

NEWSLETTER

April 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 – CrossFit Open 2014 is officially in the books. The box’s official leaderboard can be seen from our main page www.crossfitvirtus.com. Your top 5 include: 1) Kurt Soileau 2) Sara Piazza 3) Thor Babin 4) Nick Sanchez and 5) Bernard Waguespack. It was a very tight race for 3rd place, and really fun watching everyone competing on a weekly basis. All of our competing athletes have been working very hard over the past several months and are a true representation of CrossFit Virtus. The CrossFit Open 2015 is right around the corner, so time to start training again. If you are new to how the CrossFit Open or CrossFit Games works, you should check it out at games.crossfit.com.

2) Yoga – Our first month of yoga was definitely not as busy as I anticipated. Our largest yoga class consisted of 4 people (2 coaches). We will keep the yoga program for one more month and hope more of you take advantage of this opportunity. If you are interested in our yoga classes, please register on the main page or simply pay the drop-in fee. If you need more information, please see the flyer posted on the bulletin board.

3) Nutrition — The Nutrition Challenge officially ended on Friday, March 28th. The challenge started with 24 participants and ended with 19 active participants. This has been a very successful nutrition challenge. I have noted visual transformations in many participants to include: Katrina Bell, Miguel Chicon, Traci Lassere and Shane Langston, just to name a few. There are still body composition changes to be completed in order to finalize numbers, but the data is quantifiable. Athletic

performance has improved dramatically in several participants. Miguel has taken two minutes off of his "foundations" WOD score from just 8 weeks ago. As always, the focus is more of what is going on inside than what can be seen outside. Nutrition is an ever-learning experience for everyone. Our goal is always to help people get on the right path to a healthier lifestyle.

4) CrossFit Virtus Specialty Clinics – We are constantly developing ideas/methods to provide as much to our members as we can. Recently, our coaching staff has expanded. Not only have we gained more credible coaches, but some of our current coaches have attained additional CrossFit specialty courses. For example, Randi Wimberley has completed a CrossFit Gymnastics course, and Will Saint will be completing his CrossFit Weightlifting course this weekend. The purpose of attaining more specialty certifications is not only to add credibility to our program, but to also offer more quality instruction on crossfit-related modalities. Our goal is to offer more at no additional cost to the member. Stay tuned for our specialty clinics as we continue to develop those programs.

5) Events — Play Dirty Adventure Run is Saturday, April 5th. Join us for some fun if you haven't already signed up. Please check out the bulletin board for upcoming events.

6) Spring Cookout — SAVE THE DATE: Saturday, May 3rd will be our 3rd annual CrossFit Virtus anniversary celebration. Details coming soon.

KIDS

The Virtus kids are excited to have warmer weather. They enjoy going outside to do their warm-up before the WOD. They each get to choose their own movement which makes them feel like leaders. We have been practicing good sportsmanship at least once a week. They are learning to be supportive and push each other to do their best each class. Their favorite strength exercise for this past month has been jumping pull-ups; a few even completed a strict pull up. They are making great progress in upper body strength. April is going to be a great month for more improvement.



The Virtus teens impress me more and more each WOD. They recently had the privilege of being introduced to the "Deck of Cards" and I must say they rocked it! They want to do a WOD against the adults one day to prove they are capable of hanging with the big dogs. We are happy to have Matthew Bourgeois back in our class. He sat out for a few weeks and is eager to get back to work. The two ladies, MacKenzie and Jordan, are hanging right in there with the guys and have even impressed them with their strength. The teens are so much fun to work with. I can't wait to keep challenging them with harder WODs.

ATHLETE OF THE MONTH



New CrossFitters approach the sport in a variety of ways. Some are cautious. Some are terrified. And then there are people who show up with nunchuks and a lasso, physically and mentally ready for the fight, whatever it may be. This is Bernard Waguespack, a.k.a "Vanilla Ice."

In the beginning, Bernard asked a lot of questions. At home, he watched a lot of videos. He started putting in extra time lifting weights. He got stronger and faster and moved up the leaderboard in no time.

Bernard's spirit for competition surfaced in his early days of training at CrossFit Virtus. He competed in the Festivus Games last April, the Ragin' Games in November, the Holiday Ho-Down in December and the Battle on the Bayou in February. Most recently he completed the Open and placed 5th within our gym.

Bernard has been stepping it up, but it hasn't been an easy road. The first workout of the Open had double-unders, which has proven to be a wicked weakness of his. Instead of getting discouraged, Bernard said, "It is what it is. We knew double-unders would be in the mix. I'm just pumped to be competing." The words of a true athlete and great CrossFitter.

Bernard's wife, Angelle, and their two sons, Ross and Luke, are also part of our CrossFit family. They bring so much enthusiasm and positive energy to our gym and we look forward to watching their continued growth in the future.

In the words of Angelle: "He rocks!! He works hard and is 'all in' with CrossFit. You guys have sparked a fire in him again with fitness and our community. I'm grateful for the healthy lifestyle to keep him around for years to come as he continues to hold onto his youth. Thank you for recognizing his commitment and progress!"