

Wing Beats

Monthly Supplement for the Chrysalis CrossFit Community

Issue No. 39 May-July 2016

Fundamentals - May 2016

Congratulations to Louise who completed her Fundamentals program on June 8th and couldn't wait to join CCF. Not only has Louise been bitten by the CCF bug, but she's already decided to move to three times a week this August!



What's Fundamentals?

Unlike Burn In, our regular class-based intro program, the Fundamental program is a one-on-one version of our group intro program.

Upcoming Events & Reminders

Aug 1st, August Long, CCF Closed

Sept 5th, Labour Day, CCF Closed

Sept 19th, CCF Closed for **momondays** event (see p. 2)

Oct 5th, **CF Games Highlights BBQ** (see poster, p. 7)

Oct 10th, Thanksgiving, CCF Closed

Wing Beats is produced by:

chrysaliscrossfit.com
chrysalisphysiques.com
 46 Georges Forest Place
 (204) 233-1000

Visit our community:
facebook.com/ChrysalisCF

Follow us on Twitter:
[@ChrysalisCF](https://twitter.com/ChrysalisCF)



Baby News!

Karlene is proud grandma to Kaly, born March 7th to son Kyle and daughter-in-law Beth. Despite a tough start, Kaly's rockin' it!



Wendy is proud grand mother to Arthur, born July 14th to son Drew and daughter-in-law Bronwyn.



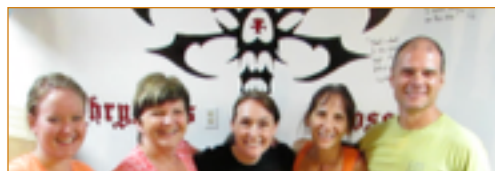
CCF Helps with a 50/50 List

What's a 50/50 list? It's what Stephanie Staples calls trying/doing 50 new and/or different things during her 50th year. Pretty neat idea!



For one of her challenges, she decided to give Olympic Lifting a try and we were only too happy to oblige.

She and her husband Randy paid us a visit and managed to get some weight on their Split Jerk. Stephanie got to 55 lbs in her first few hours of lifting. Woot woot!

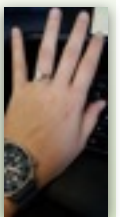


Chelsea, Karlene, Hélène, Stephanie, Randy (& Luc)

Bling News!

Someone needs to keep her bling from blinding others during WODs around here.

Yup, it's official, Jamie popped the question on July 30th in Rainbow Beach Provincial Park near Dauphin and Chelsea said "Yes!". The best breakfast treat. Ever. Congratulations you two!



And a pretty good story too so we encourage you to ask Chelsea for the full details It's a good one.

Congratulations you two!



Piece[s] of Mind

Lise had a big evening on May 6th. She held a dinner party at her home to say thanks to one group [of many, we're sure] folks who provided support during her husband Max's illness and subsequent passing.

We were honoured to be there. Why is this CCF news? Everyone around the table that evening has worked out at CCF. Pretty cool.

Thanks for the invitation Pieces. It was a privilege to help in whatever way we could and to keep supporting a friend and Wodding buddy.

Fun times, fun ladies, fondue... ;).



Susan, Louise, Karlene, Heather, Lise (& H  l  ne)

Join Us for momondays!

YOU MEET THE NICEST PEOPLE AT MOMONDAYS!



We'll be closed on Monday, September 19th for a special reason that does not involve a stat holiday ;).

H  l  ne will be one of the speakers at the upcoming **momondays** Winnipeg event and we'd love for you to join us.

What's the event about? Every six to eight weeks or so, **Stephanie Staples** (see p. 1 for her recent stop at CCF) hosts an event where hundreds gather to hear five speakers who are willing to share a personal story that can help us all learn to lead a better life through the experience others are willing to share.

Here's the official momondays description:

Put story-telling into a blender, adding a dash of personal growth, and drop in a load of laughs... Then mix in real, live music, and great conversation with some of the nicest people in the city (maybe on the planet!) then push the 'high' setting... and out comes momondays! Momondays is a like a variety show bouncing off the walls of personal story-telling!

When's the event? Monday, September 19th, 2016. Doors open at 5:00pm and the event kicks off at 6:30pm.

Where's it held? Celebrations Dinner Theatre at the CanadInns on Pembina Hwy.

Cost? Advance tickets are \$15 + GST per person (\$20+GST at the door) and there's a buffet before the event at \$15.50 per person (it looked pretty good last time we checked it out).

I'm In! How do I get my tickets? We'll be reserving CCF tables and we need to get a sense of the number of folks attending, so please let us know by or before September 10th by sending us a note at info@chrysalisphysiques.com or a voicemail at 204-233-1000 letting us know when you drop by for your WOD. Advance payment would be appreciated where possible.

Have more questions about the event? Please let us know.

July Visitors to CCF

July 16th and 23rd respectively, Zofia (past momondays (above) speaker and Jamie (engaged to Chelsea, see p. 1) came in to try a Saturday FREE Class. Zofia worked squats and tire flips 1-on-1 with H  l  ne.

Jamie (shown below in green) worked on box jumps and bamboo bar bench press (max and tabata), despite having to share the gym space with in-house goofballs Brett and Luc.

And Chelsea? She just figured she'd do both the 11am (a heavy tabata, including thrusters) & 12pm class. Sure, why not!

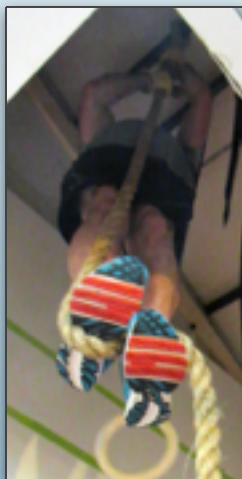


Up, Up and Away!

Special thanks to Chelsea for sending a **cool rope climbing video** to the CCF Coaches. Not only did we watch the video multiple times but we were taken right in by the new technique and brought it right into class right away.

The key? Keep the rope to the side and sissor the rope into place as you climb (see Luc's demo pic bottom right).

The result? Many more CCF members reaching new heights with their rope climbs. Rope climb has started to invade the PR board and we've even decided to install a few cow bells (see below) for folks to celebrate reaching the top.



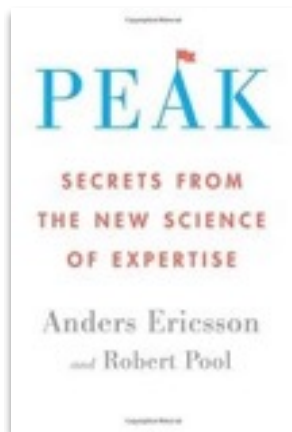
Book Summary - PEAK

Peak by Anders Ericsson and Robert Pool is based on three decades of research that produced findings sufficiently compelling to transform the way we think about personal development at any age. And it's effective in its efforts for two reasons:

- The book debunks the popular myths about the nature of skill and ability and
- It shows us the means to learn and improve no matter what we choose to take on and no matter our life stage.

Three Myths

1. **Natural ability:**
 - **Myth:** A person's ability is limited by their genetically-prescribed characteristics.
 - **Truth:** There's no such thing as a natural ability, a genius or a prodigy. The right sort of practice can help anyone improve in just about any chosen field, regardless of IQ or level of athleticism.
2. **Rote Practice:**
 - **Myth:** Do it long enough and you get better at it.
 - **Truth:** In reality, doing the same thing over and over again in the same way leads to stagnation and even decline in ability. The decline is so gradual, we don't even notice.
3. **Effort:**
 - **Myth:** All it takes to improve is effort.
 - **Truth:** *Unfocused* effort is time and energy wasted.



The truth, backed by science, tells us we can shape our own potential.

Powerful, right? It almost feels overwhelming because we can decide to get really good at anything...maybe even great!

Six Principles

Getting better at anything involves the application of six principles, as described below.

1. **Get Uncomfortable:** Our efforts need to take us outside your comfort zone in order to grow. stretching ourselves is the only thing that pushes our minds and our bodies to change.

2. **Set Specific Goals & Measure Them:** We need well-defined, specific goals and measurements that we can track to understand whether or not we're improving. Vagueness is our enemy. You need to know whether you're improving during every single practice and you need to be able to measure your progress over time.
3. **Sweat the Small Stuff with Deliberate Practice:** Practice time needs to be deliberate and focused. We need to sweat the small stuff and avoid letting ourselves just go through the motions as we practice because we're literally wasting time. All this focus is certain to be tiring, which means it's essential that we keep sessions under an hour and to ensure we get quality sleep between practice days to properly process and integrate what we've been learning.

4. **Seek Regular, Even Instantaneous Feedback:** Feedback, and the right type of feedback, is essential. As we practice, we need to make note of the hiccups we encounter. We should also taking advantage of constructive feedback others can offer, such as peers, mentors, teachers and coaches. Our tribe can help us improve beyond what we can do for ourselves. Know better, practice better, do better. And doing better is a great motivator.

5. **Develop Mental Representations:** Mental representations are key to improving. Effective MRs is what differentiates the great from the good but it's the most difficult of the six principles to describe and grasp. We need to feel what a great performance would feel like as we deliver it. This is a great strength of us as human beings; we all have the gift of imagination and we can harness it to help us improve in all aspects of any skill or ability.

6. **Don't Try Harder, Try Different:** When we get stuck, we need to not "try harder but to "try different". When we hit a plateau in our progress, it's not usually because we've reached the limit of our potential. It means that we need to deconstruct what we're doing and hunt for faults.

There you have them. Six principles that, when applied consistently and deliberately, can get us from good to great and beyond. There's so much to this book, we may write more about it in the future.

We hope you've found this book summary of value. Want more on this topic? You can find [Peak](#), at your local [library](#) and booksellers.

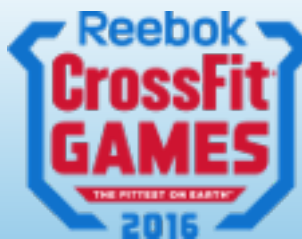
CrossFit Games

The CrossFit Games wrapped up on July 24th, with Canadian athletes taking the 3rd (Patrick Vellner) and 4th (Brent Fikowski) spots in the Individual Men's category and 14th (Carol-Ann Reason-Thibault), 16th (Michèle Letendre) and 20th (Emily Abbott) spot in the Individual Women's category. Pretty impressive!

That said, the Games aren't done for CCF. We're going to bring the highlights of the event right back here into the CCF box. We did The Open back in February/March

and now we'll be adapting the 2016 Games WOD for our community during the month of September, perfect timing to ramp things back up after being away this summer. Right?

And, given we didn't end up having a Games BBQ this summer, given so many CCFers seemed to be away during our regular BBQ time, we've decided to defer it to October 5th (see p. 7) to give ourselves a chance to enjoy the



summer, experience some Games WOD and THEN watch the best of the best in action doing the very same type of workouts we'll have completed.

That said, if you've watched the Games and you think there are some "must dos", please let us know and we'll see if/where we can incorporate them into our programming this fall.

This should be fun folks. We're looking forward to it and we hope you are too.

3-2-1...GO!

May Photo Box

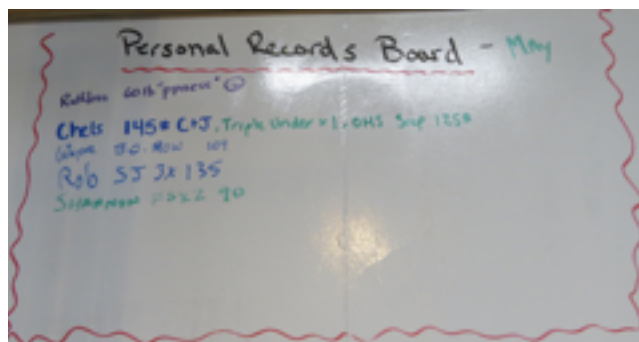
Want more?
Go to **WOD Pics**.



PR Board - May

Congratulations to five CCF athletes for setting new personal records:

- Heather - Push Press
- Chelsea - Clean & Jerk, Triple Under, Overhead Squat
- Wayne - Bent Over Row
- Rob - Split Jerk
- Shannon - Front Squat



June Photo Box

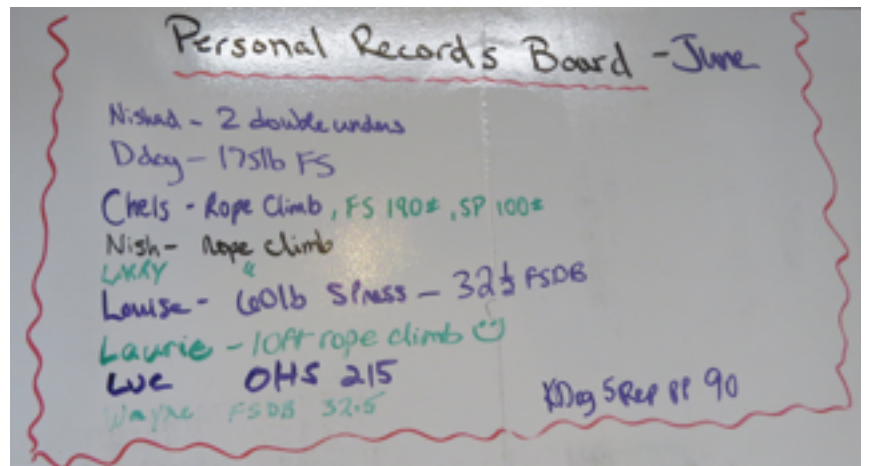
Want more?
Go to **WOD Pics**.



PR Board - June

Congratulations to nine CCF athletes for setting new PRs:

- Nishad - Double Unders
- Danielle - Front Squat
- Nishad, Larry, Chelsea & Laurie - Rope Climb
- Chelsea - Front Squat and Strict Press
- Louise & Wayne - Front Squat w/ Dumbbells
- Louise - Strict Press
- Luc - Overhead Squat
- Karlene - Push Press



July Photo Box

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

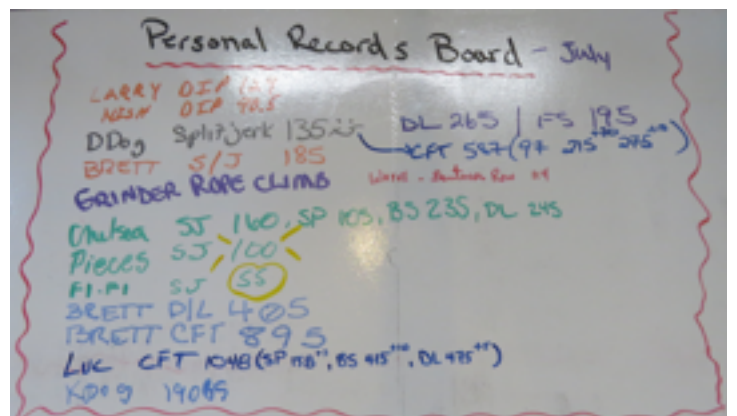


PR Board - July

The PR board was on FIRE in July. Any more and there'd be no pictures!

Congratulations to eleven CCF athletes for setting new PRs:

- Larry & Nishad - Dip
- Danielle, Chelsea & Brett - Split Jerk and CrossFit Total
- Hélène - Rope Climb
- Wayne - Bent Over Row
- Lise and Louise - Split Jerk
- Luc - CrossFit Total
- Karlene - Back Squat





CrossFit Games Fall BBQ

Be a part of our 5th Annual CrossFit Games Highlights event.

We're making it a BBQ again this year!

As some of us know from our participation in **The Open** there's nothing like knowing first hand what the athletes might be going through to enhance the Games viewing experience.

That's why...**We'll be working through scaled versions of some of the 2016 CrossFit Game WODs this September.**

That way, we'll be able to truly appreciate select Games highlights while enjoying some food off the grill.

3-2-1... GO!

The Details:

Who: CCF members, family and friends

What: BBQ dinner followed by Games highlights

When: Wednesday, October 5, 2016, from 6 to 9pm

Where: CCF, 46 Georges-Forest Place

What to bring: BYOM (bring your own meat) and BYOB and we'll take care of the fixin's.

What's planned: First we eat, then we watch the best of the best 2016 Games Highlights across age & gender categories on a big screen. Woot woot!

