



ELITE FITNESS IS OUR GOAL.

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November Training Highlights

by Ryan Miller

Strongpoint had a busy month in October chock full of events. It all started on the 4th at CrossFit 904 where Hiawatha and Matt T. competed in their first Rx (prescribed) competition. They represented the 35+ crowd well with a couple of top 15 finishes and #4 finish on event 3.5. Jason Doll was the lone Back Corner Barbell Club representative the following weekend at the Orlando Open earning a gold medal in the 69kg division.

We hosted the Festivus Games on October 18th where 76 beginner and intermediate athletes from all across Jacksonville and St. Augustine competed. Our athletes did well, especially in the intermediate division where our men took five of the top ten spots including 3-6 and 9! Chris Brennan and Matt T. were the sole representatives on the podium finishing third in the Beginner and Intermediate divisions, respectively. Strongpoint was well represented overall with Brittany and Haley Perry, Karl Pitterson, Chris Brennan, Matt Thurber, Scott Gunter, Bryan O'Hare, Hiawatha Tiller, Matt Hoover, Kevin Perrigo and (Bad) Mike Cummings all competing.

The Masters Functional Fitness League kicked off the following Monday with a total of 10 participants from Strongpoint. We saw numerous personal records over the 10 days of competition including: Michelle Penson (Snatch, Clean & Jerk), Jill Heyse (Snatch, Clean & Jerk), Steve Fuata (Clean & Jerk, Grace), Airon Perkins (Grace) and Hiawatha Tiller (Snatch, Clean & Jerk, Grace). Chris Brennan won workout 3 worldwide with a 100m sprint time of 12.02 and Jill Heyse brought back a top-ten finish in her division placing #7 worldwide. You can view full leaderboard results [here](#).

November started with a bang as well when Jason Doll won dual-cool Gold Medals in the 69kg division of the Florida State Weightlifting Championships/Soul Open. Congratulations to all of our competitors on an exemplary job throughout the month!

We also competed our second annual Halloween Costume Contest with Whitney Beisiegel taking home top honors for her "16 and Pregnant" costume. She really got into character for this one... except for the "16" part.

Congratulations to Jill Heyse for being the lone athlete to complete the 90 minute plank challenge in October. We are going back to an oldie, but goodie, this month with a "choose your own adventure" challenge! YOU select what you want to accomplish in November and use the whiteboard to track and monitor your progress. It can be a volume goal (1000 pushups, 100 kipping pull ups on blue band), a skill goal (work on double unders for 5 minutes a day, sit at the bottom of a squat for two minutes a day), or a benchmark goal (deadlift 200#, complete Fran in under 5 minutes). I recommend picking something that is difficult for you, but attainable in a one-month timeframe.

We have a few events on the calendar for November starting with the Hard Charger Challenge at CrossFit Sovereignty on November 8th. There is a pair of competitions the following weekend on the 15th in St. Augustine (Ancient City Throwdown) and Ocala (Reindeer Rumble). We will host Bring-a-Friend Days on the 19th and 22nd of November. Strongpoint will be open regular hours on Veteran's Day, November 11th, and then modify the schedule for Thanksgiving.

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Congratulations to Jill Heyse our September Spotlight Athlete!

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There will be no 6:30 pm class on Wednesday, November 26th, no classes on Thursday, November 27th, and 9:00 & 10:00 am classes only on Friday, November 28th. If anyone is interested in a little Thanksgiving turkey trot, several Strongpoint members have participated in the [Subaru Distance Classic](#) on Thanksgiving Day. We have a handful of runners scheduled to participate this year and we have headed over to the Village Inn for some well-deserved pancakes following the run the past two years if anyone cares to participate in the holiday festivities.

We welcomed aboard several new members in October including Cesar, David, Christine, Lindsay, Abigail, Max, Sam, Rayan, and LeShonda. Thanks to Stephan, Pearl, Krissy, Jen R. and Rayan for the referrals! We also welcomed back Todd and Jenna from short deployments. Please continue to keep our deployed service members, Chris P., Ryan J., and Tyler, in your thoughts as they complete their missions abroad.

We are three solid months into our Conjugate programming and will be retesting several baseline workouts and lifts this month. Keep an eye out for Deadlift, Annie, Diane, Jackie, the Baseline, and Fran to pop up in November. Now let's train safe, train hard, and get better in November!

-rm



Team Strongpoint from MFFL Fast and Furious. From left to right: Ryan Miller, Steve Fuata, Hiawatha Tiller, Airon Perkins, Michelle Penson, Rondo, Jill Heyse. Not pictured: Karl Pitterson, Steve Blakley, Mike Cummings, Chris Brennan.

Spotlight Athlete: November 2014

by Jill Heyse

What made you decide to start CrossFit?

My daughter Becky has been doing CrossFit for about 5 years. She's in the Air Force and started it while on a tour in Afghanistan. She would tell me about it and how much she liked it. I



always thought, well she's young she can do that stuff. It wasn't until my son Bo started CrossFit here at Strongpoint last summer during his break from college that I really got interested. I saw how much he enjoyed it. He would come home and talk about it and constantly watch YouTube videos about it. He kept telling me "mom I think you would like it and I know you can do it." I still kept thinking I was too out of shape and too old for it. But after watching the CrossFit Games last summer I was amazed at what great shape everyone was in... even the Masters. So after a few more months of thinking about it I finally decided to email Ryan last Sept and set up an intro. I was so nervous to walk in those doors but once I tried it...I loved It!

What results have you seen or goals have you achieved? I've gotten so much stronger and my endurance is so much better. Before CrossFit I could never run a mile. I would always run a little then walk a little. I remember last year after just doing CrossFit for a few months I was able to run 3 miles at once. I've never been able to do that. CrossFit changes you both physically and mentally...and I love that!

What do you like best about the gym? The friends I've made here at Strongpoint and the coaching. I love that we all think alike when it comes to working out and we all have each other's back and cheer each other on. All we have to do is show up and be ready to do work...the coaches take care of the rest.

What is your favorite exercise or WOD? Back squats, dead lifts and Tabatas. I also love to do the Hero WODs. My husband is retired Air Force and I have a son and daughter serving in the Air Force now so I 100% support our military and the sacrifices they make.

What is your least favorite exercise or WOD? Overhead squats, toes to bar and burpees.

What motivates you to show up day after day? The great coaching, friendly competition, encouraging words and just knowing that everyone else is pushing themselves to do their best right alongside you. Also the encouragement I get from my son Bo and husband. They're my biggest fans. Bo still a year later likes to know what I do for the WOD and is so proud of me when I PR anything.

What negative thoughts hold you back from being your best? An injury (I've had a few) will make me think negatively. It's frustrating, especially the older you are, to bounce back sometimes. But I've learned getting my monthly adjustments from Dr Rhett and participating in mobility with Krissy has helped with the fatigue my body gets.

What has been your most memorable moment at Strongpoint CrossFit? I'd have to say my 1st rope climb. I honestly never thought I'd make it up that rope. But on just the 2nd time trying I did it with the coaching & help from everyone at the class that day. It felt so good!

What has been your least favorite moment at Strongpoint CrossFit? Saying the words I can't. Yes I've said them a few times but really try not to use them anymore.

What's one thing that no one at the gym knows about you? Both of my parents died of cancer. My mom was only 63 years old. My dad just passed last year @ 79. I know cancer is unpredictable at times but I'm hoping a healthier lifestyle of doing CrossFit and eating cleaner will help me be around a bit longer. I want to be around for my future grandchildren and be active in their lives.

What is your favorite quote from Strongpoint CrossFit? Not from Strongpoint but one of my favorites I saw on a FB post. Exercise not only changes your body...it changes your mind, your attitude and your mood. Strongpoint CrossFit definitely does that for me!

What do you want to accomplish with your training in the next year? Working on handstand push-ups & toes to bar. Continue with mobility to help with my overhead lifts and try and get double unders...ughhhhhh!

What advice would you give to someone who just started out? Go at your own pace and practice technique before adding weight to your lifts. The mods are there so everyone can do CrossFit. It's okay if you don't lift or move as fast as the person next to you. It's all about getting fit and reaching heights you never imagined.

What advice would give to someone who was on the fence about starting? Just try it! Being fit makes for a happier life, especially as you age. It's not all about how you look, even though you want to look good, but more about how you feel. I think CrossFit and a cleaner diet leads to a better outlook on life.

Coach's Comments: Jill came to us last fall with a relatively good fitness base, but very little exposure to most of the barbell work and some of the more advanced gymnastics work we do in CrossFit. She has always been smart and conservative with her training and has made great strides in virtually every facet of her fitness. Additionally, Jill is a real ambassador for the program and regularly helps along new members during our morning sessions. She competed in Festus in the spring and more recently participated in the Fall

Master's Functional Fitness League Fast and Furious where she placed seventh place worldwide in her division! Jill also set new personal records in the Snatch and Clean & Jerk along the way. She regularly makes good use of Open Gym times, participates in monthly challenges, and was a huge help during our fall clean up. Jill has become a key member of our morning sessions and we look forward to continuing to work with her in the future!



Ask Coach

by Ryan Miller

Q: What should I have my damper set at on the rower?

A: It depends on what you're doing. I usually recommend a very high damper setting (8-10) if we are rowing for calories because that tends to lead to the best score. That does not necessarily apply if we are rowing for distance. Ultimately it's going to come down to a couple of factors, bodyweight and drag factor. Drag factor is a measure of fan load and varies with factors like elevation, humidity, dirt, dust, etc. It also varies between machines so one machine may be set to a Damper of 4 with a drag factor of 125 while another may be set to 5 to get the same individual the same drag factor of 125. To check the drag factor, 1) Hit Menu; 2) More Options; 3) Display Drag factor; 4) and then start rowing. You can check the impact of adjustments to the damper on your drag factor using the following table to optimize your performance:

Bodyweight	Damper Setting	Drag factor
250#-plus	6-7	139
200-249#	5-6	132
175-199#	4-6	125
150-174#	3-4	120
125-149#	2-3	114

Q: Where did the name Strongpoint CrossFit come from?

A: It was actually about my 4th submission to CrossFit Headquarters. With around 3-4,000 active affiliates around the time we started, a lot of my early ideas had already been thought of and implemented somewhere else. I was sitting in my office at Jacksonville University when I got turned down on my third submission and started looking through some of the lecture material from the Evolution of Warfare class that I instructed for some inspiration. That's when it jumped out to me --- **Strongpoint!** In military terms, a strongpoint is a heavily fortified defensive position. The defense is typically where you

refit and build strength for future offensive operations. Plus it had the word “Strong” in it, which seemed like a good fit. I sent it back to HQ, heard right back, and the name of the affiliate became Strongpoint CrossFit. I always thought that it had much better ring to it than Schwerpunkt CrossFit.

Q: What about the bulldog in the logo? Are you a Georgia fan or something?

A: A friend of mine drafted up a few logo ideas and I gravitated to the bulldog. I do not have any ties to University of Georgia, but do have a pretty strong sense of affiliation to the United States Marine Corps. Perhaps that may be why I liked the bulldog the best.



U of Georgia



USMC Bulldog



Strongpoint Bulldog



Rondo



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NOVEMBER 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 MFFL	27 MFFL	28 Rick Keith	29	30	31 Jennifer Retamar	1 Scott Gunter David Toppi FWF State Championships/Soul Open OWL Meet
2	3	4	5 Amanda Larson	6	7	8 No Endurance, No 11:00 am Open Gym Hard Charger Challenge Kristen Spinato
9 Ira White	10 Liz Gard Jessica George	11	12 Janelle Glova	13	14	15 Ancient City Throwdown Reindeer Rumble
16	17	18	19 Bring-a-Friend Whitney Bieseigel Jeff Jelsema	20	21	22 Bring-a-Friend
23 Shanna Ball	24	25	26 No 6:30 PM class	27 Happy Thanksgiving No classes Subaru Classic	28 Holiday Hours 9 & 10 am Class 11:00 am Open Gym	29 Rachel Geary Cassie Peterinelli