a mainstay of. She has represented the gym twice in competition at Rep Your Box 3 and also as a very last-minute entry into "No Baby Leave the Socks On." Whitney has continued to train through pregnancy and is very conservative and smart about modifying certain movements and workouts to stay within her current abilities. While her 16 and Pregnant costume contest victory was very controversial, she did win... It's on Halloween 2015! That is, if Bill Murray doesn't kidnap her and put her in the back of a limo first!*

**Ask Coach**

by Ryan Miller

**Q: What's up with the Monthly Challenges? I feel like I can never even do them.**

**A:** That is precisely the point! We try to pick movements that a lot of members struggle with. The challenges aren't really that *challenging* if you can do the movement easily. I think that point gets lost on people as I see some race to finish every month. I mean, sure, you could do 2,000 double unders in three days, roast your calves, and not do much of anything else. But how are your muscle ups and snatches progressing during that time? They're NOT! So the idea is really to take relatively challenging movement that a significant portion of the gym could benefit from a little additional focus on for a month and then do a little every day to hit the goal number. That's why scaled repetitions count. The challenges are more for the people that *can't* do the movements very well rather than the ones who *can*.

**Q: Why didn't you like CrossFit Open Workout 15.1?**

**A:** Where to start... As a fitness test, I definitely liked it and had no issue whatsoever putting someone who has been training for a while into the workout. On the other hand, let's add it up really quick... Two Olympic lifts + fried core + fried grip + max effort lift AFTER you're already worn out + Time

Pressure + Competition = **VERY** high probability for injury. You might notice that we typically train with heavy weight and/or skill work **PRIOR** to conditioning. There is a really good reason for that. We typically want you moving around more weight and doing more complex movements when your central nervous system and stabilizers are fresh. That way, your coordination is peaked, your stabilizing muscle groups are working, and you're able to move more safely. It's less of an issue for a more intermediate to advanced level athlete. My personal issue with the workout was that we, as a community, had elected to run it during regular classes with all levels of athlete. That's not something I would typically program for a mixed-ability level group or beginners due to my perception of an elevated risk of injury. Unfortunately that perception proved accurate in at least one case as one of our former members posted a picture of her broken arm on Facebook after completing the workout...

So should you never train your strength after conditioning? Not necessarily. Competitors might get a workout like this in competition. It's not a terrible idea to prepare for it every now and then. At the least, you may get a strength piece anywhere from a couple of minutes to a couple of hours after a conditioning piece. But if you're just in the gym to get fit and strong than I never really recommend training this way.

**Q: Why did you guys shorten the boot camp to three weeks?**

**A:** There were a few key reasons. 1) We saw a dramatic drop in attendance and participation about two weeks into the last camp. It was good at the beginning, bad in the middle, and then good again at the end. It may be a little easier to keep people focused and in the game for three weeks rather than six. 2) The price point for six weeks was somewhat prohibitive for someone trying CrossFit for the first time essentially sight unseen. Cutting it in half cuts the price point in half too. 3) Six week sessions only allowed us to do six sessions a year. Cutting it to three weeks allows us to do more frequent sessions, which gives people more points of entry throughout the year. 4) Three weeks is sufficient time to get people results, give them a taste of CrossFit, and teach them the basics. More specifically, three weeks is enough time to make some serious habit changes pertaining to health, nutrition, and fitness. "Boot Campers" that want more can either repeat the camp or check out our regular CrossFit program after those three weeks if they decide it's something they want to continue to pursue.



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## March 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 CFO 15.2 Announcement	6	7 Chi Kwong Nicole Garratt  Crossover Symmetry Seminar (CF Jax)
8	9	10 Liz Gard Angela Koby	11	12 Aage Lindstad  CFO 15.3 Announcement	13	14
15 Amanda Brad	16 Danny Broreps CrossFit Kids!	17	18 CrossFit Kids!	19 CrossFit Kids! CFO 15.4 Announcement	20	21 CrossFit Kids!
22	23 (Matt) Big Hoov	24	25 Bring-a-Friend	26 CFO 15.5 Announcement	27	28 Bring-a-Friend
29 Chris Patterson	30	31 Michelle Thomas	Apr. 1	Apr. 2 Rachel Wilson	Apr. 3 Michelle Penson	Apr. 4