

# NEWSLETTER

*August 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. Matthew Shelly of Performance Chiropractic & Health delivered a top-notch mobility class. Once the dates are confirmed, he will conduct a mobility clinic at our Gonzales Location. Please stay tuned.
- 2) **FitCamp** - 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) **Nutrition Class** - This is a topic that has been on my front burner for quite some time. We have had great and not-so-great success with the Lurong Challenges recently. The feedback we have received (generally speaking) is that there isn't enough direct feedback from an individual coaching perspective. Meaning, all one has to do is simply log their food log in a computer (good or bad) and he/she receives points. Therefore, there isn't much education and accountability with this model. I am very much about education and accountability. Those two principles are exactly what the CrossFit community hangs its hat on. Details to follow, but I am working on a better approach to delivering a more educational and accountable fitness model. We have had great success with other models in the past (No Bread, No Sugar; Whole 30; etc), but I have seen folks fall off the wagon pretty



We are proud of all of the athletes who participated in the Summer Partner Throwdown on July 11<sup>th</sup> in Ponchatoula. We took home five podium finishes: 1<sup>st</sup> place, masters women; 2<sup>nd</sup> place, masters men; 3<sup>rd</sup> place, men's scaled; 2<sup>nd</sup> place, women scaled; 2<sup>nd</sup> place, women's RX. This fall, there are many competitions in the area (see list on page 1) and it's a great time to put your fitness to the test.

Why compete?

### **1. Yes, You Are Good Enough.**

You will most likely surprise yourself with what you are able to pull off. Throwing down in a competition is different than working out at your box. More people are watching. Sometimes you have a partner. You will likely know the WOD in advance and probably put a lot of thought into how to attack it. **Most likely you are physically stronger than your mind lets you believe.** Competition forces you to discover what you're really made of.

### **2. It Gets You Competing Again.**

Many of us competed as kids whether on an organized team or just racing siblings to the car. Some of you may have competed in college. **When we become adults, we often feel like we need to retire that side of us.** Sure, we compete for jobs and accounts and other "grown up" things, but more often than not, we have forgotten the thrill of physical competition. We may not be a win-at-all-costs type, and this certainly is not the only kind of competitor. But there is something about putting yourself on the line that sparks inspiration. Get in the game. It's worth it.

### **3. It Gives You an Appreciation for the Best of the Best.**

If you are a fan of the top CrossFit athletes or follow the CrossFit Open/Regionals/Games, you know there are some true fire-breathers out there. It's one thing to be stoked when you finally hit 50 double-unders in a row and quite another to find out that not only can the top athletes do way more, they have figured out ways to do it faster and more efficiently. Yay, we personally smashed a prescribed workout (chest thumping ensues), until you see the times or the number of rounds at the top of the leaderboard. **The progression of the sport of fitness has grown to superhuman levels. Seeing the scores even at local competition of those who beat you should deepen your appreciation for their dedication, skill, and strength and inspire you to keep chasing your goals.**

### **4. It's Fun.**

No, really, it is. Taking a break from your busy life to surround yourself with others who are committed to health and fitness is not a terrible way to spend a Saturday. You will feel bonded to the familiar faces from the box because it feels like you're going into battle together in a light-hearted way. Everybody is nervous, but we cheer each other on and we suffer through each workout together.

Be open to exploring the best you have to offer right now, in this moment. More often than not, you'll surprise yourself. And there's no time like the present to find out.

(Parts of this article were taken from [breakingmuscle.com](http://breakingmuscle.com))