



The Strongpoint Scoop

June 2015

ELITE FITNESS IS OUR GOAL.

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June Training Highlights

by Ryan Miller

We had a chock full month in May with two separate online masters competitions, our first ever family WOD, the Takedown Challenge, and our first Fireside Chat from Dr. Fred Baldwin. First up was the Masters Fitness League that ran from May 7th – 31st. We had a total of eight athletes participate completing eight workouts over the three-week period. Congratulations to Jill Heyse, Michelle Penson, Candice Petty, Angie Hicks, Erika Eddins, Mike Cummings, and Lang Dorsey. While the [leaderboard](#) was not available as I was writing this, we had several top 5 and top 10 performances from our athletes. Angie Hicks and I also participated in our first Masters Throwdown Series from May 21-27th. It was another fun event that was well programmed and run. I would highly recommend more members of the gym check these out when they roll around again.

We commenced our first [Takedown Challenge](#) on May 15th with a total of 12 challengers participating from both inside and outside the gym. We have seen some pretty dramatic results thus far with the twelve combining for 69 pounds shed in the first two weeks! The next TDC rolls around in September with orientation on September 15th. Feel free to ask for more details throughout the summer.

We wrapped up the month with two bring-a-friend days and our first Fireside Chat with Dr. Fred where he discussed Upper and Lower Crossed Syndromes and their impact on our movement. He then fielded questions from the small group until we were all satisfied. It was a good seminar and I would recommend checking out the next one if you can. Everyone gets keenly interested in learning more about mobility and injury prevention after they are already injured. A little knowledge, time and effort prior to would probably help stave off many of the issues we see in our training.

We had a total of five complete the monthly challenge in May with Jill Heyse, Angie Hicks, Megan Gilbert, Kyle Smallwood, and Laura Davie rowing all 31,000 meters! Our June Challenge is a little different requiring daily participation rather than a total number of reps, meters, or miles. Your June Challenge, should you choose to accept it, is to complete 30 overhead squats each day throughout the month. You may complete them with a PVC pipe, barbell, dowel rod, broomstick, bo staff, or whatever you have available. Focus on perfect form on each repetition and you'll find that your mobility and technique improves with a little extra work consistently for a month. Be creative... this one can be accomplished anywhere you have a stick and space to squat. And oh by the way, we will be hitting those overhead squat maxes again in July!

June is a little slower in terms of the total number of events kicking off with Astym demonstrations from Heartland Rehab at the Avenues from 4:30-6:30 pm on June 3rd. Astym is a therapy treatment that helps regenerate healthy soft tissues (muscles, tendons, etc.) and eliminates or reduces unwanted scar tissue that may be causing pain or movement restrictions. CrossFit Southside is hosting the SoFit Open Olympic lifting meet on June 6th with Jason Doll as the lone representative from the gym competing.

Our [Strongpoint Kids](#) program officially kicks off on June 9th. Our Kids coaches, Liz and Michelle, will be running classes on Tuesday and Thursday evenings and Saturday

June Training Highlights

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Spotlight Athlete: Mike Garland

Congratulations to Mike Garland, our May Spotlight Athlete for June 2015!

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What has been your most memorable moment at Strongpoint CrossFit? As simple as it seems; doing unassisted pull ups in the recent WOD! BAM!

What has been your least favorite moment at Strongpoint CrossFit? Anytime we come back from a trip; the first day back is always a “least desired” moment. However, our most favorite moment is “another trip”. Kind of Yin - Yang thing. No, more of a Yang – Yang - active and positive.

What's one thing that no one at the gym knows about you? I am the seventh son of a seventh son that was born on the 7th day of the 7th month. On that day all woodland creatures along with Connie's cat, Taco, come out to celebrate.

What is your favorite quote from Strongpoint CrossFit? “Pay attention or maybe you would like an ice cream bar and go eat it outside”. Ryan

What do you want to accomplish with your training in the next year? Running: 25.xx 5k - Florida Senior Games 100 M Top 10 Finish / Weight Lifting: 295 lb Deadlift / RX a WOD that has Toes to Bar / Strict Pull Up

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

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

Coach's Comments: For the record, Mike didn't just come to one Bring-a-Friend Day. He came to back-to-back days and I had a hunch he was going to stick around! He has become a mainstay in our 9:00 am classes since that time and we have seen pretty dramatic improvements in his health and fitness. He came to us primarily as a runner and we have seen his lifts steadily rise over the past year and a half. Mike dipped his feet into competition during our first Festivus Games in the spring of 2014 and regularly supports Connie and other members at their events. Mike is conservative in his approach and never hesitates to scale workouts in a manner that keeps him within his abilities, yet stretches and challenges him. He's become a great member and we look forward to continuing to work with him to stave off “long-term elder care” in the future!

Strongpoint CrossFit Kids: Is It Right For the Child in My Life?

by Michelle Penson

Facts:

- Physical Education in Florida schools aligns with the following standards: Kindergarten – 5th grade students have PE two and a half hours per week. Middle School students should have one semester per year. High School students should have one semester as part of a health class.
- Nemours suggests one in every three children is obese or overweight.
- In a recent study, University of Michigan found kids 6-11 years old watch TV 28 hours per week.

That is NOT my child, you may say. He/she plays on a lacrosse (soccer, softball, swim, etc.) team and is very active. I can't tell you how many adults I've talked to who wished they had

CrossFit in their lives when they were teen or collegiate athletes to help with conditioning, to prevent injury, increase their endurance, and find an outlet for friendly competition. Friends have reached out to me to ask how their child should condition in the off-season, explaining the coach prescribed conditioning, but not how much or what kind. Strongpoint CrossFit Kids will help your child with the above and more. It may make them a stronger, healthier athlete on and off the field. Brooke Wells, a nineteen year old former cross-country runner, just won the Central Regional. Who knows what potential CrossFit can unlock for your athlete?

Recently, I heard children are discouraged from talking during lunch at several schools in our area. TALKING!?! Let me get this straight: elementary students go to school for approximately six and a half hours per day. They are asked to follow along with the teacher in all lessons, get minimal recess time, very little PE time per week, and they can't socialize during lunch? Then they go home and sit in front of a screen for hours on end. No wonder these kids have so much pent up energy. Strongpoint CrossFit Kids will allow these kids to socialize, be active, learn the importance through games and fun of functional movements that will carry them through a healthier life. You've made friends at Strongpoint. They will too.

My child is not interested in sports or exercise of any kind. We tried a few and it's just not for them. Does this sound like something you might say? The beauty of Strongpoint CrossFit Kids is we train these kids with healthy, fun activities, WODS and games, use friendly competition, and teach functional movements that will help them in their daily lives. Squat? When will they ever squat? If you make them clean their rooms, they should be squatting daily. Movements like forward rolls and handstands will help with their vestibular system including better balance and eye-hand coordination. CrossFit may also help them with goal setting, better nutrition awareness, and increased self-confidence. A win-win in anyone's book.

Strongpoint CrossFit Kids starts

Tuesday, June 9th. For more information, contact Liz Gard, Michelle Penson or Ryan Miller.



Strongpoint CrossFit Kids Summer Program



We have classes for 7-12th Graders/Partners through High School Seniors. Kids will be learning functional movements to promote healthy growth and development.

Pre-Kids (6-7) Tues/Thurs 9:00-9:30 pm @ Sat 10:00-10:30 am
Kids (8-11) Tues/Thurs 8:00-8:30 pm @ Sat 10:00-11 am
Bears (Middle/High) Tues/Thurs 8:30-9:00 pm @ Sat 11:00-11:30 am

Monthly Rates: \$65-\$75 depending on age for 30 Sessions/Member & \$75-\$85 depending on age for non-members

For more information & details contact us:
strongpointkids@strongpoint.com or (904) 624-4888

Ask Coach

by Ryan Miller

Q: I feel like I have stopped seeing a lot of physical changes since early on. Why is this happening?

A: Coming into CrossFit was more than likely a big change from whatever type of program you were doing before you started. Your body responded to that change by adapting a certain way; namely adding muscle mass, decreasing body fat, improved muscle tone, etc. Without asking a few more questions, I would venture to guess that you are probably not eating right, getting sufficient rest, or you are just plain stressed out. Remember that nutrition is the base of our health and fitness and that you cannot out train a bad diet. We recommend a whole foods approach to nutrition whenever possible with balanced macronutrients and appropriate portion sizes. Check out our [Takedown Challenge](#) or [Takedown Lifestyle](#) programs if you need help figuring out how to balance your meals, when to eat, how much, etc.

Q: I heard Julie Fouchet tore her Achilles Tendon doing rebounding box jumps. Are rebounding box jumps dangerous?

A: Somewhat, but so is crossing the street, riding in a boat, or dangling over a lion cage by your feet. That particular workout put a tremendous amount of stress on the lower extremities. It started with a mile run on a self-propelled treadmill, moved onto 150 double unders, and then 100 box overs. Additionally, Fouchet performed during the third week of regional competition around four weeks after the workout was announced. She had probably completed all or some of that workout 2-3 times before the event in addition to two other grueling workouts the day before. Chances are that it was not one isolated incident of rebounding box jumps that caused the injury. It was probably repetitive stress caused not only by the event itself, but by the training leading up to it. In other words, I would not recommend doing rebounding box jumps every day or even more than once a week depending on the volume. You figure there are nine regions with around 35-40 men and 35-40 women competing in each region. That means that over 600 athletes completed that workout and only one that we know of ended up with a torn Achilles. That is not very statistically significant.

There have been other cases of torn Achilles Tendons. Rebounding box jumps have been shown to put more stress on the legs than stepping down. It really comes down to risk vs. reward. You can go faster rebounding, but you're putting yourself at a higher risk of injury. What do you want to get out of it? This opens up another topic worth mentioning... risk vs. reward in training and competition. Certain things we do in

the gym cause more stress than others and put us at a higher risk of injury. Things that come to mind are rebounding box jumps, touch and go lifts, cycling butterfly pull ups and muscle ups, and just generally moving around in a fatigued state. This goes back to the intensity conversation I have with people at their intro. **YOU** have to moderate your own intensity whenever you are in the gym regardless of whether it is a competition or just a class. The coaching staff cannot feel what you are feeling and seldom ever will anyone say a negative word if you scale a workout. Work within your own abilities and don't worry about keeping up with the person next to you. Kelly Starrett used a really great analogy here at the Mobility Certification, "I made you toast, but I burned the house down." He was making reference to someone setting a new deadlift PR and blowing their back out in the process. Winning any given days competition is not worth an injury that puts you out of training for an extended period. Compromising form for a quick victory does just that. We have had a handful of members either out of CrossFit completely or for an extended period of time due in part to injuries when they let their competitive spirit get the better of their common sense. Try not to be another "don't try this at home" story.

Q: My wrists hurt when I do front squats, presses and thrusters. Is there something wrong with me?

A: Nope. The muscles around your wrists and elbows are a little tight and you may have some joint capsule restriction at the wrist. Keep working the positions with light weights while you're in class and work on stretching on the days you are not in the gym. I have seen very few cases where this does not work itself out within a few months of concentrated effort on fixing the problem. You can always ask if you need some stretches to do. I'm sure your friendly weightlifting coaches, mobility instructor, and physical therapist will be able to give you plenty of ideas.



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June 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 31	1	2 Jill Heyse Christina Migliara	3 Lauren Correa Heartland Rehab Astym Demo 4:30-6:30	4 Chris Fuentes	5	6 Kristhine Belarmino SoFit Classic
7 Will Huggins	8 Quang Ly	9 CrossFit Kids Begins!	10	11 Pinak Patel CrossFit Kids	12 Maria Cunningham	13 CrossFit Kids
14	15 Enza Lobusta	16 CrossFit Kids	17 Andres Abadia	18 CrossFit Kids	19	20 Rep Your Box 4 9:00 am class only **No Kids classes or 10:00 am class**
21 Rep Your Box 4	22	23 CrossFit Kids	24 Bring-a-Friend	25 CrossFit Kids	26 Dylan Ball	27 Ty Littles CrossFit Kids Bring-a-Friend
28	29	30 CrossFit Kids	July 1	2 Matt Thurber CrossFit Kids	3	4 Bo Heyse CrossFit Kids