



The Strongpoint Scoop

September 2015

ELITE FITNESS IS OUR GOAL.

IN THIS ISSUE

September Training Highlights

by Ryan Miller

August was another successful month for the Strongpoint family starting with *No Baby, Leave the Socks On* ladies only competition on August 8th. We had a total of 68 women participate, which was up from 48 in 2014. It was one of our more successful competitions for putting people on the podium as well with Michelle Knight and Enza Lobusta taking first and second in Scaled and the Laura Davie taking first in Rx, not only at our competition, but nationally as well! We also had top ten performances out of Candice Petty and Angie Hicks in the scaled division and Amanda Larson in the Rx Division. Alli Austin, Megan Gilbert, and Stephania Landaeta all completed their very first ever CrossFit completion and Liz Gard completed her first ever individual Rx competition. And finally, the Perry sisters (Brittany and Haley), put up solid performances in the scaled division. I received a lot of positive feedback from the competitors that said that we put on a very organized and effectively run event. Congratulations to all of our competitors and thank you to our hardworking volunteers for putting together a fantastic event!

Thank you again to Ken Hall, Steve Fuata, and Hiawatha Tiller for spending a perfectly good (and hot) Saturday mounting the pull up rig. That opened up a ton of space in the gym and has really improved the economy of our space in all classes. Danny Broreps, Taylor Troedson, Angie Hicks, Jess Schacht, and Liz Gard also stuck around and helped us get set up and organized. Be sure to thank them next time you see them if you haven't yet!

Congratulations to Parker Gilbert, Andres Abadia, and Jason Doll for completing the monthly challenge in August. Your September challenge, should you choose to accept it, is to accumulate 500 points for bronze, 750 points for silver, and 1000 points for gold with pull ups and scaled pull ups counting for a point apiece, chest-to-bar and strict pull ups counting for two. Everyone can pick a level and compete with themselves to finish this one!

Congratulations to Devon O'Conner, Cathy Miller, and Heather Harrelson for completing the annual Tijuana Flats Summer Beach run where Heather earned a third place spot in her division. Our next race is coming up on September 7th when several of us are headed out to the [Labor Day 5K](#) at the Baymeadows 1st Place Sports. This is a great opportunity to benchmark performance for those that have been following our Endurance program. We will transition to a 10K program the following week in preparation for the Savage Race the weekend of **October 24th-25th**.

We have several other events coming up in September. The Masters Fitness League started on August 27th and will be open to complete workouts until **September 12th**. CrossFit Kids will be starting up again on Tuesday, Thursday, and Saturday on **September 1st**. We will run modified hours on **Monday, September 7th** in observation of Labor Day. Classes will be at 9:00 and 10:00 am only with an Open Gym Period at 11:00 am. We are hosting our second [TakeDown Challenge](#) starting on **September 11th**. We had great success with our first challenge in May helping our participants drop more than 100 pounds of excess body fat. This will be our last challenge of 2015 with the next opportunity coming up in January of 2016. You can get a head

September Training Highlights

Pages #1 - 2

Spotlight Athlete: Mike Cummings

Congratulations to Mike Cummings, our Spotlight Athlete for September 2015!

Pages #2-3

Ask Coach

Page #3

September Events Calendar

Page #4



What is your favorite quote from Strongpoint CrossFit?

"Shutup Cummings" -said by at least 2 members, 1 fiancée and 1 coach on numerous occasions.

What do you want to accomplish with your training in the next year?

My goal is to run a sub 3 hour marathon. I want to use Strongpoint to help get me there by balancing my training.

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

Relax! We are all in it together and there is no one in the Strongpoint community that doesn't want you to succeed. Don't try to do too much too soon and listen to the coaches. You absolutely will see gains that will amaze you and if you relax you will have fun and gain a bunch of weird friends in the process.

What advice would give to someone who was on the fence about starting?

Commit to two workouts after your introduction and you'll see how good you feel and how comfortable people make you feel... you won't regret it!

Coach's Comments: Mike is one of the few remaining "OG" members (OG = Old Gym). It's true... he's been with us for just over three years now and has become a huge part of the community. Besides taking over as our accountant in 2013, Mike routinely volunteers his time and effort to make the gym a better place to train. He was integral in planning our first competition (5K Gone Bad), was our scorekeeper for No Baby Leave the Socks On in 2014, and served as a judge for No Baby in 2015. Mike has competed regularly participating in multiple Masters Fitness Leagues, three CrossFit Opens, two Festivus Games, Row to Daytona (where he finished first in his division), and Rep Your Box. Mike also completed our first ever TakeDown Challenge in May where he placed second and dropped over 20 pounds in 28 days! Mike has become the de facto mayor of the 6:00 am class, and despite his antics (swinging from ropes, kicking over innocent chalk buckets, tagging new members with wall balls), has become one of our most welcoming and consistent members. We have enjoyed seeing him progress and look forward to helping him bust that three-hour marathon goal in the future!

**TEST POSITIVE
FOR AWESOME™**
NOW IN 3 FLAVORS

**Ask Coach**

by Ryan Miller

Q: What is the easiest way to improve my performance?

A: I'll give you three that are super simple. 1) Track your workouts. I've written on this pretty extensively in the past and various studies have shown about a 10% greater improvement in those that tracked their workouts vs. those that did not. I would recommend tracking all of your benchmark workouts and max effort lifts very closely. This includes max variations like bands and chains. 2) Drink more water. Your body is composed of approximately 60-70% water and it plays a vital role in nearly all bodily functions. Dehydration of as little as 2% can impair athletic performance including endurance, power, and reaction time. Dehydrated tissues are also less supple and more susceptible to injury. Shoot for a minimum of half your body weight in ounces on non-training days and more on training days. How much more? Try weighing yourself before and after a workout. Replace each pound of lost bodyweight with 16 ounces of water. *But I hate water...* throw some citrus, cucumber, or electrolytes in it and suck it up! 3) Stop eating **CRAP**. CRAP is Carbonated junk like soda, Refined sugars, Artificial foods, and Processed foods. Try to stick to lean meats, fresh vegetables and fruit, nuts and seeds, and little starch. *I feel like I read that somewhere before...* If it does not spoil after a week, it's probably not real food. Eat real food as often as possible.

Q: How do I get butterfly pull ups?

A: Oh jeez... let's start here: How many strict pull ups can you do? Come see me after you can do at least ten. The "butterfly" motion puts a lot of extra stress on your shoulders and it is really not something you should be too concerned with if you just started CrossFit a few months ago. You want to build as much strength in the strict motion before you move onto butterfly kipping to make sure that your tissues are prepared for the extra stress. Additionally, the butterfly motion is what is known as a "dead end" movement progression. In other words, it does not translate to anything other skills. Develop a strong gymnastics kip first as it is more transferable to a wider variety of skills like toes to bar, knees to elbows, bar muscle ups, ring muscle ups, etc. So in sum, master the pull up in this order: 1) Strict, 2) Gymnastics Kip, 3) Butterfly Kip.



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



September 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31 MFL Op 22: 9/11 Adam Clark	Sep 1 CrossFit Kids Fall Session Begins! MFL Op 22: 9/11 Daulton Hubler	Sep 2 MFL Op 22: 9/11	Sep 3 CrossFit Kids MFL Op 22: 9/11	Sep 4 MFL Op 22: 9/11	Sep 5 CrossFit Kids MFL Op 22: 9/11
6	7 HAPPY LABOR DAY! 9:00 & 10:00 am classes only Labor Day 5K MFL Op 22: 9/11 TakeDown Challenge Weigh Ins 12:00 – 1:00 pm	8 MFL Op 22: 9/11 TakeDown Challenge Weigh Ins 11-12 & 5:30 – 6:30 pm	9 MFL Op 22: 9/11 TakeDown Challenge Weigh Ins 11-12 & 5:30 – 6:30 pm	10 MFL Op 22: 9/11	11 MFL Op 22: 9/11 TakeDown Challenge Orientation 6:30 pm	12 MFL Op 22: 9/11 Rex Rumble 4
13 Rex Rumble 4 Heather Harrelson	14	15	16 Matt Cohen	17	18 TDC Week 1 Weigh In Parker Gilbert	19 Lift Up Luke
20	21	22	23 Jillian Penson Arkil Starke	24 Anna Threadgill	25 TDC Week 2 Weigh In	26 Bring-a-Friend
27	28 Deeevon Stephan Baker	29 Andrew Labreque Jimmy Edelen	30	Oct 1	Oct 2 TDC Week 3 Weigh In	Oct 3 Jax Beach Fitness Fest