

# NEWSLETTER

*September 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) Lurong Living Paleo Challenge** – There are 28 members currently registered for the 2014 Lurong Living Paleo Challenge. The Lurong Living Paleo Challenge is an 8-week lifestyle transformation challenge that focuses on your diet and fitness. Everything is centralized on their online platform. It is proven to create results, so stick with it and we will be with you every step of the way. Don't worry, the Challenge site will walk you through and remind you exactly what to do next.

The 8-week Challenge is broken down into 3 Phases starting September 15th: Benchmark Phase 1, Performance Phase, and Benchmark Phase 2. During the Benchmark phases you will be performing 3 standardized workouts, having your body measurement taken, and weighing in. During each of the 4 weeks of the performance phase we have one WOD per week.

Throughout the Challenge you will also be tracking your adherence to Paleo diet guidelines, setting and tracking goals, trying new recipes, learning, interacting with the community, and competing against your friends and the entire nation. You can compete both as an individual and for our affiliate team.

If you are interested in participating please go to [www.lurongliving.com](http://www.lurongliving.com) to register. Select CrossFit Virtus (Gonzales, LA). Details on date/time for measurements will be published by Sara.

**2) Mechanics, Consistency, Intensity** – Recently, the coaching staff has discussed how to encourage newer members to be patient and properly scale movements until he/she is prepared to move forward with more advanced movements or heavier loads. While there is no standard way of judging if someone is ready, there is a basic concept that applies to everyone regarding progression.

The CrossFit Trainer's Guide discusses mechanics, consistency and intensity. Mechanics, consistency, and intensity are the three pieces of a complete foundation for a safe learning progression in any new endeavor. Many of the elements inherent in the gradual and progressive creation of elite general physical preparedness apply equally to the pursuit of more specific skills and goals, including CrossFit, the ability to navigate your environment functionally, confidently, and safely in a variety of situations.

Mechanics is the way an individual moves. As coaches we have to assess whether the athlete is moving mechanically well or if we need to implement a modification to allow the individual to move better. Next, is the athlete moving mechanically well consistently? As a coach I must have confidence that when I shift from one athlete to the next, he/she is moving mechanically well without providing direct cues. Once the individual moves mechanically well and can perform the task correctly consistently, then he/she is ready for intensity. SO – BE PATIENT. In order to progress, one must master the fundamentals before worrying how much weight is on the bar.

**3) Events** — There are currently 3 individual competitors and 5 teams participating in the Deep South Shootout on November 1<sup>st</sup> and 2<sup>nd</sup>. There are 7 lifters participating in the Louisiana State Weightlifting Open on October 4<sup>th</sup>. Many of you have expressed interest in wanting to participate in either of those events. Please do not hesitate to register as many slots will fill up fast. Please check out the bulletin board/whiteboard or Facebook pages for details on upcoming competitions or events.

**4) Community Property** – Equipment that is stored in the cubbies has been purchased by and belongs to someone. That equipment is NOT intended for public use. Please be respectful and keep your grubby paws off of other people's property.

## KIDS

The Virtus kids are back to school. They enjoy telling me what they did in their Physical Education class and say they are the strongest and fastest in their class. They still continue to push each other and have shown great sportsmanship the last few weeks. Their favorite exercise this past month has been farmers carry. They are still very competitive and enjoy relay races. I am excited to hear more stories they have throughout the school year.



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The Virtus Teens have continued to improve strength in their lifting sessions. Their push press and back squats have gone up at least 20 pounds. The teens now choose rowing over running; they aren't fans

of this summer heat. We would like to welcome our newest member of Virtus teens, Brynna Fleming. She is a freshmen at St. Amant High school and is eager to get in better shape. We are happy to have her in our class and look forward to seeing her get strong.

The Kids program in Prairieville has been growing throughout the month of August. The program has progressed to a two-day-per-week schedule (Tuesday and Thursdays, 4:45 – 5:30). We would like to welcome our newest members are Daniel Hudson's son, DJ, and Lisa Bailey's son, Ben. Both boys are full of energy and will fit right into our program.

Several parents have inquired about a teens (ages 13-17) class in Prairieville. We are excited to add this class based on demand. Please inquire with Sara or Coach Randi for more information.

## ATHLETE OF THE MONTH



According to her mom, Katrina "is soft and powerful, both practical and spiritual and her essence is a gift to all the world." In other words, the definition of a strong woman. We couldn't agree more.

With an impressive 335-pound deadlift and a glaring appetite for competition, Katrina has made herself known around the box over the past two years. She has also made her mark in the local CrossFit community, competing in various events such as the Festivus Games, the Holiday Ho-Down, the 2014 CrossFit Open, the

Summer Partner Throwdown, and is currently signed up to compete in the 2014 Deep South Shootout.

Katrina also stays focused outside of the gym and has participated in several nutrition challenges. She is a rabbit for the ladies to chase (and guys, too), and always wears a smile, even through the toughest workouts. Her positive energy and great attitude is felt by everyone in class. Ms. Barbara says, "She is very calm and simple. She has motivated me beyond what I thought I could do. 'Mama, you can do it.'" Katrina and her mom have been CrossFitting together since 2012.