



The Strongpoint
Scoop

May 2015

ELITE FITNESS IS OUR GOAL.

IN THIS ISSUE

May Training Highlights

by Ryan Miller

The spring Festivus Games was the big muscle movement during the month of April. We hosted our largest Festivus Games to date with just over 100 registered participants and just shy of that showing up on competition day. It was another successful event despite an early check in and scoring system crash. Thanks to Cathy Miller for saving the day and crunching the scores with some plain 'ol spreadsheet wizardry! We had a total of seven Strongpoint athletes participate with Pete Kroshefskie, Adam Clark, Nicole Garratt, and Ashley Butler completing their first live competition and Matt Batton (2nd Place, Intermediate), Arkil Stark, and Brittany Perry each completing their second. Strongpoint had a robust and talented staff this time around that rolled with the proverbial punches and made it happen all day long sticking to the schedule within minutes! I cannot say thank you enough to Angie Hicks, Liz Gard, Michelle Knight, Michelle Penson, Whitney Bieseigel, Amanda Larson, Jill Heyse, Laura Kinsey, Danny Broreps, Parker Gilbert, Connie Garland, Scotty Gunter, Kyle Smallwood, Aaron Sheeks, Gordon Foster, Matt Thurber, Tab Rogers, and the Laura Davie for pitching in their time, attention, and unrivaled judging and counting skills to the competition. Thank you to DJ JDoll for keeping the energy levels high throughout the day through the majesty of song. And finally, many thanks to our generous sponsors and vendors for helping to put together what were, without a doubt, the best prize packages we have provided to date. Thank you to [Game Plan Nutrition](#), [Ready Fresh Foods](#), [Hylete](#), [Ten Institute](#), [Tribal Treats](#), [G Butter](#), [Wonder Wrist Wraps](#), and everyone else who helped to put together well over \$1,000 worth of products to hand out to the 12 athletes left standing on the podium at the end of the day. We also had awesome therapist support all day from Kristina Klingler, LMT, and Heartland Rehab. And finally, thanks to Anthony Duran from 904 Fitness for coming out and taking pictures during the event. Anthony's work gives all of our competitions a little something extra and we appreciate him making everyone feel like a star. This Festivus is helping to fund some relief from the blistering summer heat with new fans for the floor and a couple new equipment items that will improve our training!

With Festivus and tax season behind us, we move forward into a chock full merry month of May. We have two separate online Masters competitions on the slate with the [Masters Fitness League](#) running from **May 7 – 31** and [Masters Throwdown Series](#) **May 21 – 28**. Both have divisions for men and women in five year increments starting at age 35. We have participated in three MFL competitions in the past and they are generally a lot of fun! These are great events to get into if you meet the age requirements and feel compelled to compete internationally right from the comfort of your own box.

Strongpoint had a total of seven members complete the April Challenge of 3,000 points from squats. Congratulations to Jill, Mike Colligan, Cathy, Michelle P., and Angie for putting in the work and getting all 3,000. Your May challenge, should you choose to accept it, is to row 31,000 meters!

April Training Highlights

Pages #1 - 2

Spotlight Athlete: Ashley Butler

Congratulations to Ashley Butler, our May Spotlight Athlete for May 2015!

Page #3

Ask Coach

Page #4

May Events Calendar

Page #5



Spotlight Athlete: May 2015

by Ashley Butler



What made you decide to start CrossFit? My husband said he would pay me \$5 for every class I went to. Starbucks money sounded good to me! Also, I was no longer happy at a regular 24-hour type gym. I wasn't seeing any results, I didn't have any type of community, and overall wasn't enjoying my same old same old routine.

What results have you seen or goals have you achieved?

Lots!! Prior to CrossFit I couldn't do a pull-up and now I can string a few together ... I set my mind to a Paleo challenge we did a little ways back, and won that which I was super excited for, I worked out through 41 weeks of pregnancy, I'm overall stronger than I've ever been before. The list goes on and on which is something that makes me super happy in and of itself.

What do you like best about the gym? The community for sure. I've made some great friends! I like that my work schedule allows for me to float between morning and evening classes which has allowed me to get to know a wide range of people. #teamabe

What is your favorite exercise or WOD? I don't think I have a favorite WOD, but I really enjoy doing back squats and cleans.

What is your least favorite exercise or WOD? Burpees of any kind - normal, lateral, bar facing, pull-up, box jump ... you get the point.

What motivates you to show up day after day? My family. It's important for me to take care of myself so that I can in turn take care of them.

What negative thoughts hold you back from being your best? Thinking that other people are judging me, my times, my weights, etc. I don't like to be the center of attention so when I feel like I'm being watched, I then have a tendency to beat myself up inside and lose confidence in myself and my abilities.

What has been your most memorable moment at Strongpoint CrossFit? Crossfitting through my entire pregnancy. Definitely had its hard moments, but I hit a lot of PRs in the first two

trimesters and everyone was extremely encouraging and supportive.

What has been your least favorite moment at Strongpoint CrossFit? During my intro when I went to the bathroom and cried before doing the baseline workout.

What's one thing that no one at the gym knows about you? I'm pregnant again ... JUST KIDDING! While growing up I played year-round travel basketball.

What is your favorite quote from Strongpoint CrossFit? Just do whatever you want.

What do you want to accomplish with your training in the next year? I really want to be able to do double unders, handstand push-ups, and ring dips.

What advice would you give to someone who just started out? Keep it up! You're awesome for even being here and are going to be so happy you stuck with it. Take time to really learn proper form and don't be afraid to ask questions. Our coaches are very knowledgeable and are the absolute best!

What advice would you give to someone who was on the fence about starting? You'll never know what you're capable of if you don't give it a shot. With hard work and dedication, you can do anything you put your mind to, so go ahead and just sign up already ☺

Coach's Comments: I like to tell the story about Ashley's intro at least once a month anyway so here goes... She reluctantly agreed to try out CrossFit on a Saturday in the spring of 2013 after her husband, Rhett, had joined a couple of months prior. Apparently she did not really want to come in, but Rhett told her she needed to because she had an individual appointment. I saw the relatively sour look on her face walking in and asked, "Did Rhett make you come?" She replied in the affirmative and she proceeded through the rest of the intro just fine. Rhett told me later that she told him on the way home that she hated CrossFit, hated me, and, in fact, hated Rhett too! Needless to say, she didn't join right then. She instead enrolled in the June 2013 Summer Challenge (on a bribe), performed really well, and ended up actually liking it. Ashley has since become an awesome member of the community that has referred in friends that have become great members in their own right. She trained through virtually her entire pregnancy and then was right back in the gym seven weeks after Addison was born. I'm proud to say that she just completed her first competition since the birth and performed excellent finishing seventh in a division of over 40 women. Ashley has made some significant strides in her health and fitness, but above all, she carries herself with much more confidence in the gym. It has been extremely rewarding for the coaching staff to have the opportunity to be a part of that and we look forward to continuing to work with her in the future!



Ask Coach

by Ryan Miller

Q: Why do we squat so much?

A: The squat is known as the “King of Exercises” for good reason. The squat is ground based, which is where we live, play, and work, and simultaneously stimulates the muscular, skeletal, and central nervous systems in a manner that provides a greater impetus for strength development than any other single exercise. To quote esteemed strength coach and athlete, Mark Rippetoe, “*When done weighted, it (the squat) is the best exercise in existence for strength, power, coordination, joint integrity, bone density, confidence, discipline, intelligence, and charm.*” In other words, squats will make you better at pretty much anything you want to do because they stimulate more muscle groups than virtually any other exercise. We like to be as efficient as possible and give our members a lot of bang for their buck. Squats do exactly that! 😊

Q: Do deep squats hurt your knees?

A: Nope. The way you squat may hurt your knees. If anything, full-depth squats will strengthen your entire lower body and core and provide a balanced stimulus for all of the muscle groups that contribute to knee and hip flexion and extension. Some individuals in resistance training circles perpetuate the myth of half-range squats being better or safer for a couple of reasons... They are easier and it’s easier to teach partial range of motion movements. Partial ROM does more to contribute to strength imbalances, which in turn, can increase the risk of injury. The better part of the rest of the world spends significant portions of their day “sitting” in the bottom of a deep squat. Many cultures eat, defecate, and just generally hang around in the bottom of a squat rather than in a chair. This type of squatting was a common sight when I was cruising around convoys in Iraq and they actually had “special” portions for our Iraqi staff and contractors. The special part was that they didn’t have seat. They just had a spot to squat and

drop... *bombs* away! If you have knee pain when squatting, it’s more than likely due to a technical deficiency, mobility restriction, or a prior injury. Ask a coach for some help if you’re experiencing this and we may be able to help diagnose your problem.

Q: Can I bring my friend/cousin/roommate/Spanish teacher/Flight Instructor/etc. to a class to try it out?

A: I’ve addressed this topic in this newsletter at least once or twice before, but it comes up pretty regularly. No, you may not. You may bring up to two friends on a Bring-a-Friend day. However, we try to keep our regular classes reserved for our members to make sure that they have the coach’s full attention. CrossFit isn’t exactly sitting on a bike and turning the wheels for an hour... We take our duties as coaches seriously and want to focus on our members to help them improve during class periods. If we regularly let non-members come to the WOD to try a class, they would sap the instructor’s attention away from our primary responsibility of assisting our members to get fitter, stronger, and healthier. The staff can run a complimentary one-on-one introduction with an individual that just wants to try out CrossFit pretty much any other day of the week Monday – Saturday at various times. If they are just itching to see a class before joining the gym, invite them to watch. They can set up an intro after that if it looks like something they’d like to try. About 3-4 out of 5 prospective members that complete an introduction end up joining the gym. About 1 in 10 people that come to a Bring-a-Friend Day actually join.

Q: When is the next Bring-a-Friend Day?

A: May 21st and 23rd.

Q: How much do the chains weigh?

A: The same as they did last week. 😊
Each single chain weighs twenty pounds. That means a set weighs 40 pounds. Add in the carabiners and leader chains and we can round it to 45 pounds total weight per set. However, a chain max is different than a straight weight max because the hanging chains deload as the bar approaches the ground and load as the bar moves away from the ground. We cannot count it exactly the same as a straight weight max. One should be able to squat more total weight on a chain max than a straight weight max because of deloading and loading. Members are advised to maintain separate maxes in their record/journal for that reason.



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



May 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 26	27	28	29	30	May 1 Jeanne Sapp	2 Brian DeAlexandris
3	4 Pearl Marodis	5 Brittany Perry	6 Hiawatha Tiller	7 MFL Begins! Brian Graybill	8	9 CrossFit Gymnastics Cert (CF Jax) George Doran
10 CrossFit Gymnastics Cert (CF Jax)	11 TakeDown Challenge Weigh Ins 11-1 & 5:30-7:30 pm	12 TakeDown Challenge Weigh Ins 11-1 & 5:30-7:30 pm	13 TakeDown Challenge Weigh Ins 11-1 & 5:30- 7:30 pm	14	15 TakeDown Challenge Begins Mandatory TDC Orientation Meeting 6:30 pm Super Regional	16 TDC Orientation Make Up 11:00 am Alli Austin Super Regional
17 Super Regional	18 TDC Cardio 6:00 pm	19 Petey	20 Fireside Chat with Dr. Fred Baldwin, DPT 6:30 pm	21 MTS Begins! Bring-a-Friend	22 TDC Boot Camp 6:30 pm Mike Eddins	23 Bring-a-Friend Mike Garland Candice Petty
24	25 TDC Cardio *8:00 am Memorial Day Murph 9 & 10:30 am	26	27 Laura Kinsey	28 MTS Concludes	29 TDC Boot Camp 6:30 pm	30 MFL Concludes Mandarin Melee 9:00 am – 1:00 pm Justin Sallas
31 Ashley Smith Shweta Patel	June 1	June 2 Jill Heyse	June 3	June 4	June 5	June 6 Kristhine Belarmino