

NEWSLETTER

August 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 everyone is well-informed.

Below are current CrossFit Virtus key areas of focus:

- 1) Nutrition Challenge** – We will begin a 6-week Paleo Challenge on September 1st. We generally conduct two nutrition challenges per year. The focus is to educate folks on proper meal planning, macronutrient composition and to jumpstart you on the right path to healthier eating. We have had great success in the past with individuals losing as much as 25-30 pounds in 8 weeks. This, of course, takes determination and a great plan, but is absolutely conceivable. We will conduct our first meeting on Saturday, August 16th, for sign up and guidelines review. More detailed information will soon be published.
- 2) Pampered Chef Paleo Freezer Workshop** – Sunday, August 17th beginning at 11am. Please see attached flyer for details. Deadline to sign up is August 9th. Contact Jessica Sevin for details and registration. Jessica.sevin@ymail.com or (225) 344-3921.
- 3) Specialty Clinics** – Two specialty clinics will be conducted in August. The almost famous Guillermo “Juan Diego” Bujanda will conduct a two-hour weightlifting clinic on Saturday, August 9th from 7am until 9am in Gonzales. Randi Wimberley will conduct a gymnastics clinic on Saturday, August 23rd from 7am until 11am in Prairieville. Cost for the gymnastics clinic is \$10.

- 4) **Events** — 2014 Louisiana State Weightlifting Open (Oct 4) – CrossFit Virtus; Warrior Dash (Oct 11) – St Francisville, LA; Disposable Heroes Project Adventure Race (Nov 1) – Hammond, LA; 2014 Deep South Shootout (Nov 1-2) – Lamar Dixon Expo Center; Ragin Games (Nov 16) – Lafayette, LA.

KIDS

The Virtus Kids have been working hard all summer. Improvements in endurance, strength, and stamina are very noticeable. They are able to run for longer and faster. Their mechanics with kettlebell swings, push press and squats are very impressive. They are a very enjoyable and energetic group to coach. During the hot summer months, they remained focused and never complained. I would like to thank the parents for letting their children take part in our program and hope they continue to build on their achievements.



CrossFit Virtus teens have demonstrated a significant amount of improvement in their strength. During their first experience with rope climbs, they were able to master the skill and successfully perform multiple 12-15 ft rope climbs with ease. They are completing WODs faster and faster during each session, which demonstrates consistency in mechanics. We would like to extend a special shoutout to Rachel Cusick, who moved up from a 12-inch box jump to a 20-inch box jump. They are still working towards performing an unassisted pull up and are headed in the right direction. With a few more weeks of practice, I am certain they will succeed.



We would also like to welcome our newest CrossFit Virtus Kids in Prairieville, Isaac and Cade Reynolds. Coach Randi has been exposing the kids to various gymnastic-focused skills and exercises. The kids have been very receptive and eager to learn.

ATHLETE OF THE MONTH



In lieu of Athlete of the Month, the CrossFit Virtus staff has reserved this article to bid farewell to one of our own. Coach Eric Stevens has decided to move out of state for greener pastures and will no longer be an active member of the staff. He is hard not to notice being at the top of the leader board and his devilishly handsome looks but if you haven't had the pleasure of his company then let me fill you in. Eric is a tireless professional, a devoted husband and a dedicated father. As a physical therapist he has nursed many Virtus athletes through bumps and bruises. Coach Eric always puts the athletes first in the gym, whether coaching or

working out he is vigilant in assisting athletes with proper form and function. His presence in the box will be sorely missed.

"A man must know his destiny. If he does not recognize it, then he is lost. By this I mean once, twice or at the very most three times, fate will reach out and tap a man on the shoulder. If he has the imagination, he will turn around and fate will point out to him what fork in the road he should take. If he has the guts, he will take it." ~General George S Patton

It is hard to say goodbye. Yet I consider myself fortunate to have met such a special person - a person that we care so much about. As we say goodbye, we remind ourselves that farewells are not forever, nor are they the end. They are simply words to say that we will miss you dearly and that we will remember you fondly. Although we may be separated by time and distance in the interim, nothing will diminish the important role that you have and always will play in our lives. We wish you happy adventures, fantastic new friendships, amazing experiences and the journey of a lifetime. And so it is...and always will be with you as we carry you always close to our hearts.

May the road rise up to meet you, may the wind be forever at your back. May the sun shine upon your face and the rain fall softly on your fields. And until we meet again, may God hold you in the hollow of his hand.

Good For You - Eric Stevens - Good For You