

# Wing Beats



Monthly Supplement for the Chrysalis CrossFit Community

Issue No. 8 January 2013

### Burn In ECHO

We welcome Belinda Herner and Rory McCarthy to the CCF family. They joined us for the introductory sessions this month and are doing a great job of ramping up their skills and abilities. See you both in classes in February.

### 5pm Classes? YES!

You asked and we answered. We have updated our schedule to offer 5pm classes on Mondays and Wednesdays classes as a trial until Family Day.

### Survey Says...

Thank you to all who responded to our

“What makes a great coach?” survey. Your assistance will help us produce another great article for the CrossFit Journal. p.2

### CCF Group On FB

That’s right! We now have a members-only FB group. p.2

### Starting the Year with a Bang (not a bagel)!

January’s Fresh Start event has been popular with friends and family joining in. p. 1



### Safe Travels Tom!

Tom was off to Nigeria in early January - back at work after a short time with us at CCF.



We miss you already Tom. Take care and see you back in Winnipeg soon!

## Fresh Start

This January, January 2nd to be exact, we started the year off right with a renewed focus by taking care to feed our bodies and minds the “good stuff”: fresh and tasty food that contained no grains or processed ingredients derived from grains (yes, including beer, LOL). Our inspiration came from reading “Wheat Belly” by William Davis, MD. Even Brett’s sister Pam of Thunder Bay, Ontario joined in the fun.



Here’s Pam reading up on the do’s and don’ts of our January challenge.

Everyone has been a great sport, sharing personal stories, triumphs and most importantly recipes!!! We could not be more pleased with the results so far. Many of us have seen positive results and are in no hurry to have grains creep back into our everyday fare. To all who gave it a go: Well done!

Here’s a snapshot of everyone’s progress. The level of participation has been wonderful. It’s remarkable how everyone is sticking to it.

1 Rule Only  
No grains from 00 Days

Resources  
• Book: Wheat Belly by William Davis, MD  
• Blog: GrainBelly.com - Your Weekly Grain-Free Tip  
• Blog: Wheat Belly Daily - Advice, Why Grains Are Inflammatory And Why Fat Is the Preferred Fuel for Human Metabolism  
• Website: Complete Paleo - Advice: What's the Deal With Grains?

What’s Next? Stay the course, team! The next challenge, a physical challenge for a change, begins February 1, 2013...and here it is:

CHRYSLIS CROSSFIT PRESENTS:  
**100 DAY BURPEE CHALLENGE**

100 Day Burpee Challenge  
Day 1: 1 burpee  
Day 2: 2 burpees  
Day 3: 3 burpees  
...Until day 100 (May 11th Our Anniversary!): 100 burpees

**FEBRUARY 1 - MAY 11**  
**LET THE BODIES HIT THE FLOOR!**

Participants will have the opportunity to do their burpees for the day as part of, or as, their entire warmup! So, are you in?

## We Asked, You Answered!

*In preparation for our second submission to the CrossFit Journal (likely to be submitted in March of this year), we asked you what you deem important in a CrossFit Coach. Thank you for your input, and most importantly, for your candour. That is what will make it a great article.*



### CrossFit Journal

<http://journal.crossfit.com>

The CrossFit Journal is a fantastic resource for all. The cost to access this publication is a mere \$25 per year and the quality of the information made available (from the community for the community) is second to none. We highly recommend it.

**Question #1: What do you think are important qualities in a coach?**  
 You told us that you value a positive attitude, a coach's ability to relate to different kinds of people in a professional and respectful way and his/her ability to motivate in ways that fit you best as an individual. A coach who inspires through his/her passion for coaching CrossFit principles was deemed ideal. All the above is expected, along with the ability to teach how to do an exercise safely and how to work around any injuries you may be dealing with. Maturity and patience were also noted as being key.

**Question #2: What kind of support do you appreciate most from coaches?**  
 Overall, you reported a preference for support that involved positive encouragement, support that helps you drive yourself outside your comfort zone, enabling you to reach certain goals that initially appeared out of reach. You also indicated an appreciation for coaches that help you see things from a different perspective, that focus on celebrating your successes and your own personal strengths, even through humour. Conversely, turn offs and pet peeves included a condescending, arrogant or boorish attitude (in or outside the gym), ego and being chastised for perceived lack of effort or drive.

**Question #3: What expectations do you have of your coaches?**  
 You expect a certain level of technical knowledge & continuous learning (coach as a "perpetual student"), respect for others, professionalism, an ability to notice flaws in movement and a focus on safely pushing you outside your comfort zone. You want a coach who will give his/her best to members throughout the workout and who cares about maintaining a clean and safe workout facility.

**Question #4: How do you feel about the idea of new coaches coming from within the membership?**  
 Most of you supported the idea, stating the membership was already a source of motivation and that we tend to look out for each other. You also stated was that someone coming "from the ranks" was also an indication that we are gaining a lot through CrossFit. Some offered a word of caution, stating that the/these individual(s) would need to be willing to learn both from other members and through experience, and commit to attending the requisite certifications.

**Question #5: Do you relate the physical abilities of a coach to his/her ability to train you to your full potential? How does that factor into your decision to train at a particular facility?**  
 For some of you, a coach's physical abilities were secondary, based on the view that knowledge of their craft was most important, the single caveat being that a coach should still be able to teach and demonstrate the required or expected quality of movement. For others, an ability to motivate was deemed more important than a coach's physical abilities, though some felt these were inextricably linked (how can you motivate a CrossFit athlete if you have not performed at a certain level at least at some point?).

**Question #6: Do you relate the personality of a coach to his or her ability to train you to your full potential? How does that factor into your decision to train at a particular facility?**  
 Some of you felt that a coach's personality was directly correlated with the ability to train members to their full potential and that some diversity in style is an asset to our gym; fundamentally though, a commitment to coaching is of prime importance. For most, a caring coach with a positive attitude was an important factor in choosing a gym, with some even indicating that a coach should foster a family-like atmosphere, where coaches and members alike support one another for the betterment of all, through the good and tough times.

## You Asked, We Answered!

One of our members had a request: "Can we have a members-only FB group to exchange personal messages that are not meant for the world to see?". Why "yes". We were happy to provide you the means for this type of exchange as of January 14. All current and future members of CCF who also have a FB account have been/will be added to the private CCF Members FB Group. This is yet another great way for us to can share our experiences, tips and insights and it's already been put to good use. Thanks Ali!

