

Wing Beats

Monthly Supplement for the Chrysalis CrossFit Community

Issue No. 25 May 2014

Chrysalis CrossFit Online

We have a brand new website: ChrysalisCF.com See p. 2 for more detail about the new features it offers.

Music, Parking and Swag

See p. 3 for info on new music and a request for more... requests, a new take on parking and an update on potential CCF swag.

Upcoming Events & Reminders

- July 1 - CANADA Day CCF CLOSED
- July 30 - CrossFit Games BBQ, p. 5
- Aug 4 - Aug Long CCF CLOSED
- Aug 16 - Dirty Donkey (are you in?)
- Sept 1 - Labour Day - CCF CLOSED
- Sept 1 - CCF Fall Challenge (TBA)
- Oct 13 - Thanksgiving - CCF CLOSED

We Turned 2 in May. Yeah!

See below for a recap of our 2-year anniversary. We had fun catching up.

Lounge and Box Upgrades

Onward and upward! We keep tweaking, adding, improving our space. See page 3 for details on what we've done and what's still to come.

Wing Beats is produced by:

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chrysalisphysiques.com
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Visit our community:
facebook.com/ChrysalisCF



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



Dirty Donkey

There's still time!



Signing up for CCF's teams is open to family and friends. Don't wait too long. The Aug 16th event does sell out.

So far, we have 4 members signed up, as well as friends of CCF. Who else is in?

Check out the [DD 2014 event](#) page for more info and sign-up instructions.

So who's ready to get DIRTY?



TERRIBLE TWOS

Our two-year anniversary was a nice, relaxing affair. Thank you to everyone who participated in the event. It was great to celebrate the existence of our CCF community for yet another year.

Here are a few pics. To see more, visit the [event](#) page.



Above: Everyone had a chance to catch up and enjoy the paleo-style buffet.



Above: The coaches put on a show, pumping out 200 squats for time. Thanks to Pieces for the WOD pics.

Karlene (aka "KDog") was hosting out-of-town guests and couldn't make the event but wanted to celebrate it nonetheless. The following Monday, she brought us flowers and a card to commemorate the event. We proudly displayed the flowers in the front entrance and the card is available in the lounge. Thanks Karlene!



Chrysalis's website just got a major makeover!

Unveiled at our 2-year Anniversary Celebration, our new site features dozens of improvements.

You can now:

- Comment on pictures and posts without needing a Facebook account. All WOD pics will still appear on Facebook and Twitter, so you won't miss a beat.
- Access whiteboard results after a given WOD is done, enabling you to track your performance and celebrate everyone's achievements.
- See the upcoming class schedule without having to log in to MBO.
- Access your online account from our "Members" pulldown menu.
- Keep track of past and upcoming CCF events thanks to our new "Events Calendar".
- View current and previous CCF newsletters (aka WingBeats) without having to download PDF attachments.
- Read our brand new Coaches' Blog for our take on CCF activities, CrossFit, health and fitness news, and general lifestyle information—including our take on why it might matter to you.
- Sign up for the newsletter or send us a message right from the website.
- Send family, friends or others to a site that now clearly demonstrates who we are and what we do.
- Get up-to-date CCF info without having to wait for email notifications and/or the monthly issue of WingBeats.
- Search for various info such as whiteboard, WOD pics, CCF events, and more.
- Access this mobile-friendly site on the go. The content adapts to your screen size and device type.

What about chrysaliscrossfit.com and chrysalisphysiques.com? We will redirect those domains over the summer. For now, our old site directs visitors to chrysaliscf.com.

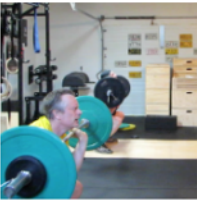
Special thanks to James V. for feedback on the site prior to launch.



Navigation: About Getting Started Coaches' Blog CCF Workouts Community Contact Us Members

Larry, Brett and Tina work through Fran in late May.

June 05, 2014




We think Larry's face says it all.

[Read More](#)

Chrysalis CrossFit Comment
Benchmark, Girls, Metcon
Larry H., Brett M., Tina M. 0 Likes Share

"Fran" makes a comeback...

June 05, 2014




Practically every one of us had the opportunity to have a date with Fran late in May.

[Read More](#)

Chrysalis CrossFit Comment
Benchmark, Girls, Metcon
James V., Helene M., Rory M., Ruthless 0 Likes Share

Hélène was practicing her favourite lift as James looked on.

June 04, 2014



Overhead squats are always fun. At least, Hélène thinks so.

[Read More](#)

Chrysalis CrossFit Comment 0 Likes Share

Facebook Twitter Email

CCF TWEETS

- Larry, Brett and Tina work through Fran in late May. <http://t.co/kbvdANjEW> 44 minutes ago
- "Fran" makes a comeback... <http://t.co/5d5oWIZe4> 6 hours ago

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WOD PICTURES

- Larry, Brett and Tina work through Fran in late May. Jun 5, 2014
- "Fran" makes a comeback... Jun 5, 2014

UPCOMING EVENTS

- Dirty Donkey 2014 Aug 16, 2014

WHITEBOARD CALENDAR

June 2014

SU	MO	TU	WE	TH	FR	SA
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

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Email Address *

[I want it!](#)

Feedback To Share? Let Us Know What You Think

Much of what we offer in services, events and information online is based on feedback from

you: members, alumni and CCF friends and family.

Have you been meaning to offer us some feedback about the site? **Tell us about it.** We're always looking to make things better.

Lounge Upgrades

We felt fortunate to find a leather chair to add to the comfort of our member lounge this past month. There's now more room to sit when you catch up with your fellow crossfitters or peruse some of our library resources.



And speaking of the library: It has received an overhaul. Much of the old material, magazines mostly, has been removed and books are now classified by workout, nutrition and general lifestyle information. It's now easier to browse the resources we have available and quickly find what you're looking for.



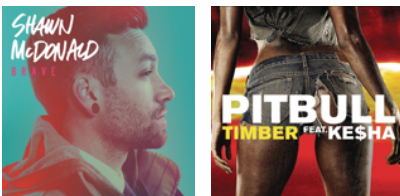
Box Upgrades



Luc worked hard to build some new equipment for CCF over the past few months. Our new jerk boxes were officially added to our training space during the May Long weekend when we also took the opportunity to free up more storage room (that's right, no rest for the wicked ;). The jerk boxes will be used to practice the jerk (surprise, surprise) and will serve as infinitely scalable and stable jump boxes, hurdles, benches and anything else we can dream up.

We're Listening

So far, we've heard from five of you about music to add to our collection. We've added a few tunes (see below) and we'll be adding more.



Don't miss out. Let us know what do you like to listen to: Rock, Pop, Rap, Country, Electronic, Metal, R&B, Alternative, Folk, Classical, Other?

Stay "tuned" to hear what we've got in store as we add 100 songs to our box's music shuffle and playlists over the summer.

CCF Swag "Take 2"



We received a lot of different swag ideas with little overlap. Here's what we are going to do: we'll come up with a few conceptual items. If there's enough interest for one or more of these items, we'll go ahead and order them.

Parking Made Easy

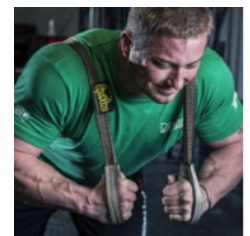
We are asking for your help to improve our parking situation. We want to make parking easier and reduce congestion on our small cul-de-sac and keep our neighbourhood happy. Let's try this:

1. Odd-hour (11am, 5pm, etc.) classes, please park on the left-hand side of the driveway.
2. Even-hour classes (10am, 12pm, 4pm, 6pm) please park on the right-hand side.

This way, no one has to worry about blocking or being blocked by anyone from a different class and you can park closer more often!

More Equipment On The Horizon

We're travelling to the US this summer and we'll be bringing more equipment back with us. Waiting until we can pick up the goods ourselves means that we can bring more and better items back.



Expect to see more of the useful items you've come to expect in our training space. We will likely have more durable bar hooks, strongman equipment and a few other goodies.

Our last trip got us some much-needed, and now well-used, Rogue equipment (ballistic blocks anyone?).

May Photo Box

Want to see more photos and info?

Check them out [here](#).

Brett, Tina, Jeremy and Hélène work the OHSs.



Below left: KDog's great pull on the clean.

Below right: Kim & Hélène work the GHD BP.



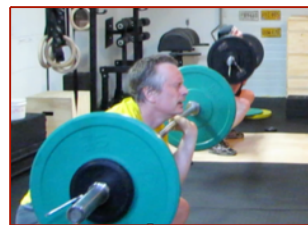
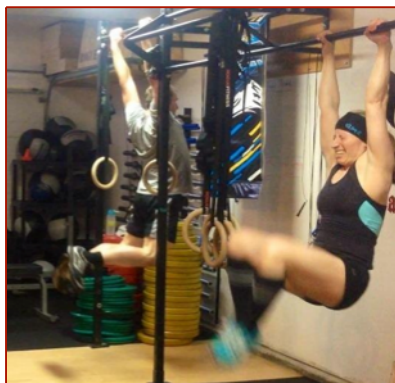
Above: Tina, Brett and Belinda work through "Megan".

Below left: Brett stretches à la "Superman".

Below right: Luc proudly demonstrates he has reached new heights.



Below: Luc and Tina work through T2B/K2E during a Tabata Core WOD.



Left: Luc does not let himself get sidelined by a finicky ankle. Modify, modify, modify.

Right & below: Brett, Tina, Hélène, Ruthless and James recover after a "1/2 Morrison"



PR Board

Congratulations to Karlene aka "KDog" (BP), Brett (DL & BS) and Larry (FS & TGU) on their accomplishments this past month. CFT scores also improved across the board. We're getting stronger!



We also want to take the opportunity to highlight that three CCF members participated in the Winnipeg Police Service 1/2-marathon 2-person relay on Sunday, May 4th. This event was on Ruthless's "bucket list". Check!

Left to right: Wendy F, Wendy's running buddy Hélène D., Heather T. (aka "Ruthless") & Hélène M.





CrossFit Games Summer BBQ

Be a part of our 3rd Annual CrossFit Games Highlights event.

This year, we're making it a BBQ!

There's nothing like knowing first hand what the athletes might be going through to enhance the viewing experience. That's why...

We'll be working through a scaled version of one of the 2014 CrossFit Game WODs the week of the BBQ.

3-2-1... GO!

The Details:

Who: CCF members, family and friends

What: BBQ dinner followed by Games highlights

When: Wednesday, July 30, 2014, from 6 to 9pm **OR**

Thursday, July 31, 2014 (rain date)

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 Games highlights across age & gender categories on a big screen in the CCF box.

