

Wing Beats

Monthly Supplement for the Chrysalis CrossFit Community

Issue No. 30 Dec/Jan 2015

Let the Games Begin!

CCFers should be excited. There's a *scaled* option for The Games this year!

We hope you'll sign up to participate. It will give us a chance to challenge ourselves and get a taste of what the best in the world are up to. See below, right for details.

3-2-1...GO!

Upcoming Events & Reminders

February 16 - Louis-Riel Day, CCF CLOSED

CrossFit Games Open - 5 weekly WOD February 26 to March 30

April 6 - Easter Monday - CCF OPEN

May 18 - Victoria Day, CCF CLOSED

Heavy Metal

Some of us have been throwing our weight around...literally.

KDog, Pieces, Luc and H  l  ne have competed in a couple of weightlifting competitions (Rep Your Box in December and La Coupe du Voyageur in early February).

What a great experience each of these events were. See page 3.

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)



Fresh Start Potluck

On January 29th, the Chrysalis CrossFit crew got together to celebrate the New Year by gathering round the hearth to catch up and...EAT! (what else?)



Karlene, Lise, Heather, Rory, Tina, Brett, Luc and H  l  ne were in attendance and the wonderful spread of goodies included CCF chili, veggies & dip, a spaghetti squash pizza, sausage, jerky, cobb and ceasar salads, yummy brownies, cheese & p  t   and a variety of beverages. Yum!

Oh and we also took the opportunity to catch up (without the post-WOD huffing and puffing that usually accompanies it).

We shared a ton of personal updates to bring everyone up to speed—some of which are included in this edition of WB BTW—and a lot of future plans to share.

A lot of exciting stuff going on in 2015. Sounds like this year will be a memorable one...again!

CrossFit Open

There are exciting changes to the Games this year!

Are you Game?

This year's CrossFit Games Open includes a scaled option, which makes completing the five Open workouts accessible to more CrossFitters. See this

video by David Castro which explains the new scaled option.

Given the new scaled version, CCF coaches want to help you participate.

All you need to do is:

- Register online [here](#).
- Let us know you're up for it by sending us an **email**.
- Do the WODs at Chrysalis CrossFit.
- Report your score online.

The Open starts Thursday, February 26 with workout 15.1.



How do the workouts work?

You can find some great information at games.crossfit.com, but here are the basics:

- WODs are released at 5pm PT Thursdays, with the first one being released February 26th
- Your score is due by 5pm PT the following Monday.
- There will be one WOD per week as specified above from February 26th to March 26th, with the event wrapping up with final score entries March 30th.

• For previous years' Open WODs, check out this [link](#).

When can I do the WODs at Chrysalis CrossFit?

We'll offer members who report their score online weekly the opportunity to use our Box equipment to do Open WODs on Friday evenings and / or Saturday mornings (*times offered on these days will depend on demand and coach availability*).

Helping Others Stay Warm This Winter



We asked, you answered. Despite not having an official get together, we participated in a Holiday-inspired group activity: practicing the art of giving.

This year, you answered the call to help Siloam Mission replace some of the warm clothing they lost during the flooding of their basement this past fall.

Donations, collected between December 15th and January 15th, were so plentiful we had to find a bigger box!

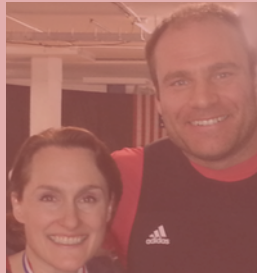
Gifted items included warm work and casual clothes, office attire suitable for those returning to the labour force and other personal items that might be appreciated by people trying to regain their footing in life.

Thank you all for your help in making the world just a little bit better and a little bit warmer.



Happy New Year!

We'd like to take the opportunity, in this, the first 2015 issue of Wing Beats, to thank YOU, our membership past and present for a great 2014. We're grateful for what we've experienced over the past year, including enjoying ongoing and new friendships, the pursuit of physical and intellectual challenges, all that we've had the opportunity to help with and support, and for a renewed focus on what truly matters. The year was eventful for a number of us to say the least and we applaud your courage and resilience as you work toward being ever "better than yesterday". Thank you for allowing us to share a part of your lives with us, including your personal struggles and triumphs. Looking forward to the year already underway, there's a whole lot more to look forward to. New competitions, goals, endeavours, projects, treats await us, so we'd better get to it. 3-2-1 GO!



Alec & Kelen

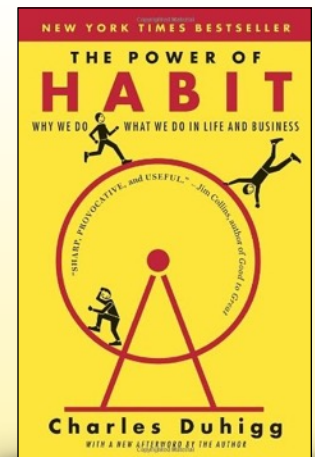
The Power of Habit

Book Summary

If you're working on tuning up or changing some lifestyle habits, insights from this book might help.

Here are some of author Charles Duhigg's findings (see related video [here](#)):

- More than 40% of our daily actions aren't decisions but habits. Paying attention to undesirable automatic behaviours is the first step toward changing them.
- Trying to change too many things or effecting a drastic change makes it impossible to change the behaviour(s) over the long term.
- To successfully change a habit, we have to:
 1. Decide we want to change.
 2. Believe it's possible.
 3. Identify habit triggers.
 4. Replace the past reward with something just as attractive.
- Change has to be self-imposed to be effective. Changing a habit because someone else wants you to is not as effective as changing a habit because you want to.
- Hanging out with individuals who are successfully living the new habit you want to incorporate in your life helps you believe that change is possible.
- You can't change a habit if you don't know what triggers the behaviour. Pay attention to what might be triggering



the habit you're trying to change. It could be a location, a time of day, an emotion, other people and/or their actions or something else you just finished doing.

- The trigger, which is an external cue, will always be there. What you can change is your response to it. What you need to do is get your body and your mind used to a new pattern of behaviour in response to the trigger.
- By ensuring the reward for the new behaviour is just as good, or better, than the previous payoff, you increase your potential for success.

One last little nugget of insight is that as you successfully change a lifestyle habit, it often snowballs into additional positive changes. Being patient and taking baby steps in the right direction will ultimately lead to bigger payoffs over time, as long as we don't get ahead of ourselves. The most important thing is to start, and stay focused on, one small change at a time.

The book is available at your local library.

HEAVY METAL

Some of us have been extra busy in the gym over the last four months.

Rep Your Box



In late October, we found out about the Rep Your Box (RYB) Olympic Lifting event and the enthusiasm at CCF was definitely there. As a result, four of us (KDog, Pieces, Luc and H  l  ne) registered to compete at the event on December 13th, which gave us only 7 weeks to prepare, but we said "bring it".

Over the course of the weeks leading up to the event, we ramped up to 4 WODs a week minimum, with 2-3 Oly lifting WODs over and above our regular WOD schedule. Despite fumbles along the way, our confidence grew with every additional rep of footwork, overhead squats, heavy pulls, Burgener warmups, snatch balances, snatches, clean & jerks, etc.



All three ladies were first up in the event. Nothing like a little extra pressure, but it was nothing we couldn't handle.

La Coupe du Voyageur

With RYB over and done with, the next decision was whether or not to sign up for the next event (LCDV). As it turns out, all four signed up again, despite having to fork over money for event registration, MWA membership fees and new equipment.

After another 7 weeks, which started in late 2014 (do you detect a pattern here), we jumped in with both feet on February 7th and gave it everything we had. Again, all three ladies were up first.

All four of us walked away with a gold or silver medal. What a way to cap off approximately 15 weeks of training!

Thanks to Ruthless Heather for her support at both events, including taking the picture below. You rock!

And a special thanks goes to Susanne Dandenault for coaching us before and during the event. Susanne coached us at Chrysalis CrossFit, at UM and spent all morning with us. We are grateful beyond words.



The big day was a lot of fun. A number of past and current CCFers and friends and family came out to watch and we were grateful for their support.

Luc and Karlene came away with the best improvement in PR of any lifter and all of us walked away from the event with new PRs for 2014. Not too shabby!

That might be why we considered participating in La Coupe...



December Photo Box

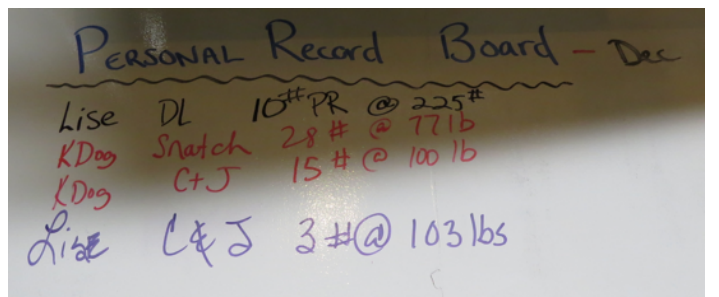
Want more?
Go to [WOD Pics](#).



PR Board - December

Congratulations to two CCF athletes for setting new personal records:

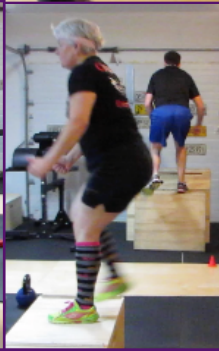
- Pieces - deadlift and clean & jerk
- KDog - snatch and clean & jerk



January Photo Box

Want more?

Go to [WOD Pics](#).



PR Board - January

Congratulations to three CCF athletes for their PRs in January:

- Pieces - strict press and back squat
- KDog - strict press and back squat
- Larry - strict press

Woot woot!

