

# NEWSLETTER

*March 2014*



*“Virtus Invicta”—Unconquerable Courage*

## BOX NEWS

This publication serves as a way of communicating to our members (you) what is happening at the box and in our local community. There is much to be excited about as a crossfitter, and we want to ensure that each of you are well-informed.

Below are current CrossFit Virtus key areas of focus:

**1) CrossFit Open** – Okay, folks, here we go! The CrossFit Open began on February 27<sup>th</sup> and will end on March 31<sup>st</sup>. The Open WOD will be conducted every Friday as our box WOD. There are 27 Virtus competitors registered for the Open (see the athlete roster on the bulletin board for rankings). The Open is a great opportunity to identify weaknesses and stay focused on your fitness goals. Please extend your support and motivation to these competitors.

**2) Yoga** – Increase your mobility and range of motion. CFV will offer Yoga Classes on Tuesday and Thursday afternoons from 5:30 – 6:30. Our goal is to continue to provide a well-rounded fitness program. Yoga serves as a great way of practicing active recovery to an already well-rounded fitness program. Please check out the yoga flyer on the bulletin board for more details.

**3) Nutrition** — Halfway there! I have seen noticeable changes in our Nutrition Challenge group. I have noticed changes in body composition and increased performance in several participants. A proper nutrition plan is a fundamental requirement in any fitness program. We are excited to be part of these life-changing experiences.

**4) Events** — Outside of the CrossFit Open, there are several upcoming events posted on the bulletin board. Please check out what is going on in our community and feel free to inquire for details. Participating in local competitions is a great way to stay motivated and remain goal-oriented.

# KIDS

The Virtus Kids (5-12) have significantly improved their stamina. They have progressed from doing 6-minute WODs to 15-minute WODs with no complaints. They know all basic movements with less demonstration and review. They even use specific cues if they see one another doing something incorrect. We are happy to welcome Alicia Doner to our class. The kids are getting faster and stronger while having fun, making friends, and working out.

The Virtus Teens like a challenge; the harder the workout the more they enjoy CrossFit. They are always eager to know what is in store for them the next time they step into the box. Recognition is deserved for KJ who performed a 3-rep front squat at 145 pounds; he had a huge smile on his face and said he felt like he could have done more. Also, Buddy has been working on double-unders for a few weeks and is starting to string them together. We would like to welcome our newest member, Mackenzie Doner, to our Teens class. She has been working hard and we know she will do great.



# ASK NICK?

“Ask Nick” is a column where we field your CrossFit-related questions and refer them to our one and only expert professional worker-outer, Nick Sanchez. All inquiries will be kept anonymous. Please email any questions to [nick.cfvirtus@gmail.com](mailto:nick.cfvirtus@gmail.com).

For Nick’s initial entry he would like to discuss our “Community.”

Do you remember your first workout at the box? I remember mine. Let’s see if this rings a bell: Nervous, not knowing what to expect, barbells being thrown around, people jumping rope like they were on crack, then...then the complete deflation of what I thought fitness was. Luckily I was surrounded by great people that made me feel welcome and who understood the struggle. Have you talked to people that don’t “CrossFit”? You often receive a response of: you’re crazy, you’re going to get hurt, or WHY?

A study out of Kansas State University says we work harder when working out with a partner we perceive — rightly or wrongly, it doesn't matter — to be just a bit better than we are. The study builds on what's known as the [Kohler motivation gain effect](#) — the idea that less-capable individuals perform better in a group setting — and found hitting the gym with someone thought to be better than ourselves boosts endurance and intensity by as much as 200 percent. The key is to find someone you consider just a little better, so meeting or beating their performance is an achievable goal. Makes sense—you want to be challenged by your fellow athletes, not crushed. Are you challenging yourself enough? In addition to the Kohler effect, there is the added benefit of increased levels of endorphins which occur in a group exercise setting.

It has long been known that physical exertion releases endorphins and that these are responsible for the sometimes euphoric sensations experienced after exercising. They have a protective effect against pain. But researchers from Oxford University's Institute of Cognitive and Evolutionary Anthropology found this response was heightened by working out as a group. As well as potentially improving performance in sport, the researchers speculated that this endorphin release may be the mechanism that underpins the sense of communal belonging that emerges from activities such as religious rituals, dancing or laughing.

"The results suggest that endorphin release is significantly greater in group training than in individual training even when power output, or physical exertion, remains constant," said lead author Emma Cohen. "But more generally we know from experience that exercising in groups is good for people at many levels, it's motivational, and it's social. Groups sessions really do work."

So next time you see a new face in the box, go introduce yourself, give them an enthusiastic fist bump, talk some "CrossFit". Also after you have crushed the workout, and recovered yourself from the floor, remember the people who helped you push through the pain. Give each other the motivation needed to keep going. A pat on the back of "well done!" goes a long way. The Virtus community is more powerful than you already knew.

## ATHLETE OF THE MONTH



Therese Johnson is our March Athlete of the Month. For those who've had the privilege of bumping into her over the past several months, you know she's competitive. She may have even chased you down in the last seconds of a run. You may have noticed her over in the corner, tackling double-unders, or maybe on the rig trying to perfect her toes-to-bar. She's a hard worker. Therese never leaves the mat until the last person calls "time." And she's over their shoulder, counting out their reps and yelling some encouraging words, showcasing a true team player.

She's always willing to listen to cues, take criticism and implement suggestions to make herself stronger and faster than she was yesterday. She has had one foot outside of her comfort zone since the day she walked in, and we couldn't be more proud of all she's accomplished. In just seven short months of CrossFit, she's competed in the Ragin' Games, the Holiday Ho-Down and Battle on the Bayou. She's currently signed up to compete in the CrossFit Open Masters Division. She is also participating in our 8-week nutrition challenge and is enrolled in our weightlifting class. Therese isn't afraid to put in the work, and it shows. Congratulations, Therese. We all look forward to seeing your success in the Open.