



The Strongpoint
Scoop

September 2014

ELITE FITNESS IS OUR GOAL.

IN THIS ISSUE

September Training Highlights

by Ryan Miller

Strongpoint had a record month in August! The month began with the second and third weeks of a three-week testing phase in which we tested several benchmark lifts and workouts. The gym had a record for Personal Records during the month! We actually had to erase the board mid-month and start over after a very successful strength phase over the summer. See the photos below for the specifics, but suffice it to say that the community killed it in August! We also had a total of 10 individuals complete the monthly challenge, which required them to accumulate 1,500 points doing an assortment of abdomen and core exercises. Congratulations to Amanda L. (Bob Ross), Petey, Colligan, Hiawatha, Laura D., Matt B., Connie, Heather H., Cathy and Brittany for completing all 1,500! Your challenge for September, should you choose to accept it, is a similar skill ladder format with different movements. You must accumulate a total of 1,200 points with kipping pull ups counting for a single point, chest-to-bar and strict pull ups counting as two points each, and bar muscle ups counting as three points each. 3, 2, 1 go!

August was a relatively quiet month on the competition front, with Connie Garland and me as the lone participants in the Masters Functional Fitness League (MFFL). While small in size, our "team" fared well in the competition with Connie finishing third and me forth worldwide in our respective age groups. We both owe a debt of gratitude to Petey, Angie, Cassie, Fuata, and Mike G. for helping to judge our workouts and coordinating some logistics to get it all done. It was the first worldwide MFFL competition and they are following it up with a second iteration in October. Age groups start at 35 and run every five years up to 65-plus. Connie and I both enjoyed the experience and hope some more Strongpoint members will get on board in October. The gym also hosted the 31 Heroes fundraiser and one last summer Olympic lifting clinic with Coach Joey Lippo. We had six participants come out and get a little extra coaching and practice on the Jerk. We plan to host Joey again for another series next summer.

We began implementing the Conjugate Method in August. Our training will follow the same basic template week-to-week for the next several months with a maximum effort lower body day on Monday, max effort upper body on Tuesday, dynamic effort lower body on Thursday, and dynamic effort upper body on Friday. See the article in last month's newsletter for more specifics on that and fear not CrossFitters... the movements will change every week in keeping with our constantly varied methodology! We will also implement the fall schedule on September 8th. There ended up not being that many changes from the summer schedule as only a couple of classes were removed from the schedule due to low attendance. Day weightlifting classes are cancelled and we will consolidate into one evening class per week on Thursday at 6:30 pm. We changed the format for the Yoga class and renamed it "Mobility." The evening class will remain on Wednesday at 7:30 pm and the day class is moving to Thursday at 10:15. See Krissy's article on pages 3 & 4 for more details on the new Mobility class. That made room to slide the 10:00 am Friday CrossFit class over to Wednesday morning at 10:00, which has traditionally been a much busier day than Friday.

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We have several events on the calendar in September starting with the Southeast Classic Olympic Weightlifting meet on September 6th-7th. We wish the best of luck to Jason and Laura as they head down to Orlando to represent Strongpoint Barbell. Angie Hicks is coordinating our fall cleanup day on September 13th and she has forwarded out information via email. Please contact her with questions and ideas. The Barbell Club is headed to South Florida for a second meet at the Jacked Classic on the 20th. CrossFit Sovereignty is hosting a free completion the same weekend (9/20) that is also very near capacity or already full. We will also host two Bring-a-Friend days this month on the 17th and 27th.

October will be another busy month with the Director's Cut partner competition at CrossFit 904 on October 4th, MFFL from October 17th-28th, and the Fall Festivus Games at Strongpoint on October 18th. Director's Cut is very close to capacity if not already full and Festivus is sitting just over 50% capacity. Festivus is designed specifically for beginner (less than six months) and intermediate athletes and is a great way to ease into your first competition in the comfort of your own gym.



We also welcomed aboard a record number of new members in August including Shanna, Dylan, Patrick, Ashley S., Rick, Matt H., Mary, Tatiana, Yuri, Liz A., Jon, Dana, Shawn T., Bryan O., Aimee, Tobie, Chris M., Sean, Troy, Ashlei, and Colton. We also welcomed back Hunter, Candice, Tiffany L., Dr. Laura K., and Rachel G. after some time off during the summer months. We bid several of our student members and one coach farewell as they returned to school. We'll miss Carly, Nikki, Martin O., and Coach Cassie and hope that they come back to see us on breaks. Please continue to keep our deployed members in your thoughts and prayers as Tyler, Chris P., and Ryan J. carry out their missions abroad.

Now let's train safe, train hard, & get better in September! -rm



Spotlight Athlete: September 2014

by Hiawatha Tiller



1. What made you decide to start CrossFit? A few co-workers were talking about it and saying how amazing it was. I figured it was worth checking out. I enrolled into an introductory one month class and was instantly hooked after the first workout. I realized at that moment I wasn't as fit as I thought I was.

2. What results have you seen or goals have you achieved? I was amazed at how quickly my cardio improved. After a few months of CrossFit, I also noticed that my strength had improved just as drastically as my cardio.

3. What do you like best about the gym? I have to say the people. I have never been in an environment where the energy was this positive. Prior to doing CrossFit, I had been going to a local gym for about 2 years and everyone kind of does their own thing. With CrossFit, there is a communal aspect to the workout where everyone cheers you on and you cheer them on. That's a recipe for success in my opinion. Next I would say the coaches. Having knowledgeable people leading you makes a huge difference. I have really enjoyed the programming that Ryan Miller has instituted and I really appreciate his methodical approach to training.

4. What is your favorite exercise or WOD? If I have to pick a favorite exercise it would be sit-ups. Hard to believe that doing sit-ups as punishment in my youth would pay off so well in adulthood ☺ (thanks dad).

5. What is your least favorite exercise or WOD? Heavy thrusters. Man, those things give me nightmares.

6. What motivates you to show up day after day? The constant changes to the workouts. I understand that to be successful you have to take incremental steps and I have seen amazing results merely by staying persistent. It amazes me that even on days where you are missing lifts you are improving merely from just being there.

7. What negative thoughts hold you back from being your best? *The normal lies you tell yourself that you can't accomplish something because it is either too difficult or you haven't mastered the appropriate technique. Not to sound cliché but I have since instituted a pre-lift thought from a little green Jedi Master with pointy ears. "Do or Do Not, there is no try."*

8. What has been your most memorable moment at Strongpoint CrossFit? *There are many to choose from but the most recent memory was getting a strict muscle up on the rings when I didn't expect it to happen. I do owe credit to Ryan Miller on convincing me to learn the false grip. Without that technique I feel it would have taken me months to master a muscle up versus a couple of weeks.*

9. What has been your least favorite moment at Strongpoint CrossFit? *Injuries. There have been times when I didn't leave the ego at the door and attempted to muscle through workouts with improper form. I ended up getting injured a couple of times before I realized that a few extra reps performed incorrectly wasn't worth it when my body had been telling me to slowdown and scale.*

10. What's one thing that no one at the gym knows about you? *The story on why my father chose my name.*

11. What is your favorite quote from Strongpoint CrossFit? *Not really a quote but staring at Laura Davie as she coaches with a dumb founded look invokes huge amounts of laughter.*

12. What do you want to accomplish with your training in the next year? *My goal for the next year is to continually get better at the movements I have somewhat mastered but I will be putting more emphasis on Olympic weightlifting movements and mobility.*

13. What advice would you give to someone who just started out? *Try not to get discouraged. Most of the movements in CrossFit take time to master the correct technique and that you need to take incremental steps. Keep it fun and learn to laugh and joke around.*

14. What advice would give to someone who was on the fence about starting? *What do you have to lose? Don't let your fear of failure dictate your decision. Everyone else at the box started at the beginning as well.*

Coach's Comments: Hiawatha epitomizes the hard work and consistency required to truly make the most of and succeed in CrossFit. "H" as he typically appears on the board, routinely trains 4-5 days per week and can always be counted on to put forth his full effort into each and every training session. His hard work paid off throughout July and August as he set new personal records on deadlift, push jerk, back squat, and Fran. Plus he got his first strict and kipping muscle ups. Hiawatha competed and performed well at the Spring Festivus and is already registered for Director's Cut and Fall Festivus in October. Besides his personal exploits, Hiawatha is a team player through and through going out of his way during the "No Baby" competition in July to cook up and deliver some energy bites for all of our competitors! He is yet another from the long line of Spotlight Athletes from Beeline and last year's Summer Challenge. Hiawatha has become an integral part of our community and the staff is excited to continue working with him in the future!

PS: 40 is the new 30.

*Photo credit to Anthony Duran from 904 Fitness.

Resolving Pain, Preventing Injury, & Optimizing Athletic Performance

by Krissy Klingler

Resolving Pain, Preventing Injury, and Optimizing Athletic Performance.

Let me introduce myself...

My name is Krissy. I work out here at Strongpoint. I've only been doing CrossFit for a few months but I am already in love!! I am also a yoga teacher, a personal trainer, as well as a bodyworker. As a bodyworker, I work with many different types of athletes- from a full range of sports- kids all the way to professionals. I am very passionate about my job and I am constantly researching and trying new projects to improve my effect on the body.

A lot of athletes come to me from all over the country, some for rehab/recovery type stuff and other athletes come to improve performance. I can do this manually by correcting your physical structure thus eliminating fascial restrictions to create balance within the body. As well as, improving flexibility and mobility enhancing performance levels.

As a yoga teacher, I have always just gone into a gym and started creating my own movements using various equipment. See, 98% of orthopedic injuries are preventable and athletes simply lack an understanding of simple mechanics and tools to improve those mechanics. So I started forming my yoga classes around helping with these concepts.

Teaching the yoga class here at Strongpoint, I started noticing the interest in injury prevention and increased mobility but the lack of interest or maybe even intimidation of the "yoga" class. Therefore, let's scratch this whole yoga concept and approach this work with a different perspective. I am in process of creating a class that is structured to allow soft tissue work, mobility work, as well as stretches. They are great for anyone. You don't have to be flexible or super mobile to take the class!! That's the whole point of the class, actually. ;) But then again, if you are super mobile and flexible you could possibly learn something new or be able to add your wisdom to the others in the class.

"Mobilization is a movement based integrated full body approach that addresses all the elements that limit movement and performance including short and tight muscles, soft tissue restriction, joint capsule restriction, motor control problems, joint range of motion, dysfunction, and neural dynamic issues. In short, mobilization is a tool to globally address movement and performance problems." -MOBWOD website

It's still a pilot program and needs tremendous tweaking. Patience as well as feedback would be amazing!! Please come, take the class, try it out for a month or so and see the effects it makes to your body as well as your performance. If you have any ideas or questions feel free to message me on Facebook!! Also, if you are suffering from pain or would like to work on something specific, let me know and I will incorporate it into the program.

A lot of you that were taking previous classes have shown interest in the gymnastic training as well. So I will continue to work with that at the end of class. Showing strengthening exercises as well as mobility issues that may be holding you back, how to correct them, and steps to get you to the movement you want to create. Gymnastics is a big portion of CrossFit training so I thought it may be helpful to include. However, it will be at the end of class so for those of you that want mobility work but not so interested in this portion of the training can opt out of it.

Ooooh, and let's not forget the yummy yummy compression massage you will get at the end of class by my two special talented friends... My feet!! :)

Classes are currently being offered Wednesdays at 7:30pm and Thursdays at 10:15am! Looking forward to working with you guys soon!!



Ask Coach

by Ryan Miller

September Ask Coach

Q: Why can't we bring-a-friend whenever? My friend's/cousin's/roommate's/flight instructor's/Spanish teacher's... box lets them bring a friend whenever they want.

A: Because, in my opinion, that would be a big disservice to our members. Do you remember what it was like when you were brand new in the box? You probably didn't understand much of what was going on around you, half the things the instructor said, or even where to find a jump rope. It could go without saying that you didn't know the difference between a snatch and a clean and jerk or a strict or kipping pull up, but I'll say it anyway. You more than likely got a disproportionate amount of attention from the coaching staff up front to make you feel comfortable and help you along. But that's a little different... You had joined the gym. You had invested in the process at that point and, in turn, we were investing our time, energy, and expertise back into you. Now let's flip the script and say that the same new person comes into the gym with little idea what is going on, takes the same amount of effort and attention from the instructor staff, and then hasn't even joined the gym. Now compound that on a weekly or daily basis. Is that really fair to the members that paid to be in classes? I think not... I want the coaching staff focused on our **members** during classes, not spending their time ushering around individuals that have not committed to the program. Our classes are for teaching and refining the movements of our members, not bringing in new business. I take care of that when another coach has the class or during off hours.

The intro process is actually a much better service for someone who is new to CrossFit anyway. As a coach, I want to understand a little about a prospective member's health and fitness background, what their goals are, and some things about their lifestyle. All those things fit into the broader scope of coaching and training that we strive to fulfill at Strongpoint. I also go through a brief explanation of CrossFit, tour them around the box, and orient them to gym operations. And finally, we conduct a short, simple workout to determine their pre-CrossFit fitness level. While the Baseline workout may seem elementary to many, it actually gives me a useful snapshot of someone's cardiorespiratory endurance, lower body strength, core stability, upper body strength, and mobility. I'm able to detect a lot in that simple 5-10 minute workout and ultimately provide better service by virtue of taking the time to do it with a prospective member.

And finally, I've started posing a simple question to people when they ask me if they can bring a friend to try out a class on a non-Bring-a-Friend day. I simply ask, "Do you want them to join or do you just want to see them suffer for an hour?" Usually I get a look of bewilderment and my question answered with another question, "What do you mean?" Generally about four out of five people that schedule and complete an intro end up joining the gym. Approximately one in ten joins from a Bring-a-Friend Day. As an example, in July we did two BAF days and had a total of 17 come and 1 (yes only 1) actually join the gym. She then proceeded to ask if we had a bathroom on the Facebook Member Page... Yes, we do have a bathroom and that is typically something I show people at the intro... haha.

So all that said, you trust me with your fitness. Please trust that I have the best interests of both our members and your friends and family members in mind by requiring the introduction rather than just letting them show up to the gym for a regular class anytime they want.

Q: "Will CrossFit make me bulky?"

A: That depends on a few different things. First, human beings can generally be divided up into three basic body types: 1) Ectomorph - carry very little body fat or muscle; 2) Mesomorph - tend to carry more muscle mass; and 3) Endomorph - tend to carry more body fat. Those are very simplistic definitions, but hopefully you get the point without debating the semantics of each body type. Ectomorphs and endomorphs are probably not going to gain a lot of muscle mass without a lot of extra effort in hypertrophy training and nutrition. Mesomorphs are going to be muscular whether they go to a gym or not and will probably tend to put on mass easier than the other two body types. So the short answer is that if you have demonstrated a tendency to gain muscle in your athletic and fitness pursuits in the past, then you will probably put on some muscle mass doing CrossFit.

Second, resistance training can be divided into a few types: 1) Low Range (1-5) with high resistance designed to build absolute strength and power. Olympic weightlifters and Powerlifters typically train in this range. 2) Middle Range (8-12) with moderate resistance designed to elicit hypertrophy or muscle mass gain. Body builders typically train in this range.

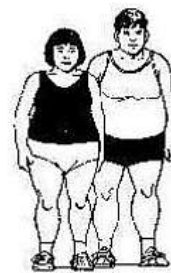
3) High Range (15+) with light resistance designed to build muscular endurance. Many sports use higher rep ranges for conditioning purposes. We typically do not specifically train to gain muscle mass in CrossFit. We train for functional fitness and “go” muscle, vs. “show” muscle. Our strength work typically stays in the 1-5 rep range and our conditioning work is usually done for higher rep ranges with less resistance. So the bottom line is that our programming is not specifically designed to build mass. We train for absolute strength and stamina rather than to gain mass.

Third, your nutrition is going to play an important role in whether or not you put on size. I am not a registered dietician and this is just my amateur opinion based on reading some books, articles, and a couple of training certification courses, but gaining or losing weight is a simple equation of calories in versus calories out. If you eat more calories than you burn, your body is going to gain mass. If you burn more calories than you eat, your body is going to lose mass. Your body cannot create something (fat or muscle) out of nothing. What happens in between (i.e. how you train) is going to help determine whether that energy is stored as fat or muscle. Once again, this is a very simplistic explanation that does not necessarily take food quality or macronutrients into consideration. Both do have an influence on body composition. So doing a couple of CrossFit classes a week is not an excuse to stuff yourself like a pig all day every day!

So all that said, while we do not specifically train in repetition ranges to build mass, different body types respond to stimuli differently and you may find that you put on some muscle mass doing CrossFit. This is anecdotal at best, but it seems that most of our members report that they do not always lose weight doing CrossFit, but find that their clothing fits better. Weight is simply redistributed in many cases as muscularity improves and body fat peels away simply because a pound of muscle is smaller and much denser than a pound of fat. This generally manifests in slimmer waistlines, better muscle tone, and most importantly, happy members that are more confident in the way they look, feel, and perform.

Q: Why do some people cheat on the workouts and why don't the coaches do anything about it?

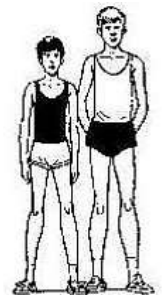
A: Perhaps they never learned to count or their parents didn't love them. I do not know why people cheat on workouts other than to say that they are obviously more concerned with a number on the board than doing all the repetitions in a workout or following the range of motion standards for the movements. It is ultimately on that person. As far as why the coaching staff doesn't “do anything” about it, it's a little tricky as a coach. While we encourage an environment of honesty and fairness, we also do not want to dirty the waters with accusations of lying or cheating. Ultimately, all of our members are customers and apparently shaving a few reps or cutting movements short makes sense to some people in order to appear fitter than they are. The bottom line is that cheaters rarely prosper. It will come out in the wash if someone routinely shaves reps on workouts when their reps are counted and judged by someone else in a competition or during the CrossFit Open. And a last thought on this; *there is no honor in a victory that one didn't earn*. I think I read that on a wall somewhere. Perhaps one day the coaching staff will try lashing with a wet noodle, but that won't be until next quarter when we can allocate funds to buy wet noodles. We have more important things to worry about and better stuff to buy to make the gym a better place to train right now. In the meantime, enjoy your workouts and your results and try to stress less about whether or not the person next to you isn't doing all the reps or squatting low enough.



Endomorph



Mesomorph



Ectomorph



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SEPTEMBER 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Labor Day (Modified Hours 9 & 10 am only)	2	3 Mobility 10:00 am & 7:30 pm	4	5	6 Southeast Weightlifting Classic Troy Yorton
7	8 NEW SCHEDULE BEGINS!!!	9	10 Mobility 7:30 pm	11 Mobility 10:15 am	12	13 Fall Clean Up & BBQ 9am WOD Only Heather Harrelson
14	15	16	17 Mobility 7:30 pm Bring-a-Friend	18 Mobility 10:15 am Parker Gilbert	19 Crystle Brenny	20 Sovereignty Competition Jacked Classic
21	22	23 Jillian Penson Arkil Starke	24 Mobility 7:30 pm	25 Mobility 10:15 am	26	27 Bring-a-Friend
28 Stephan Baker Devon O'Conner	29	30	Oct. 1 Mobility 7:30 pm	Oct. 2 Mobility 10:15 am	Oct. 3	Oct. 4 Director's Cut (CF904)