

Wing Beats



Monthly Supplement for the Chrysalis CrossFit Community

Issue No. 14 June 2013

Burn In News

Congratulations to Kirstie and Bryce on completing their Burn In ("Golf")!



Upcoming Events

Tuesday, July 9th - August 13th - Burn In "Hotel"

Monday, July 15th - Thursday, August 15th - Dirty Donkey prep

Thursday, August 1st - CF Games Highlights Potluck

August 17th - Dirty Donkey 2013

Dirty Donkey Challenge

The Dirty Donkey Mud Run is scheduled for Saturday, August 17th. Most of our community is signed up and getting ready for the challenge. See below for our upcoming DD prep challenge and check out p. 2 for pictures of past obstacles - get ready for the unknown and unknowable!

Staffing Changes at CCF!

Hélène and Luc have some big news to share.

See page 3 for details.



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Healthy Lifestyle Challenge

The 21-day healthy lifestyle challenge ended June 30th with good results. All participants who chose to try out a lifestyle change saw it to the end. Individual commitments included getting more shut eye with a set bed time, adding walking or other activity as a daily occurrence and making a point of having "me" time daily. Next challenge? Dirty Donkey prep!

CrossFit Games Highlights Potluck

Luc and Hélène invite CCF members and their family & friends to attend a CrossFit Games Highlights potluck.



When: Starts at 7pm on Thursday, August 1st, no end time!

What to bring: A paleo-friendly dish

We will play the best of the best highlights of this year's games for all to enjoy.

CCF members: get ready for some CF Games-style WODs from July 22 to 28th!



2012 Potluck

Dirty Donkey Prep

Based on significant demand, we will be doing a Dirty Donkey prep challenge. The challenge will run for one month, from July 15th to August 14th to get us ready for this awesome race.

What can you expect in prepping for this event? Some at-home WODs to complement the weekly DD team WODs we are already doing. WODs will target increases in stamina, strength, agility, coordination and balance, all necessary components leading to increased performance and, more importantly, ENJOYMENT at the Dirty Donkey event!



CCF's Healthy Lifestyle Challenge

Ready for a Lifestyle Challenge this June?

We know that we need to take care of ourselves (exercise and nutrition), but sometimes we need to step back and think about what our body needs in other aspects of life as well: quality sleep, mental connectivity, time for play.

The June, we invite you to enter a daily lifestyle challenge and track from June 10 to June 30. We will make it a habit or simply have fun in the meantime. Need some ideas? Why not start a small garden, sign up for a new sport, turn off the TV, schedule family activities, get 7-8 hours of sleep nightly, or prepare meals at home. Most importantly, make it fun!

June 10 to 30th = 21 days. Are you in?

Chrysalis CrossFit

Dirty Donkey Mud Run

In preparation for the Dirty Donkey Mud Run on August 17th, we thought CCF members might want a preview of what might be in store. Below are pictures of obstacles from past events to help get our "game on" in just six short weeks.



Call for volunteers! We need to prepare our DD CCF costumes. Lise and Belinda have already started brainstorming options. Who else would like to be part of the "creative team" to determine & create our attire for the big event? Interested? Let Hélène know!



Hélène Joins CCF Full Time!

In order to follow their passion, Hélène and Luc have decided to make a greater commitment to CCF. Effective July 2nd, after over 12 years in the telecom industry, Hélène will be focused full time on our CCF community. This was an easy decision for Hélène, with many factors pointing to this as a logical, desirable, and necessary next step. Sometimes, things are just meant to be!

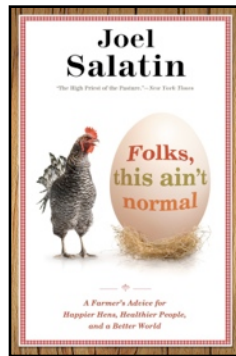
"I am thrilled to be able to give this role my full attention and want to take it to the next level. I am so grateful for the opportunity to do what I am most passionate about: helping people grow into better versions of themselves and celebrate all the milestones along the way. What more could I ask for?"

Having received her CSEP Certified Personal Trainer designation late Spring '13, Hélène is well equipped to continue to offer quality programming and the knowledge & expertise in the area of strength and conditioning CCF members have come to expect. Full-time focus on the needs of CCF members will also ensure that continuing education is a priority for CCF coaches.



Book Review: Folks, This Ain't Normal by Joel Salatin

A bit of an unusual book review this month, but we thought this might be a good addition to "books we should all be aware of", given we are at the peak of Farmer's Market season. In this book "Folks, This Ain't Normal", Joel Salatin presents strong arguments for us to reevaluate our current way of life, what he considers an aberration, based on our long history of "think and act local". Topics in the book include everything from the need to support your local farmer to what a regular home owner can do to make his/her home more sustainable: setting up your own garden, planting "edible landscaping", composting, raising a couple of chickens - nature's



garburator (which Joel deems cleaner than parakeets) and conserving grey water/rain water for later use. This book is a light and entertaining read while also providing some food for thought.

About the author: Joel Salatin is owner and operator of Polyface Farms, an operation first highlighted in Michael Pollen's book "Omnivore's Dilemma". In addition to his full time work as a 3rd generation farmer, Joel has appeared in many documentaries, namely Food Inc., written 9 other books (You Can Farm, Pastured Poultry Profits, Salad Bar Beef, Everything I Want to Do Is Illegal, The Sheer Ecstasy of Being a Lunatic Farmer, Getting Your Hands Dirty: How to Teach Your Children to Love work, Family Friendly Farming, Tilling the Soil, and Holy Cows and Hog Heaven) and is a sought-after conference speaker.



New Toys Coming Soon to a WOD Near You!

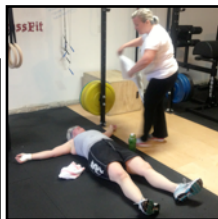
Yes, Christmas does come in July. We have finally made some much needed room in the gym for three sizes of heavy tires to enhance our training options (some were made available through Krista - thanks again!). These babies are great for flipping, sledge hammering, jumping on/over/through, rolling, climbing stacks of them...oh the options. We will be incorporating them into some summer WODs soon. Dirty Donkey prep anyone? 3-2-1 GO!



June Photo Box



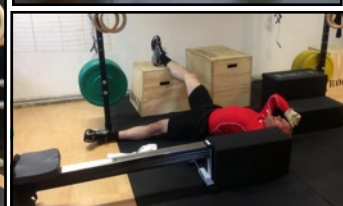
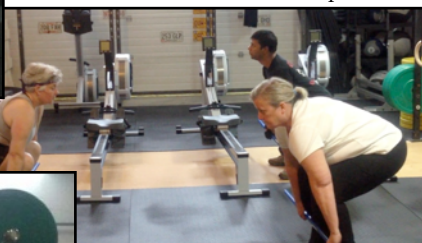
Dirty Donkey Team WODs have been a lot of fun so far!



The rowing sprints were a killer. Everyone dug deep to deliver on those. Nicely done!

Lots of Olympic lifting (clean and snatch work) this month...the tech work sure paid off.

Box jumps, box jumps and more...box jumps!



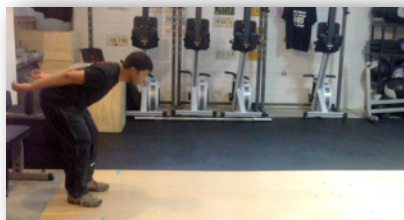
June included many CCF "Firsts"!

We have a number of firsts to highlight this month:

#1: Heather cleared a 22" box jump on a day where, let's just say that "showing up" was a coup in and of itself. Those are the workouts that count the most. Way to go Heather!



#2: Nishad also had a first during the same workout. He managed an 81" long jump (6'9"). WOW! Not too shabby for a guy who's been having a rough summer with bug after bug. Could the flu be a performance enhancer?!



#3: Lise was able to fit into her favourite green dress just in time for her birthday this month - hat courtesy of work colleagues to complete the outfit - how nice. Who could think of a better gift to yourself? We hope your June 14th birthday was a good one.

