

# Wing Beats

Monthly Supplement for the Chrysalis CrossFit Community

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### Congratulations, Kim!

On December 24th, in her home, with Santa Clause and her family present, Kim will marry her longtime sweetheart Steve! Congrats to you both on your special day!



### Reindeer Games Rocked

The CCF Holiday WOD, Reindeer Games, on December 8 was so much fun. Full story below.



### Ch-ch-ch-changes!

CCF is going back to school! After 1 year of full time office managing and coaching, Karrie will shift to part time coaching in 2013, and Helene will complete her final Kinesiology course on Tue and Thu nights from Jan-Apr. You can still email Karrie, but Helene is the best contact for changing class reservations or asking questions that require a quick turnaround time. Get your Karrie-fix on Tue and Thu nights in the new year!

### Wheat Belly

The preparation materials that we ordered for the January \*Fresh Start\* Challenge are sold out! If you are looking for an eBook copy check out <http://amazon.ca> or local shops for used copies.



### Burn In Echo

There are 2 spaces left in our next Burn In! It's going to be on Mondays from Jan 7-Feb 11, 7-9pm. Email [helene@chrysalisphysiques.com](mailto:helene@chrysalisphysiques.com) with any questions about registration.



## Reindeer Games

12 Days of Christmas and GPP Secret Santa made for some fun times on this Saturday afternoon full of snow, friends, and laughter.



### The Importance of Community

Even though all members are part of the CCF Community, it was important to us that everyone could get together and train as a unit, garage-style! Helene, Luc, and Karrie donned reindeer antlers, and members gave'er as a team to complete the first WOD, The 12 Days of Christmas. In 20 minutes we got up to 11 Dumbbell Push Press before the time was out! After a short break, everyone reconvened at the 500 lb. Yule Tree to play GPP (that's General Physical Preparedness) Secret Santa. It seemed everyone was pretty good this year, because no one

got anything that didn't really suit them. Everyone worked on a General Physical Skill (Strength, Power, Speed, Accuracy, Balance, Flexibility, Cardio and Respiratory Endurance, Coordination, Stamina, or Agility) and an assigned exercise to work on in that 20-30 minute period. Kim got the Back Squat (Strength), Lise the 2000 m row (Endurance), Krista 100 Sit Ups for time (Speed), Tom 3 Bounders for max time with 45 lb. (Balance), Karlene 50 Hang Power Cleans for time (Power), and Tina got the perfect thing for her day, a 30-minute full body stretch (Flexibility/Mobility), while Brett suffered the ravages of Burpee Beer Pong, which was supposed to be Accuracy, not a full-body strength WOD! We're proud of everyone for digging in to the WODs and just being awesome in general.

### Christmas Cheerboard Donation

Members donated almost 40 lb. of non-perishables to the Christmas Cheerboard as admission to the WOD. This served a double-function of clearing out the cupboards of rice, pasta, cereal, and of course... Brett's Kraft Dinner! No returns on that one, buddy. We dropped the donation off on the 10th, and your donations were gratefully received.

*Big thanks to everyone who came down, and all the best to everyone for a safe and happy holiday season!*



Warming up as a group was definitely cozy! Tom snapped this shot when Tina was rowing, and everyone was looking colour-coordinated and badass in the background.



# December Photo Box

*Featured photos from our box this month*

