

Wing Beats

Monthly Supplement for the Chrysalis CrossFit Community

Issue No. 31 Feb/Mar 2015

Meet Our New Member: Shannon

Shannon's halfway through Burn In and doing great. So far, KDog and Rob have joined her for a WOD and we invite any CCFers to come WOD with her this April (see below right).

Other visitors to CCF in February, March and early April included Denis, Dan, Diane and Amy (CFL1). Thanks for dropping in guys!

Upcoming Events & Reminders

- May 10th - CPR session (see below left)
- May 18th - Victoria Day, CCF CLOSED
- June 27th & 29th - CCF CLOSED (see below)
- July 1st - CCF CLOSED for Canada Day
- July 29th - CCF Games BBQ (see p. 5)
- Aug. 4th - CCF CLOSED for Long Weekend
- Sept. 7th - CCF CLOSED for Labour Day

The Open Was A Success!

Six of us participated in the new CrossFit Open Scaled option this year!

The WODs were definitely challenging and, let's face it, anxiety-producing, but we did it! Yeah!

See p. 2 for details.

Wing Beats is produced by:

chrysaliscrossfit.com
chrysalisphysiques.com
 46 Georges Forest Place
 (204) 233-1000

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CPR Refresher Class

May 10th



Knowing how to administer CPR and First Aid is a life-saving skill. Chrysalis CrossFit coaches hold a CPR/AED certification that we ensure we renew yearly.

Based on a number of conversations, we're aware that many of you hold this certification as well. That's why we want to open up our *recertification* event to CCFers and friends and family.

If this opportunity is of interest, here are the details:

What: CPR/AED *recertification*

Where: Chrysalis CrossFit

When: Sunday, May 10th at 10am

Provider: Karlene Cifuentes RN, M.Ed., www.hearthealthcpr.com

Cost: \$50 per person, *cash only*

If you have any questions, please get in touch with us. Or, if you want to register, please let us know via email at info@chrysalisphysiques.com.

Coaches Attending CFL2



CCF coaches will be attending the CFL2 seminar in Minneapolis June 27th & 28th.

The aim of the L2 seminar is to improve a coach's ability to coach functional movements with hands on coaching and immediate feedback on coaching cues and on a coach's movement quality.

Luc is excited to be attending for the first time and Hélène, CFL2 in 2010, will be refreshing her training.

If this seminar is anything like the one Hélène previously attended, there's no question it will be well worth the effort and the time away from our beloved Box.

Did you know?

At the time of this publication only 5 trainers in Manitoba hold a CFL2 designation.

CCF coaches hold the largest number of CrossFit certifications per coaching staff of any Manitoba affiliate.

Come Cheer On Newbies!

We want to encourage you to come cheer on (and WOD with) folks who are attending CCF Burn In classes or an Intro Class.

Why? It's exciting to cheer on folks who have the courage to dip their toe in the water—no, we don't bite—and help them feel welcome.

So far this Spring, KDog, Pieces, and Rob have had the opportunity to do so and everyone's enjoyed the experience...and we want to make it even easier.

Here's how:

Every time you see a Burn In or a Free Intro Class on the online Class Schedule that shows someone is scheduled, check the corresponding Appointments tab for the same date/time and book your spot. An appointment won't count as part of your personal class allotment. Then, show up on the given day and have fun! (Note: *First come, first served. Some classes may be cancelled on short notice, as they depend on a first timer attending.*)

We hope you'll come & meet the new folks!

Learning To Breathe Fire

Book Summary

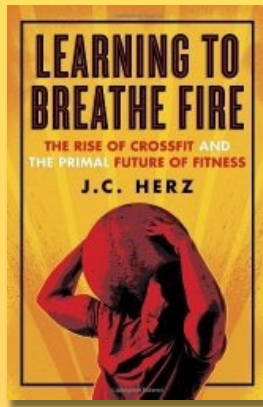
If you're curious about CrossFit's origins, why the programming just plain works, or both, you'll probably enjoy reading Learning to Breathe Fire by J. C. Herz.

Larry was kind enough to not only donate this book to the CCF library, but he also graciously provided a writeup for us all to get a sense of why he felt this book was a worthwhile read.

Thanks Larry!

Here's his summary:

This book is a good overview of the history of CrossFit. It will not tell you how to do a proper deadlift but it does give a history of exercise in the post-industrial age, starting in the late 1800's. Original gyms back in the 1800's were similar to what a Box may be like today. Lots of mats, rings, bars, balls and weights and a lot of body weight exercises. But the average person was intimidated by the athletes that dominated these gyms so machines were created to make exercising "easy" and no longer intimidating because it's just you and your machine. You don't have to compete or compare yourself with anyone else. These machines have become so successful that they dominate the modern gyms of today. I think the modern machine has reached its apex with the Precor elliptical. Sure it can make you sweat



but if it's the mainstay of your exercise regimen don't call yourself an athlete....in my estimation.

But back to CrossFit. I think the most interesting part of the book is how military forces have started to incorporate CrossFit into their training. The old military baseline for fitness was a 2-mile run followed by a variety of situps and pushups. This way of training is no longer effective for today's modern warrior. They no longer have to hike miles into the warzone, they are delivered to the fight by air or transport. But when they are there they have to sprint with 60 to 70 pound rucksacks on their back. Their energy output is short but it needs to be explosive. This is where CrossFit's metcon workouts dovetail nicely into the life of a warrior in the warzone. CrossFit started to become popular among the common soldier in Afghanistan and Iraq. It should be noted that the Canadian Armed Forces were one of the first to embrace the CrossFit discipline. The Canadians, not being as well supplied as the American, had to improvise. They used buckets filled with sand, old tires and anything that was native in the environment to do their workouts. Not all divisions of the military has embraced CrossFit. The US army thinks that it is too easy to get injured and even the early adopters, Special Forces and Recon Marines have modified CrossFit disciplines to their own needs. Their version is called H.I.T (High Intensity Training). CrossFit is also gaining popularity with firefighters, first responders and police.

The book is in the library. Check it out.

Larry

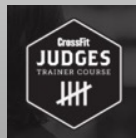
CrossFit Open



This year's CrossFit Games Open includes a scaled option, which made completing the five Open workouts accessible to more CrossFitters. As a result, CCF participated in The Open for the first time!

Geoff, Nishad, Lise, Karlene, Luc and Hélène completed the weekly WODs.

All our individual WODs were performed with a 1:1 judge to athlete ratio to enable us to easily record our results online without having to submit video.



Having the opportunity to compare our progress to other athletes in our demographic was informative. It will certainly make watching The Games even more exciting. The experience was a positive one overall and we look forward to participating again next year.

CBC TV

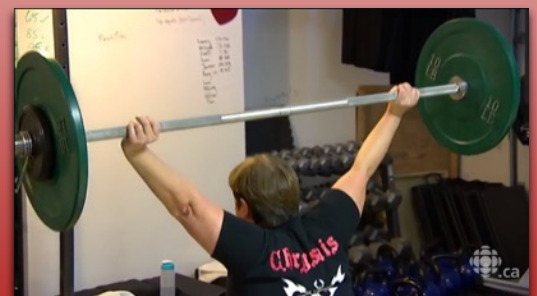
KDog & Pieces Represent!

In late February, CBC French TV came to Chrysalis CrossFit to interview Karlene and Lise about their experience as both CrossFitters and Olympic Lifters.

CBC heard about our WODmates thanks to spectators at the LaCoupe competition on February 7th of this year (see Wing Beats issue #30).

KDog and Pieces were overjoyed to have the opportunity to share their love of lifting and of fitness in general, stressing that anyone at any age can try a new sport and that the important thing is to keep moving!

Thank you to both of you for being such amazing fitness ambassadors. We're sure you've inspired many to start or maintain physical activity.



February Photo Box

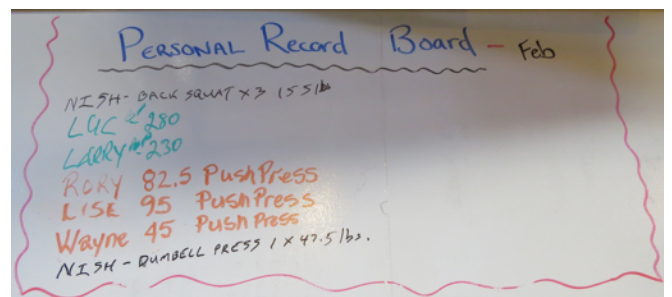
Want more?
Go to **WOD Pics**.



PR Board - February

Congratulations to six CCF athletes for setting new personal records:

- Yoda - back squat & DB 1-arm press
- French Gorilla - bench press
- Larry - bench press
- Rory - push press
- Pieces - push press
- Wayne - push press



March Photo Box

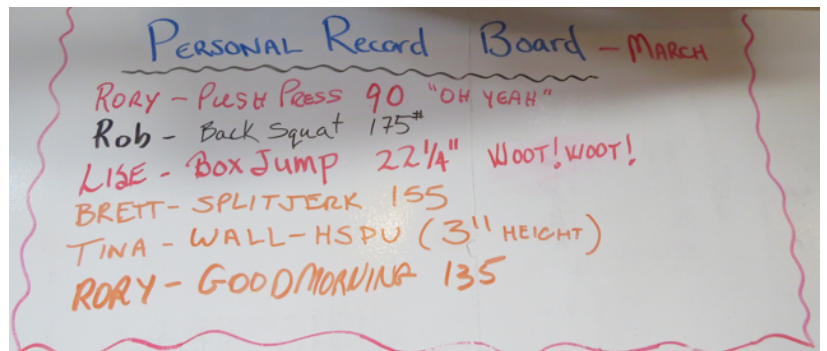
Want more?
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PR Board - March

Congratulations to five CCF athletes for their personal records:

- Rory - push press & good morning
- Rob - back squat
- Pieces - box jump
- Brett - split jerk
- Tina - her first handstand pushup!





CrossFit Games Summer BBQ

Be a part of our 4th Annual CrossFit Games Highlights event.

We're making it a BBQ again this year!

As some of us know from our participation in **The Open**, 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 2015 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 29, 2015, from 6 to 9pm **OR**

Thursday, July 30, 2015 (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.

