

# NEWSLETTER

*November 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 Virtus Christmas Party** – Please save the date for this year’s holiday celebration: Saturday, December 13<sup>th</sup>, 7:00 p.m. at the Prairieville box. We will have a meeting for the event planning committee on Saturday, November 22 at the Gonzales box following the 8 a.m. WOD.

**2) “Stronger people are harder to kill”** — As we progress towards the Reebok CrossFit Open, I will increase the amount of strength workouts each week. This does not mean that we will do less of anything. It means that we will do more strength-focused work throughout the week. Everyone should have performed the baseline (CrossFit Total). If not, no worries. Please come in over the next week to perform the lifts – squat, press and deadlift. Please let the coach know your intentions, and annotate your numbers on the sheet next to the radio. We will be retesting these lifts in the future.

**3) LurRong Living Paleo Challenge** – The challenge wrapped up Monday, November 10<sup>th</sup>. As we know it today, the top five finishers are: Lisa Bailey, Shane Langston, Quinn Templet, Stacey Templet and Mona LaCombe. The participants were judged on 4 criteria: diet, performance, improvement and bonus points. For many of you, this was your first time cutting the processed foods from your diet. Hopefully you all learned something and these past eight weeks which will enable you to properly fuel for your workouts and maintain a healthy lifestyle in the future. Also, we finished 13<sup>th</sup> of 162 participating teams. The five-week LuRong Resolution Challenge starts January 19, 2015!

# KIDS

The Virtus kids had a fun month in October; we were able to celebrate Madison and Lia's Birthday. They were the leaders of the warm-ups and got to choose what game to play after the WOD. They like incorporating CrossFit movements into their games such as burpees, squats, & planks. We are glad to have Madison, Jacob, Ross and Luke back in our kids class. They are showing improvements in good sportsmanship each class. We would also like to welcome Addie to the Kids classes in Prairieville.



CrossFit teens are starting to show more social interaction amongst one another. They were very shy at first but they've come to develop friendships and are always laughing with each other. They also put more effort into WODs and show a little more competitiveness. They had a chance to join the adult's class and really enjoyed the atmosphere and said it made them push harder to keep up with the adults. November is going to be a great month to work on strength training with the teens. I have a feeling there will be many PRs. We started our CrossFit Kids (teens) classes in Prairieville. Our teens include: Payton, Connor, Issac and Corey. These teens are very motivated and work extremely hard. They completed their first Hero WoD this past Veteran's Day – ½ **"McGhee"**.





# ATHLETES OF THE MONTH



This month we would like to recognize everyone that participated in the 2014 Deep South Shootout. This year's DSS was the largest Louisiana CrossFit competition to date with 454 athletes, over 50 volunteers and nearly 1,000 spectators. Between CrossFit Virtus and CrossFit Virtus Prairieville, we represented with 11 individual competitors and 12 teams. CrossFit Virtus produced two podium finishes, one in the Male 40+ (Bernard Waguespack) and one in the Female 40+ (Jodi Sheets). We are very proud to also have you as part of our coaching staff.

To all our athletes who competed, your coaches are very proud of you. You worked hard to get to that moment, and you left it all on the floor. You fought hard during the WODs, some through injuries and pain. We hope you learned a lot and will use that to prepare for your next competition.

To the volunteers who stood on their feet for 16 hours plus over two days, we sincerely appreciate that fact that you sacrificed time with your families and stood in the cold weather for hours without complaints. We can't thank you all enough.

An event of this size takes months of planning, meetings and coordination. We have a well-established relationship with the CrossFit NOLA team. We have received nothing but great feedback regarding efficiency, organization, professionalism and esprit de corps. This event could not be a success without the input and passion of like-minded people. Until next year....