

NEWSLETTER

October 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) LurRong Living Paleo Challenge – We are halfway through the LuRong Living Paleo Challenge. We are currently in Phase 2 (Performance) of the challenge. Benchmark workouts (WODs 1, 2 & 3) were completed in the first two weeks and will be repeated in the last two weeks of the challenge to test performance increases. Body measurements will also be taken in order to calculate any changes in body mass index.

On Saturday, October 11th, a Paleo Potluck will be hosted at CrossFit Virtus Prairieville. LuRong participants and spouses are welcome to attend. Please bring your favorite Paleo-approved dish and recipe to share with other participants. This is a great opportunity to maintain motivation or reel in folks that may have been struggling over the past few weeks.

Remember, this challenge is an opportunity to educate and learn how much your body is a direct reflection of the foods you put into it. Keep up the great work, everyone.

2) Proper scaling for workouts – It seems like I talk about this every month. However, folks still insist on putting too much weight on the bar. Last month I talked about Mechanics, Consistency and Intensity. In order to help folks properly scale workouts, I have included a Level 1 and Level 2 scaling options for those not certain how much weight or what type of movement he/she should be performing as an appropriate modification. Please understand that this is intended to help you IMPROVE your performance and not to hold you back.

3) Deep South Shootout — We are one of the primary event coordinators for this year's Deep South Shootout (DSS). The DSS is a two-day competition. Individual competitors will compete on Saturday, November 1 and team competitors will compete on Sunday, November 2. There will be approximately 400 competitors participating throughout the weekend. A competition of this size takes a lot of planning, coordination and teamwork in order to be successful. If you are interested in being part of one of the largest CrossFit Affiliate-hosted events in the region, please go to www.deepsouthshootout.com to sign up or volunteer.

4) CrossFit Virtus Christmas Party – Please save the date for this year's holiday celebration: Saturday, December 13th, 7:00 p.m. at the Prairieville box. More details to follow.

KIDS

The Virtus Kids and Teens are still making major gains in their strength. Caleb Vaughn, in the Kids class, can perform pull-ups with no assistance. He is also extremely fast and can stay at a steady pace throughout each WOD. We would like to welcome back Lia Ostendorf. She is eager to get back into CrossFit. Her mom, Kara Ostendorf, is participating in the Lurong Living Paleo Challenge and Lia states that she has been eating healthy food like her mom so she can get strong and healthy.



Virtus teens still look forward to weightlifting more than the WODs. They recently performed Fight Gone Bad and got pretty impressive scores. They are looking forward to doing it again in the next two months to see how

much they've improved. CrossFit for the teens has not only given them confidence as individuals, but has also created lasting friendships. This week, one of the teens asked me if we could just sit around and talk and not WOD. I laughed and said we can WOD first and talk later. I enjoy working with the teens more and more each day. They are a joy to be around.

The CrossFit Kids program has expanded in Prairieville. We now offer Teens classes (5:30-6:15) on Tuesday and Thursday. If you are interested or would like more information, please inquire with Coach Randi at CrossFit Virtus Prairieville.

ATHLETE OF THE MONTH



"Failure is not an option." You may have heard October's Athlete of the Month Steven Farray say these words in the past year he's been at the box in Prairieville. Steven brings motivation every single time he shows up and always does his best to push others to their max. He currently leads 40 CrossFit Virtus athletes in the LuRong Living Paleo Challenge and sits at the top of the leaderboard

after three weeks. Steven also participated in a nutrition challenge earlier this year and made some tremendous performance gains which resulted in drastic weight loss. His mind is always in the game, and he isn't slowing down anytime soon.

Steven did his first competition this past July where he teamed up with Dwayne Oberbeck in the Summer Partner Throwdown. He also participated in the Play Dirty Adventure Run in April and is signed up to compete in the Deep South Shootout next month. This will be Steven's first individual competition.

Steven is even spreading his positive example to his daughter, Kayla, who participated in our CrossFit Kids program for a few months. He's focused, determined to achieve his goals, and attacks each workout with intense enthusiasm.

Coach Scott has watched Steven progress physically and mentally over the past months and says "he is a joy and pleasure to be around and talk with. He always finds a way to make a situation a positive one. We are very proud to have him as a member of CrossFit Virtus Prairieville."

As Steven says, "All you have to do is walk through the door."