

# Wing Beats

Monthly Supplement for the Chrysalis CrossFit Community

Issue No. 28 Aug/Sep 2014

### CCFers WODing in Mesa in Oct.

KDog and Ruthless are WODing at Leiftime Fitness while on vacation with friends in Mesa, AZ in Oct. We'll include pictures in the next edition!



### Upcoming Events & Reminders

- Oct 13 - Thanksgiving - CCF CLOSED
- Oct 29 & 30 - Ghoulish WODs**  
*Be afraid, be very afraid! See poster p.5*
- Nov 11 - CCF OPEN reg. hours
- Dec 16 - "Rep Your Box" Oly Competition. See p. 2.**
- Dec 24 - CCF Class at 1pm
- Dec 25 & Jan 1 - CCF CLOSED

### Two for One - Aug & Sep WB

This late summer/early fall, CCF took a bit of a break from publishing content, given a hefty travel schedule and, well, the need to take a step back.

So, you get a 2-for-1 issue of Wing Beats this month, as we cover info from Aug. & Sept. in a single issue.

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## Fall WOD Challenge

*The Fall WOD Challenge was a real HIIT!*

In July, we asked you to create a WOD by following certain parameters (aka, please don't kill classmates) and boy did you deliver:

- KDog had us doing weighted walking lunges (weight overhead, of course)
- Geoff submitted a burpee box jump WOD that was a "calf killer"
- Rory had us doing a deadly squat and pushup inverse ladder... OUCH!

The WODs were a lot of fun and the coaches enjoyed having the complaints about "brutal" programming be directed at other folks for a change ;).

Thank you for all the submissions. It was a lot of fun to work through them and to hear what you want to see in future whiteboard scribbles.



## New Tunes !

This summer, we asked you what you like to listen to and many of you offered some much needed info. We listened and, as a result, CCF has added over 100 new songs to the mix (heavy metal, country, top 100 chart selections) for various types of WODs.



Some additions include:



We're very excited to play these new tunes this fall.

*Ahem. That being said, we will not be catering to individual requests for music during a WOD. Our view? If you have time to worry about the music, you're not working hard enough... 3-2-1 GO!*

# OVERWHELMED

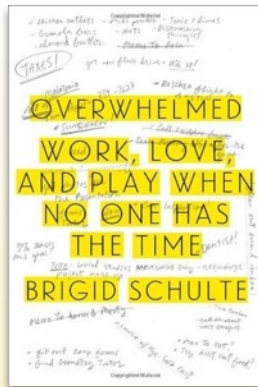
## Book Summary

It seems like we all have too much on the go sometimes and, though we all say and hear it so often, life is about “balance” and determining when something is “enough”.

Of late, it seems an increasing number of us are struggling with how to juggle it all, so we thought we’d set aside training and nutrition info for this edition and provide a summary of B. Schulte’s Overwhelmed.

In this important book, Brigid offers candid stories about her struggle to manage career, home and personal pursuits and offers a number of insights that you may find useful. Here are some highlights:

- Our seemingly forever hurried state is a fairly new Western cultural phenomenon, as is our concept of measuring time by the clock.
- One physician called this relatively new drive toward fast-paced busyness the pathology of “time sickness”.
- Leisure is exceedingly important in adding to our quality of life and to our ability to produce lasting, quality work.
- Feeling overwhelmed and rushed causes the prefrontal cortex, our brains most highly-evolved centre, to shrink!
- Play reminds us of our better selves and it has the added benefit of keeping our brains flexible.
- Stress negatively affects our immune system, making it more likely for us to suffer from CVD, Alzheimer’s, diabetes, arthritis, osteoporosis, depression and anxiety.



*“In the Middle Ages, the sin of sloth had two forms. One was paralysis, the inability to do anything—what we would see as lazy. But the other side was something called acedia—running about frantically. The sense that, ‘There’s no real place I’m going, but by God, I’m making great time getting there.’” - Ben Hunnicutt, a leisure scholar, U of Iowa*

- We do our best work when we feel we have control over our time and our workflow.
- Stress is contagious. It elevates your cortisol levels and those of loved ones who care about your wellbeing.
- Productivity does not measure what makes life worthwhile and we would be advised to revise this measurement.
- Leisure is leisure when you feel it’s leisure. Leisure that feels like an obligation, where you are not free to go and do as you please is not leisure.
- Ambiguity at work and in our personal life tends to fuel personal “overwhelm”. Defining what is truly important to you, what you want to accomplish and how is paramount to living the good life.

This book was an important factor in having no September edition of Wing Beats. We used this time to take a bit of a breather and think about what we offering to our community, to ourselves and to our families to ensure that what we do adds value and is what would most effectively serve those we care about most. It was time well spent.

Overwhelmed is available at all major booksellers and it is also available at your local library. We highly recommend it.

# Rep Your Box!

Be part of CCF's very first appearance at a Manitoba Affiliate Competition!!!

We want to participate in Prairie CrossFit's "Rep Your Box" Oly Lifting Competition. Woot woot!



The event is for CFers only and depends on teams of 4 people or more per affiliate.

Here are the details:

When: Saturday, December 13th, competition times still TBD, depending on participation levels but plan on 9am to 6pm

What's expected: Olympic lifting team totals for the Snatch and the Clean & Jerk, based on sum of individual score

Where: Training for the event takes place at CCF and the event itself will be at at Prairie CF

Who can participate: Any current CCFer

How do I prepare: We will offer extra classes

What are the requirements?

You need to:

- Complete your maximum of each of the two oly lifts in a 5 min window\*
- Wear a CCF shirt (you'll get one)
- Participate in CCF training sessions to get ready (2 per week over and above your current CF schedule)
- Pay \$50 + GST to the event organizers (will be done through CCF).
- Have no current injuries that make it inadvisable to complete oly lifting on a more demanding basis

\*No prior competition experience is needed.

We currently have three people who are planning to attend and we want more!

Please see the email we sent out to this effect for more details.

So are you game?

**3-2-1...lift!**

# Dirty Donkey Pics

*Dirty Donkey was a success again this year and we have the pics to prove it!*

We participated in Dirty Donkey again this year, the fun 5K obstacle course that takes place every August. And, despite being sidelined due to an uncooperative knee, Belinda was kind enough to join us on the big day and help us capture the day's events, including our obstacle-obliterating performances.

For more pictures of our DD adventure, check out our online [event gallery](#).





# August Photo Box

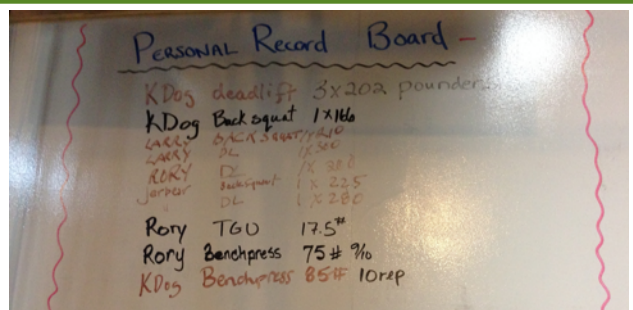
Want more? Go to [WOD Pics](#).



## PR Board - August

Congratulations to four CCF athletes for setting new personal records:

- KDog - dead lift, back squat & bench
- Rory - dead lift, TGU and bench
- Jeremy - back squat and dead lift
- Larry - back squat and dead lift





# September Photo Box

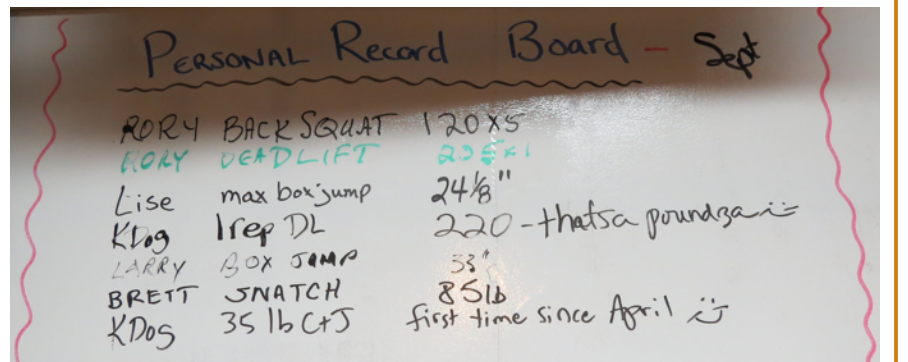
Want more? Go to [WOD Pics](#).



## PR Board - September

Congratulations to five CCF athletes for their PRs this past September:

- Rory - back squat & dead lift
- Lise & Larry - box jump
- KDog - dead lift and clean & jerk
- Brett - snatch







# GHOULISH WODS

Chrysalis is issuing a warning about ghoulish WODs planned for **October 29th & 30th.**



After some fun **TRICKS**, we'll share some **TREATS**.



Who: CCFer scheduled for classes on these WOD days

When: regular WOD times

What to bring: a costume, if you are so inclined

