

Wing Beats

Monthly Supplement for the Chrysalis CrossFit Community

Issue No. 38 Mar/Apr 2016

Fundamentals - April 2016

Congratulations to Sandy who completed her Fundamentals program on April 27th. Be on the look out, as Sandy's planning to come try out a class this May.

What's Fundamentals? Unlike Burn In, our regular class-based intro program usually featured in this newsletter, the Fundamentals program is a one-on-one version of our group intro program.



Upcoming Events & Reminders

May 18th, Spring into Action Potluck (RSVP by May 13th, poster in back)

May 23rd, Victoria Day - CCF Closed

July 1st, Canada Day, CCF Closed

July 19th to 24th - CrossFit Games!



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Special Guest Visit!

Karrie paid us a visit in mid-April. We got a chance to catch up and get some Olympic Lifting done at the same time. For those who haven't had the opportunity to meet her, Karrie was our first full-time CCF Office Manager and Coach and was a great help to us in managing the business while juggling full-time work outside the box. We don't know how we would have done it without her!

As for her Oly Lifting? We're expecting to hear about some new PRs from Karrie any day now. She was a virtual sponge as we deconstructed both the clean and the split jerk. As Karrie would say, "NICE!"



Karrie, left; Karlene, center; Danielle, right

Vacation, CCF Style

Wendy recently vacationed in the Southwestern USA and was thankful for her regular investment in health and fitness. Her upper body strength and stamina were



helpful when hiking in the great outdoors.

Yes, we're jealous but we know it was well deserved. Thanks for sharing the pics Wendy!

The Boys Are Hangin' Around Again!

And it's about time! CCF welcomes back Larry and Brett (Hi Tina!) to our box and note that Yoda (aka Nishad) is also managing to lurk in our midst more often. No doubt there will be too many antics to count before long. We're ready for 'em!



CrossFit - Healthcare Style

As a number of folks affiliated with CCF are aware, one of our coaches went under the knife in late March of this year. Apparently her appendix didn't like her anymore.

Hélène's Experience at the Saint-Boniface Hospital was very positive. The staff were professional, caring and attentive and she was in surgery within twelve hours of having been admitted. Pretty awesome.

What made the experience unique was her very short stay in hospital. Her situation presented the medical professionals with very few issues:

- Do you take any medications? No.
- Do you have any allergies? Not really.
- Have you had abdominal surgery before? No.
- Do you need pain medication? No.
- You'll have to fast from now until the operation. Ok.
- Do you have any questions? Yes: how big's the incision and when can I go home? (Hey, we have classes to get to!)

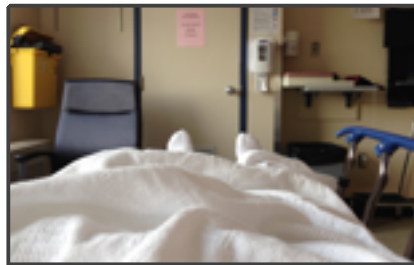
Everyone from the attending physician to the surgeon to the nurses and attendants said the same thing: "You're making it easy!" What Hélène heard over and over was that having no issues was rather rare and seemed to be a welcome change. The same was true post op, when she literally rose to the occasion when invited to walk every hour or two to speed recovery. (Hey, a post-op WOD. Sign'er up!)

Unfortunately (?), she had the hallway to herself during these 24hrs.

CrossFitting certainly contributed toward an optimistic demeanor while in hospital, a faster recovery, a reduced need for pain medication and a positive outlook on resuming regular activities. And, though it was a good experience given the circumstances, she's in no rush to repeat it. ;)

We know from stories within the CCF community that our workouts help support our recovery when bad things happen in life (physical, emotional, psychological). It's wonderful to hear that the health savings we build up over time do make a difference in the (hopefully rare) instances we need to tap into them. It makes us stronger in every sense.

Little side note: the only thing our CCF patient couldn't control was passing out when blood samples were taken. Hey, everyone needs their



Beware, the food is definitely not Paleo.

The CrossFit Games

The CrossFit Games will be taking place from July 19th to the 24th, with The Regionals running from May 13th to the 29th inclusive. Regional results determine which athletes advance to the finals events, which will be held at the StubHub Center in Carson, California. The Games serve as an inspiration to many CrossFitters, including a number of us right here at CCF.

We hope you'll enjoy this year's events and we look forward to incorporating some of The Games' WODs right here in our little box. Whether you'll be watching The CrossFit Games or not, rest assured that we will once again offer the best of the best highlights. If you have a personal favourite, please let us know so that we can include some of their footage in our selection. Also, if there's a specific highlight you want us to show at the gathering, let us know that too. This year's Games potluck will take place the last week of July.

We'll announce the date shortly. 3-2-1 GO!!!



Oly Lifting Update

KDog competed in an MWA competition at Prairie CrossFit on April 3rd. And she kicked a**! More specifically, she managed two new competition PRs AGAIN, an 8% increase in total weight! (36 kg snatch and 44 kg C&J)



What about YOU? Interested in doing more Olympic lifting to improve your hip power and coordination, or just want to see what all the fuss is about? Join us for 90 minutes on Tuesdays at 7pm. You can **book** Oly as you would any other regular CrossFit class.

New Reference for Our Library

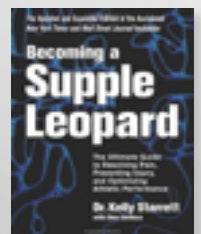
We've added another helpful reference to our CCF library. This one's different enough to highlight for a few reasons:

1. It's a reference book that we'll keep in the library at all times for ease of reference for all CCF members (yes, it's that good).
2. Your coaches will use it to assist in suggesting accessory exercises to enhance movement quality and range of motion.

What's this great new reference? Kelly Starrett's **Becoming a Supple Leopard**.

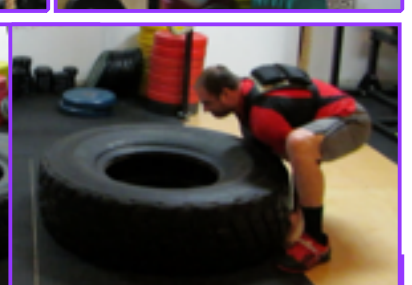
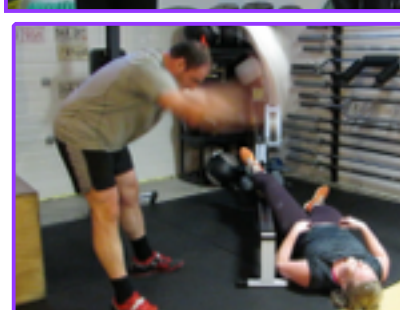
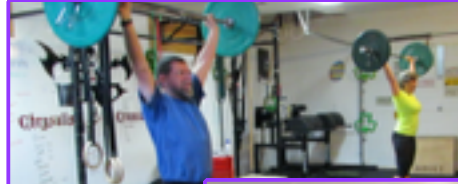
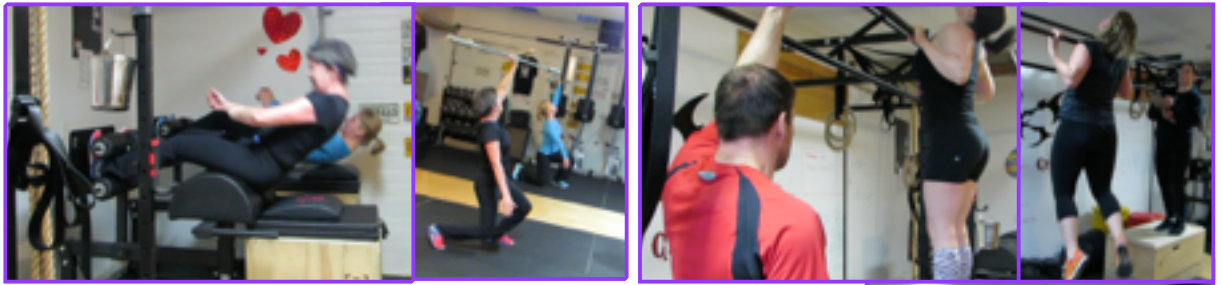
Hélène attended Starrett's CCF Mobility specialty seminar a number of years ago in Las Vegas and highly recommends reading up on his approach.

Can't get enough of his advice? You can visit MobilityWOD.com anytime for some great tips and advice.



March Photo Box

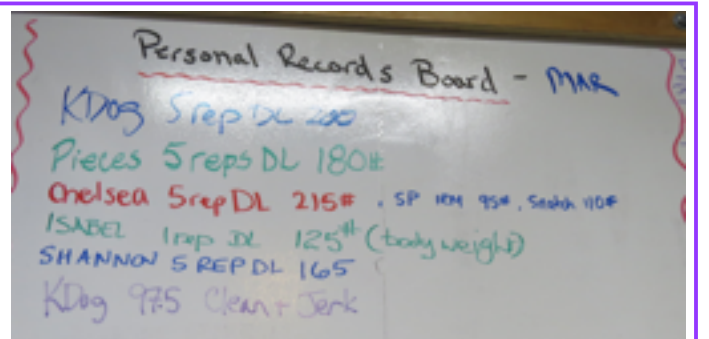
Want more?
Go to **WOD Pics**.



PR Board - March

Congratulations to five CCF athletes for setting new personal records:

- KDog - Dead Lift and Clean & Jerk
- Pieces - Dead Lift
- Chelsea - Dead Lift, Press and Snatch
- Isabel - Dead Lift



April Photo Box

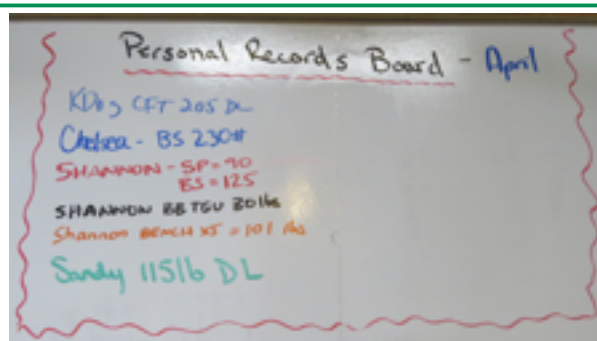
Want more?
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PR Board - April

Congratulations to four CCF athletes for setting new personal records:

- KDog - Dead Lift
- Chelsea - Back Squat
- Shannon - Press, Back Squat, BB Turkish Get Up, Bench Press
- Sandy - Dead Lift





Spring Into Action



We want to help you “*Spring Into Action*” with 50 days of WODs... *For Time*.

Day 1 = Easter Monday (March 28th)

Day 50 = Monday, May 16th

Celebration Day = May 18th

Here’s how it works:

Complete the daily “Mini WODs” as indicated on the calendar below and mark the time it took for you to complete. The focus is on trying to do these exercises with as few breaks as possible, so scale accordingly.

Then, we celebrate! See below for details.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Day 1 5 burpees	Day 2 10 push ups	Day 3 15 sit ups	Day 4 20 lunges	Day 5 25 squats	Day 6 30 burpees	Day 7 35 push ups
Day 8 40 sit ups	Day 9 45 squats	Day 10 50 lunges	Day 11 5 push ups	Day 12 10 sit ups	Day 13 15 squats	Day 14 20 lunges
Day 15 25 burpees	Day 16 30 push ups	Day 17 35 sit ups	Day 18 40 lunges	Day 19 45 squats	Day 20 50 burpees	Day 21 5 sit ups
Day 22 10 lunges	Day 23 15 squats	Day 24 20 burpees	Day 25 25 push ups	Day 26 30 sit ups	Day 27 35 squats	Day 28 40 lunges
Day 29 45 push ups	Day 30 50 sit ups	Day 31 5 squats	Day 32 10 lunges	Day 33 15 burpees	Day 34 20 push ups	Day 35 25 sit ups
Day 36 30 lunges	Day 37 35 squats	Day 38 40 burpees	Day 39 45 sit ups	Day 40 50 push ups	Day 41 5 burpees	Day 42 10 squats
Day 43 15 burpees	Day 44 20 push ups	Day 45 25 sit ups	Day 46 30 lunges	Day 47 35 squats	Day 48 40 burpees	Day 49 45 push ups
Day 50!!! 50 squats		May 18th Celebrate!				

Spring Potluck

Join us for a Spring potluck once you cross the finish line! RSVP by May 13th at info@chrysalisphysiques.com.

Details:

When? Wednesday, May 18th @ 7pm til whenever
Who? CCF Friends & family, the more the merrier!
Where? Chrysalis CrossFit, 46 Georges-Forest Place
What to bring? A tasty “clean eats” dish to share.