

Wing Beats

Monthly Supplement for the Chrysalis CrossFit Community

Issue No. 33 June/July 2015

Coach Training

Want to know what Chrysalis CrossFit is doing when it comes to keeping up its coaching credentials? We outline it on page 2. You can also check it out online by using the [Crossfit Trainer Directory](#) available at crossfit.com.



Upcoming Events & Reminders

- September 4 - 7th - CCF CLOSED Labour Day weekend
- September 1 - 30 September Clean Up Challenge (p. 2 & 5)
- September 30th - Wind Up Potluck (see p. 5)
- October 12th - CCF CLOSED for Thanksgiving

Get Set. Get Ready. LIFT!!!

We're really excited to bring back our Oly Lifting camp. We learned a lot last year. See below right for more info.



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2015 GAMES BBQ

We had a good turnout for the CrossFit Games BBQ, with over half our membership in attendance and an enthusiastic guest (thanks for coming Pat).

After grilling our food on the BBQ, we enjoyed our clean eats while watching select Games highlights.

Did you miss it? Visit the [BBQ events page](#) for links to the videos we had at the ready, including how to find for some of our favourite moments.

We watched:

- Murph
- Double Hanger
- Triangle Couplet
- Snatch Ladder



Our focus was on our favourite athletes: Lucas Parker, Camille LeBlanc-Bazinet, Annie Thorisdottir, Matt Fraser and Dan Bailey, Ben Smith, and many others.

It was a lot of fun to watch...and some of these WODs may show up on our whiteboard in the coming weeks...

3-2-1 GO!

September "Clean Up" Challenge

Based on considerable interest, we are starting a fall "clean up" on September 1st. The clean up refers to cleaning up our fridge and pantry, similar to what we did in 2013.

With a little elbow grease, we should be able to whip up some tasty clean eats while all the garden veggies are still available.

We'll have 30 days (September 1st to 30th) to improve our eating habits, feel better and hopefully make some changes that will last beyond the challenge's deadline.

Best of all, we'll wrap up the 30 days with a Paleo Potluck on Wednesday, September 30th.

See p. 5 or [online](#) for more info on this upcoming challenge.



OLY LIFTING CAMP

We're resuming oly lifting classes for the next five months: September 14th to February 7th inclusive.

These classes focus on technique & maximum lifts, with competition-focused coaching, including drills that are not common to our regular CrossFit classes.

The 90-minute classes will be offered Monday and Thursday at 7pm Saturday at 8:30am. Preference will be given to those competing in the December "Rep Your Box" and February "La Coupe" events.

Cost: members can attend these classes as a regular class or can book these as additional classes (drop ins based on membership).

For more info, please speak with a coach or with Pieces and KDog who participated in training and both events last year.



First: What It Takes To Win

Froning Facts

Rich Froning wrote "First: What It Takes To Win", prior to his third win at the CrossFit Games. The book allows us to get in Rich's head during each year of competition, from his first Regionals in 2010 to his 2nd win in 2012. Instead of a book summary, we've chosen to release some facts about this young man who has been crowned Fittest on Earth three years in a row:



- Rich could have won the 2010 Games but he couldn't climb the rope in the last event. He fixed that just days afterward.
- He doesn't like to compete unless he's the underdog and almost didn't sign up for another Games competition.
- He hurt his back doing deadlifts in August of 2010 and managed to get better thanks to K. Starrett's help and never took the drugs he's been prescribed.
- He trained as a firefighter while in school.

- The greatest influences in his life were his grandma and the tragic loss of two cousins, all three before he started CrossFit.
- He's the owner of CF Mayhem (team placed first in 2015). It's named after Project Mayhem in the movie "Fight Club".
- He believes that CrossFitting is not a purpose in and of itself. Athletes need to find their purpose for engaging in the activity (health, longevity, vitality, sports, quality of life).
 - To him, CrossFitting is as much about the mind as the body's. (Games are 70% mental, 30% physical.)
 - He trains every day and has done up to five WODs a day, though he doesn't program out his workouts. He just works out something he hasn't done in a while and goes as hard as he decides to on any given day.
 - He follows the Forrest Gump diet plan: I eat when I'm hungry and drink when I'm thirsty.
 - Dan Bailey, who placed 4th in the 2015 Games was a long-term housemate and training partner.
- He's a devout Christian who puts his family and faith ahead of fitness, which was behind his decision to stop competing as an individual athlete.
- He's happily married to Hillary and resides in Tennessee.

Sugar Sugar, Oh Honey Honey

There's a new movie out and we're pretty excited about it. It's called "That Sugar Film" and we can't wait to see it. Assuming it shows up on iTunes some time soon,



we'll arrange a screening (sans theatre junk food, of course).

Here's the gist of the movie: Documentary filmmaker Damon Gameau embarks on an experiment. He will

document the effects of a high-sugar diet on a healthy body. The catch? He has to consume only foods that are commonly perceived as "healthy". The effects on his body after just a few weeks are astonishing. It appears to be a must see for anyone who still doesn't buy the effects of any type of added sugar in our diets.



Though many of us are already converts, some of the information he presents might still offer some unexpected surprises.

In the meantime, how can we satisfy our desire for more info about That Sugar Film? There's plenty to go around: we can download "[That Sugar App](#)", read "[That Sugar Book](#)", [subscribe to download](#) a free e-book of post-experiment recipes and [watch the trailer](#).



**Please note that Lise reported some issues with download and that the app is focused on Australian brands.*

Ongoing Coach Training

CCF coaches keep up (and keep enhancing) their credentials to ensure we deliver top notch coaching to our community.

So far this year, we've updated our CPR/AED certification, we've attended the CFL2 seminar in Minneapolis in late June and we've maintained our CSEP-CPT certification.



Did you know?

1. At the time of publication a total of 6 trainers in Manitoba hold a CF-L2 designation and we holds two of them.
2. Our coaches hold the largest number of CrossFit certifications per coaching staff in Manitoba.
3. Ours is one of the few Manitoba boxes owned and operated by a kinesiologist holding a CSEP-CPT designation, the only training designation recognized by the Government of Canada?
4. Some employers will only reimburse gym/class fees that were programmed and delivered by a CSEP-certified trainer?
5. Chrysalis CrossFit continues to improve its coaching credentials and already has its eye on the next level of training (CCFT), along with advanced seminars. To check it out crossfit credentials online visit the [Crossfit Trainer Directory](#) available at [crossfit.com](#).

June Photo Box

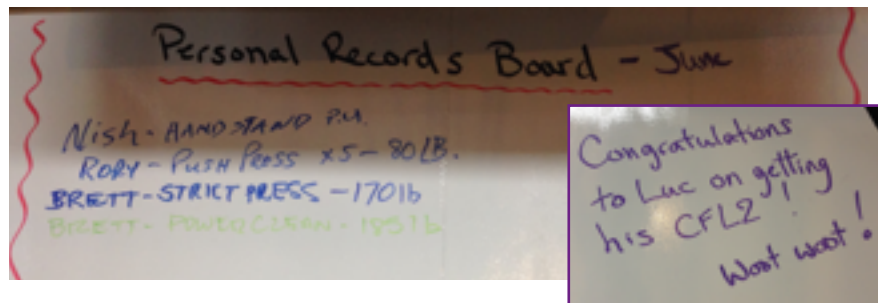
Want more?
Go to **WOD Pics**.



PR Board - June

Congratulations to three CCF athletes for setting new personal records:

- Nish (Yoda) - handstand push ups
- Rory (Diesel) - push press
- Brett (Gaston) - strict press & power clean
(...and Luc got his CrossFit-L2 Woot woot!)



July Photo Box

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



Buzzee Challenge

July	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	31
Row	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Rowing	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Lock	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Uptime	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



PR Board - July

Congratulations to six CCF athletes for their personal records:

- Wayne - kipping pull up
- James - kipping pull ups
- Heather (Ruthless) - dead lift (Two PRs in one month!)
- Shannon - dead lift and back squat
- Brett (Gaston) - back squat and strict press
- Hélène (Grinder) - Overhead lunges

Personal Records Board - July

WAYNE - KIPPING PULLUP ☺

JAMES - 6 KIPPING PULLUPS

H - Deadlift $\frac{152.5}{155.0}$ - that's pounds baby!!

Shannon - DL - 170
- BS - 117.5

BRETT - BS - 325
SP - 175

HM - 60lb OH lunges (10)

Our September “Clean Up”

We are bringing nutrition back into focus:

“Eat meat and vegetables, nuts and seeds, some fruit, little starch, no sugar.”

Greg Glassman, CrossFit Founder



Ready to take on a 30-day challenge? All you need to do is sign up at CCF before the start date and check off your progress on the whiteboard. Those left standing at the end of the 30 days will have bragging rights.

We'll wrap up the challenge with a paleo potluck on Wednesday, September 30th. 3-2-1 Paleo!

What's In:

- ALL veggies, herbs & spices
- If it swims, runs or flies, it's in! (eggs too)
- Berries
- Nuts and seeds
- All fats and oils other than seed oils (no canola and soybean oil)
- Low sugar condiments
- Non-dairy fermented foods
- Yams, squash



What's Out:

- Grains & legumes
- Sugar of any kind (granulated, honey, agave, cane, other)
- Dairy (exceptions: butter and 18+% cream)

Occasionally:

- Dark chocolate (over 70%)
- Other fruit (avoid high sugar fruit like mangoes, bananas and pineapple)
- 5 oz dry wine, 1 oz clean non-grain spirits