

NEWSLETTER

June 2015



“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) **Mobility Clinic** — Dr. Matt Shelly, a chiropractor and current CFV-P member, will be conducting a Mobility Clinic at our Prairieville location on Saturday, June 6th beginning at 9:15 a.m. It is free to all current members. Dr. Shelly will address how to prevent injury by showing you how to perform proper mobility and maintenance on your body.
- 2) **Fit Camp** – If someone is looking to try CrossFit but is not sure if it right for them, we now offer group classes with a little less intimidating structure. **GONZALES** - These classes will be offered on Tuesday and Thursday (6-7 p.m.) and Saturday mornings (7 or 8 am). **PRAIRIEVILLE** - These classes will be offered Tuesday and Thursday at 8:30 a.m. and on Saturdays at 8 am. The price is \$90/month on a month-to-month basis. If you are already a member, then there is no extra charge. This program is specifically designed for individuals who want the constantly varied, high-intensity aspects of CrossFit without the heavy lifting. This program focuses on all ten components of optimal physical fitness: endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance, and accuracy. If you find the thought of regular CrossFit classes intimidating, this is a great way to get into shape using basic bodyweight movements, plyometrics, running, rowing, jump ropes, kettlebells and medicine balls.
- 3) **Morning Classes** – Prairieville is no longer offering an 8:30 a.m. class on Mondays, Wednesdays or Fridays due to low attendance. Fit Camp will remain as scheduled on Tuesdays and Thursdays at 8:30 a.m.
- 4) **Lurong Living Resolution Challenge** — We are currently in Week 4 of the five-week challenge. It will wrap on June 13th. The Benchmark WOD will be conducted sometime next week. Please remember to log your daily eating habits and complete the mini-wod challenges for bonus points.

- 5) **Upcoming Events** – Participating in local competitions/events is a great way to stay focused in your training and continue to evaluate your fitness level throughout the year. This enables you to identify weaknesses and outline where one needs to spend a little extra time improving, whether it be strength, conditioning or flexibility. There are several competitions happening over the summer: Gulf Coast Games, one-day team competition hosted by CrossFit Francos, Mandeville, June 13th; Who's Bad Masters Competition, one-day team competition hosted by Finish Strong CrossFit, Slidell, June 20th; Summer Partner Throwdown, individual and team competition, hosted by CrossFit Denham Springs, Ponchatoula, July 10 & 11.

- 6) **Virtus Barbell Club** – CrossFit Virtus now has an official barbell club affiliated with USA Weightlifting. The club was created as a way of hosting a USAW sanctioned meet. This allows competitive weightlifters to qualify for Nationals, American Open, Pan Am Games, etc. In order to qualify for such an event, one must be a registered athlete with USAW. The intent is to prep those interested in competing in the sport of weightlifting. The idea is not to provide extra work to those who want to do additional weight training. Certain criteria must be met for those wanting to be a member of the club such as having participated in a weightlifting meet, proficient in ALL weightlifting exercises and not tripping over the platform. In the upcoming days/weeks, you will see additional work posted to the website. This work will not be conducted by the general CrossFit class.

- 7) **Rest & Recovery** – As we make our way into the dog days of summer, it is imperative that everyone implement an adequate R&R training plan. Please ensure you are drinking plenty of water and eating well-balanced meals. Dehydration combined with overtraining, is a great recipe for many stress injuries, as well as, more serious dehydration-related injuries. While you should take the time to enjoy your summer and have a little fun, please take the time to take care of your body.

KIDS

Summer 2015 CrossFit Kids Schedule:

Gonzales: Mondays 4:30 p.m. to 5:15 p.m., kids ages 5-12; 5:15 p.m. to 6:00 p.m. teens ages 13-17.

Prairieville: Tuesdays 4:30 p.m. to 5:15 p.m. and 5:30 p.m. to 6:15 p.m. (choose one time slot), kids ages 5-12.

Cost is \$45 per month for current members and \$55 per month for nonmembers. Details and registration forms can be found on our website.

COLLEGE STUDENT SUMMER SPECIAL: 8 Weeks (15 June 2015 – 8 August 2015) for \$200, regular unlimited adult classes. Must be 18 years old.

HIGH SCHOOL STUDENT SUMMER SPECIAL (Prairieville location only): 8 weeks (15 June 2015 – 8 August 2015) for \$110, Mondays and Wednesdays only, (Time yet to be finalized).



ATHLETE SPOTLIGHT



We are proud to shine a spotlight this month of CrossFit Virtus athlete Rachel Tanner McDowell. While many people use CrossFit to begin an active lifestyle, Rachel has used CrossFit to rekindle her competitive spirit. In 2001 she was a state-champion gymnast. After high school she went on a gymnastics scholarship to the Southern Utah University and competed on their team for four years.

Fast-forward through a marriage and two kids, Rachel began her CrossFit journey in February of 2014. She snuck by for months without many knowing her name, but she has steadily climbed her way to the top of leaderboard. She kicked off 2015 by winning the LuRong Resolutions Challenge in February. Then many of you came to learn who she was during the CrossFit Open, where she finished at the top of the female leaderboard and came out in 425th place out of nearly 4,000 ladies in the South Central Region. She then went on to compete in her first individual CrossFit competition, the Festivus Games, in April where she crushed the WODs and took home a first place finish.

According to her sister Courtney, who started CrossFit several months ago at Rachel's persistent suggestion, "Rachel has always had the attitude that if you want something, you work for it until you get it. There are no excuses. She is always taking a little extra time to work on a skill or doing something extra to get a little stronger. But at the same time, she shows incredible balance in regards to being respectful of the process and understanding that most things will not happen quickly and you have to be patient with yourself when trying to build up strength."

Her approach has proved to be successful, as it's clear she's not slowing down anytime soon. We are all looking forward to following her progress, especially her sister. "Just watching her workout is so much inspiration and I'm so thankful that she encouraged me to try CrossFit so that I get to be right there with her as she continues on her journey."