

# NEWSLETTER

*July 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) Programming** – Programming has always been an interesting conversation between coaches and members. Over the past three years, I have taken a few different approaches to the CrossFit Virtus program while keeping our core philosophy intact. Lately, (past several months) I felt inclined to follow a more competitive-based programming method. My attempt here was to prepare folks for the CrossFit Games Open and encourage folks to be more engaged in our competitive community. I understand that this may not be what everyone is here to do, but I just wanted to give it a try to see how it went. I will be the first to say that many members have made dramatic improvements in performance. However, the increase in training volume has possibly made it difficult for our newer community members to keep pace, or they’ve felt pressured to do more advanced work. I will say that this is not my intent. Henceforth, the programming will be more fundamental in nature. That is not to say that it will be easier. It means that more quality instruction will be given on particular movements or exercises and less on how much we can get in for the hour. Members that are interested in competing know the work they need to do to perform better. Our focus is quality not quantity.

Second, the issue of performing advanced skill movements (chest-to-bar pull-ups) and strength work after the WOD has come up – “Why do we perform it afterwards if we are exhausted? Wouldn’t it be more advantageous to perform before when we are more rested or less fatigued?” The answer to this question is quite complex, but still deserves recognition and discussion. The answer also directly relates to my assessments/observations as stated above. Yes, one may be able to perform pull-ups better or load more weight prior to the conditioning work. However, in competition, you are

never fully rested when asked to perform a max load or advanced skill movement. My intent is to train as you would be expected to perform. Likewise, if one gets better at performing more difficult movements at fatigue, he/she is more likely to perform better when less fatigued. Again, this has raised some concern for me and a more refined approach to programming will be implemented. I thank everyone for your hard work and effort you put forth each day. CrossFit is not easy, but it is the best damn exercise program out there.

**2) Competitor Training** – In preparation for the upcoming Summer Partner Throwdown, we have spent the past several Saturday mornings preparing our competitors on expected movement standards and coaching the efficiencies of movement each team may be faced with on game day. We have had substantial success by implementing this coaching clinic. I have mentioned in past newsletters our concept of holding “specialty” clinics. This competitor training has been laying the groundwork for those upcoming classes. This has enabled us to assess where folks need help, where folks want help and testing methods to achieve optimal results. Our team has done an outstanding job at preparing the 40 athletes for their upcoming competition. We look forward to building on this competitor principle.

**3) Events** — Please check out the bulletin board or Facebook pages for details on upcoming competitions or events: The Summer Partner Throwdown (CF Denham Springs), Battle of the Fittest (CF Alexandria), Louisiana State Weightlifting Open (CF Virtus/Bruce Barbell), Deep South Shootout (CF Virtus/CF NOLA), Ragin Games (Ragin CF).

**4) Appreciation** – We would like to extend a big thank you to all of YOU for your patience as we’ve grown from one box to two. This transition wouldn’t have been possible without our excellent coaching staff at both gyms. In Gonzales we have Hayley, Jodi, Nick, and Will. In Prairieville, we have Scott, Eric, Todd, Jess, Randi, Austin, and Justin. (Cecil, Sara and Kurt float back and forth, and Matt is out for the summer.) We appreciate all the hard work they put in and their constant willingness to step up and do what it takes to keep things running smoothly.

Please keep in mind that Cecil will be out for the entire month of July and part of August, so direct any questions/issues to Coach Hayley in Gonzales and Coach Scott in Prairieville.

## KIDS

CrossFit Kids Virtus summer program is in full swing in Gonzales and Prairieville. In Gonzales, Coach Hayley has been busy with 12 kids on Tuesdays and Thursdays and five teens on Mondays and Wednesdays. The kids are becoming more proficient on their push-ups and working to improve their pull-ups. They love to play dodgeball and kickball. The teens are getting stronger each week. Jordan’s form is looking much better during her lifting sessions. A big shout-out to Buddy who hit a 165-pound deadlift. Their favorite thing to do is kettlebells swings and they dread when Coach Hayley announces wall balls in the WOD. She hopes by the end of the summer they will be able to do an unassisted pull-up and their first double under.



Our Prairieville location is now an official CrossFit Kids Affiliate and we look forward to watching our classes grow in size. We currently have seven kids attending regularly. We've recently welcomed Coach Randi to our kids coaching team. She brings a lot of energy and fun to each class. The kids have been working on their pull-ups, wall walks, presses, and various other CrossFit movements. They enjoy obstacle courses and playing games such as Bulldog, Mr. Wolf and Musical Medicine Balls.

A shoutout to Connor and Payton who have mastered their double unders after many weeks of practice, and also to Celia for rocking her toes-to-bar, MacKenzie and Sophia who have made great progress on their wall walks, and Michael and Kayla who never complain and always work hard. We gladly welcome Easton, our newest Prairieville CrossFit Kid!

A scheduling reminder for our Prairieville location only: Kids classes will be Thursdays ONLY for the months of July and August.

## ATHLETE OF THE MONTH

Chase Prettelt -- aka "Keg" -- started CrossFit in August of 2013. Chase walked in as someone looking to get back in shape. As the months went by, he started digging deeper into the "cult" that would soon take control of him. Getting better every month, he then got his daughter, Payton, enrolled into the kids class. Together they watched each other grow as they got healthier and fitter.



Watching his fellow athletes compete on a daily basis sparked an interest to test his fitness on another level. He completed Spartan Races in Mississippi and Texas and is signed up for the Spartan Beast in Dallas in November. He also competed in the Holiday Ho-Down partner competition in New Orleans at CrossFit NOLA in December and is signed up to compete in the Summer Partner Throwdown on July 12<sup>th</sup>.

Coach Scott has known Chase since he started CrossFit and says he's "always supporting others that need encouraging. He's a great person to be around at any time. He never has a negative attitude even on the worst of days. Chase has also consulted me of maybe getting his CrossFit Level 1 certification. Do I hear a "Coach Keg" maybe in the near future?"