


# Wing Beats



Monthly Supplement for the Chrysalis CrossFit Community

Issue No. 19 November 2013

### Burn In News

Our first Burn In of 2014 will start early January.

If you know of anyone who is interested, please let them know ASAP! We will confirm dates and times based on availability.

### Upcoming Events

November 28 - December 24 - Holiday Challenge

December 5 - "Slay" Bells

*Holiday Hours are on page 2.*



### Don't miss SLAY BELLS!

See page 2 for details & 4 for the badass poster.



### Introducing MindBody

We have been working hard over the last few months to get some new services up and running.

See below for details.



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## NOV-ember

We hope everyone took the opportunity to continue moving this November, as we transitioned from a beautiful fall to a rather snowy start of winter. Whether it be extra walks, picking up some extra tennis matches, swimming or cross country skiing, we would love to hear how you are keeping active between WODs!

## Fall Potluck



Thank you to everyone who attended our fall potluck on November 11th (pictures on the right). It was great to catch up before the Christmas craziness arrives. The food was awesome and the conversation even better. Thank you also to everyone who brought a non-perishable food item for the Christmas Cheer Board hamper. See page 2 for more information on how you can help us get everything our designated family needs. We look forward to hosting more potlucks in the New Year. As Karlene did for November, don't hesitate to request one...it's our pleasure to oblige!



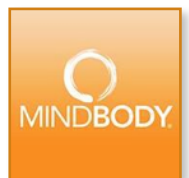
## Holiday Rowing Challenge



The Concept2 Holiday Challenge started November 28th and runs until December 24th, so there is still time to get started. See page 5 for the challenge poster. and the October Wing Beats newsletter for details. Happy rowing!

## CCF Is Turning Up Mind Body Online

We are moving Chrysalis's scheduling online! Starting January 1st, 2014, you will be able to view the class schedule and book or reschedule your classes online using a Web browser or MBO apps. Other goodies include wait lists for favourite times, reminder emails and more! Watch your inbox for details over the coming weeks.



# Spreading Christmas Cheer, CCF Style

*Chrysalis CrossFit is sponsoring a hamper!*

On November 11th, we started collecting items for a hamper to support the Christmas Cheer Board "Feed a Family" program. Thank you very much for your early contributions. We will be assigned a 4-5 member family shortly, at which time we will know children's ages and other pertinent information. We will continue to collect anything you wish to donate (non-perishables and cash for the fresh food we need to pick up) until December 13th. We will be delivering the hamper to our assigned inner-city family between December 14th & December 20th. We have included CCB's suggested grocery list, featured on the right, to help identify what is needed. We appreciate your help in making one Winnipeg family's Christmas a little brighter this year.

Suggested hamper contents		Single	2 - 3 people	4 - 5 people
1	Juice - 100% fruit, 1 litre	1	2	3
2	Soup, canned* (lentil, pea, vegetable)	2	3	4
3	Vegetables, canned (including tomatoes*)	1	2	4
4	Jelly powder	1 pkg	3 pkg	4 pkg
5	Fruit, canned (packed in own juice)	1	2	3
6	Macaroni & Cheese	1	3	5
7	Pasta (whole grain - spaghetti, rotini, etc)		1	2
8	Spaghetti sauce*		1	1
9	Rice (brown, converted or parboiled)	1 pkg	2 pkg	2 pkg
10	Oatmeal (non-sweetened)	1 pkg	1 pkg	2 pkg
11	Tuna, canned (packed in water)	1	2	3
12	Peanut butter	1	2	2
13	Beans in tomato sauce	1		
14	Pancake mix		1	1
15	Pancake syrup		1	1
16	Stuffing mix		1 pkg	1 pkg
17	Jam	1	1	1
18	Cookies	1 pkg	1 pkg	2 pkg
19	Cake Mix		2	3
20	Candy		2	2
21	Gravy mix		1	3
22	Cranberry sauce		1	1
23	Sugar	1 kg	2 kg	4 kg
24	Tea	1 pkg	1 pkg	1 pkg
25	Scalloped potatoes	1 pkg	2 pkg	2 pkg
26	Chicken	5 lbs		
27	Turkey		8 lbs	10 lbs

A sign up sheet will be located in the gym.



## SLAY BELLS!



We look forward to another Christmas season WOD with all of you! Last year's Reindeer Games were a lot of fun! On Thursday, December 5th, we are planning a team WOD that should be just as memorable. Everyone, including the coaches, will partake. What's in store? As is the case at Christmas, you'll have to wait and see! Make sure you bring long pants/sleeves/gloves in case you need them. To keep things safe, only Chrysalis CrossFit members can participate in the WOD, but feel free to bring friends and family along to

see what it is that we crazy people do here... for F-U-N FUN!

After the WOD, we can all recover with some good eats (no need to bring anything - it's on us). We will also ensure we take care of a few important updates for our community: the outcome of our Shape Up Challenge (the lucky charity that will receive \$70) and some exciting developments with the Latest in Paleo podcast we often recommend listening to.

The theme is definitely one of giving!

See the event poster on page 4 for all other pertinent information.



## Holiday Hours

Chrysalis CrossFit will keep its regular schedule for the entire month except for the following 4 days: Tuesday, December 24th - Closed at 1pm (will have a noon class if there is demand), Wednesday, December 25th - Closed, Tuesday, December 31st - Closed at 1pm (will have a noon class if there is demand) and Wednesday, January 1st - Closed.





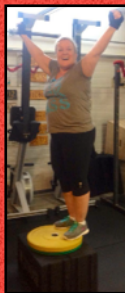
# November Photo Box



Brett never missed a beat!



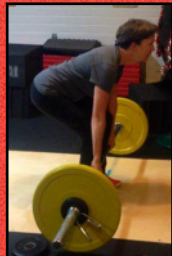
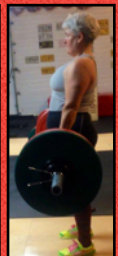
Rory kicked Hélene's a\*\*.



Box jump tech was AWESOME!



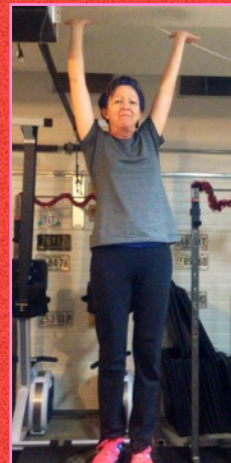
Kate joined the crew as our newest HSH foster.



5 X 5 max dead lift anyone?



TGUs made a comeback, along with lots of PRs.



Hélène practiced oly lifting. Special thanks to Susanne D. for coaching.

Ruthless is proudly holding the place together...



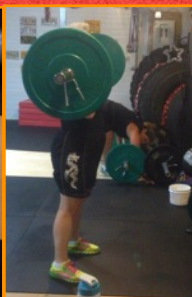
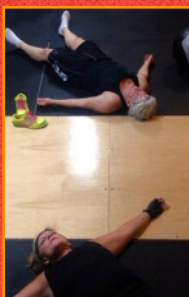
KDog, Ruthless and Rory reached new depths!



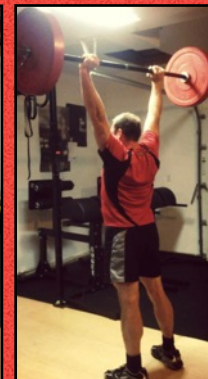
Karlene celebrating her return with Lise. They have moves!



FRAN paid us another visit.



We worked through Krista's 3rd competition WOD.



Lots of push presses this month... max, endurance, preload.



Chrysalis CrossFit presents...



# SLAY BELLS

Luc and Hélène invite you to join us for a Holiday WOD followed by some good eats and fun times.

Come prepared to get your sweat on with us as we celebrate the Holiday Season, CrossFit style.

When: Thursday, December 5th

Time: 6pm to 9pm...or whenever

Who: CCFers

What to bring: YOU, in workout gear and ready for anything...literally!



date	Event	time	CCF is not responsible for adverse effects of having had too much fun at this event. Excess laughter and good times may be hazardous to a lack
	<b>SLAY BELLS</b>	<b>6PM - 9PM</b>	





**November 28** (American Thanksgiving) **THROUGH** **December 24** (Christmas Eve)

## THE CHALLENGE

Choose one of the following goals for your total meters rowed or skied:

- 100,000 meters
- 200,000 meters
- 50,000 meters for kids 16 and under
- Adaptive athletes may choose 50K, 100K or 200K

## IT'S EASY TO PARTICIPATE

All you have to do is row or ski and enter your meters in your Concept2 Online Logbook. Meters accumulated on the Concept2 SkiErg may be counted either separately or in combination with rowing meters toward either challenge goal.

Visit [concept2.com/challenges](http://concept2.com/challenges) for instructions.

FREE prizes for everyone who completes any of the challenge goals.

**SkiErg**

**concept 2**  
INDOOR ROWER

Visit  
[concept2.com/challenges](http://concept2.com/challenges)  
or call 800.245.5676 for  
complete details.

For every person who completes at least 100k (kids and adaptive athletes at least 50k) during the Holiday Challenge, Concept2 will donate \$.02 for every kilometer (1000 meters) to your choice of the following organizations:

- Challenged Athletes Foundation (CAF)
- International Rescue Committee (IRC)
- Right to Play
- Dirt Divas (a program of Vermont Works for Women)