

Wing Beats

Monthly Supplement for the Chrysalis CrossFit Community

Issue No. 26 June 2014

New CCF Member

Congratulations to Geoff Schilke who completed the Fundamentals requirements in late June. We are pleased to have had the opportunity to work with Geoff, a seasoned CFer, this month.



Upcoming Events & Reminders

July 30 - CrossFit Games BBQ, p. 4

Aug 4 - Aug Long CCF CLOSED

Aug 16 - Dirty Donkey (Are you in? See below for details.)

August 17 to 31st - modified hours p.2

Sept 1 - Labour Day - CCF CLOSED

Sept 1 - CCF Fall Challenge (TBA)

More Gear & Books Coming Soon

We are adding equipment to our box and a new resource to our library. See p. 2 for details.



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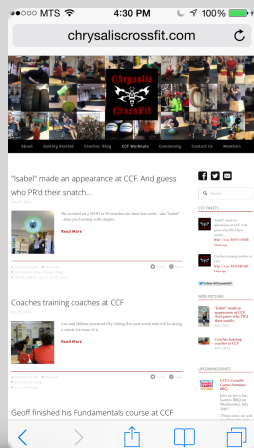
CCF Online Fun Facts

Our new CCF site has been up for about a six weeks and so far, the feedback has been great.

Given the level of interactivity beyond Facebook is fairly new, we thought we would share some fun facts about CCF online:

Did you know that:

- Our most popular page is [WOD Pictures](#).
- Our second-most-popular page is [Whiteboard](#).
- Most of you get to CCF Online via [Facebook](#) links or links within WingBeats.
- Nearly 20% of our online traffic is via mobile (see right for picture of mobile site).



- We had over 200 unique visitors in our first month.
- You can access our site using any of the following domains:
 - chrysaliscf.com
 - chrysaliscrossfit.com
 - chrysalisphysiques.com
- Clicking on [Facebook](#) posts often leads you to more pictures and commentary about the same topic or WOD.
- Clicking on most WOD and Whiteboard pictures will give you a larger view of the same picture.* And you can right-click and save a favourite.
- You can comment on any post at CCF Online by signing in using your [Twitter](#), [Facebook](#) or other personal online account.
- You can share a favourite page or post right to a social media account by clicking the "share" button at the bottom of each post and choosing [Twitter](#), [Facebook](#) or any other account you want to use to share info with friends & family.

**Thanks for the suggestion KDog.*

Dirty Donkey

There's still time!



Signing up for CCF's teams is open to family and friends. Don't wait too long. The Aug 16th event does sell out.

So far, we have 4 members signed up, as well as friends of CCF. Who else is in?

Check out the [DD 2014 event](#) page for more info and sign-up instructions.

So who's ready to get DIRTY?



Modified Box Hours in August

August 17 to 31st - no 4pm classes

As some of you are already aware, Hélène is heading out of the country for a few weeks, her first vacation of greater than a week in nearly 5 years!

Luckily, Luc has agreed to hold the fort during this time, which means there will be no interruption to CCF programming & activities.

Luc will be a plumber by day and super duper CCF coach by night (he promises not to sport super hero spandex as a result of this transformation). He already has his programming ready and tries not to use his evil laugh when reviewing what's in store in Hélène's absence.

In order to ensure Luc can be there in time for everyone's class, *there will be no 4pm classes from August 17 to 31 inclusive*. If you regularly attend class during this time, please rebook to a different date/time. Thank you in advance for your understanding.

More Gear Coming Our Way Soon!

We've finalized our list of new stuff for 2014. Here's what you can expect to see at CCF later this summer:

- The Westside Barbell Book of Methods
- Additional J-cups for our lifting racks
- Straps for our box sled
- Stop watches for split work/rest WODs to enable you to keep track of your break time

We hope these additions will help us keep improving how we do what we do.

If you think a piece of equipment, accessory or library reference would be useful for us to have and use at CCF, please let us know. We'll add it to our list of potential future purchases.

Book Summary - Lifestyle "Thrive" by Arianna Huffington

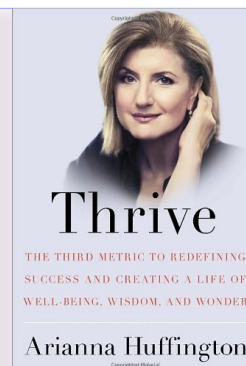
There's more to a healthy lifestyle than exercise and nutrition and Huffington's book "Thrive" helps bring this point home.

After receiving her own wakeup call, finding herself unconscious on the floor after too many long days and short nights, the author decided to share research and insights that can help us all consider how we live our lives, possibly sparing us the difficult reality of having to change our ways in a hurry.

Increasingly, science is offering insights into what makes us healthy. The much abridged version of what Huffington covers in her book is this:

- Eat real food. Food that fuels the body as opposed to deplete it. Good food choices are easier to make when other aspects of your health are not depleted.
- Move in natural ways that tax the body, prompting it to strengthen and repair itself. Even a quick, fast-paced walk will help build your body and your mind.
- Sleep without an alarm clock if you can. Sleep in total darkness - no screen of any size in the bedroom. Sleep as though your life depends on it. It does.
- Breathe. Breathe deeply in successive breaths. Pay attention to its depth and cadence. It's your body's way of telling you what's going on inside.
- Be mindful. Meditate. Focusing on your breathing 5 minutes a day changes your heart rate, blood pressure and makes you more grateful, considerate and kind. Make a point of stepping away from technology whenever you can. Meditation fundamentally changes and increases the brain's grey matter.
- Be generous. Generosity with our time and resources makes us feel plentiful, reduces stress and makes us live longer. Individuals who give or do for others feel a sense of purpose and, as a result, enjoy greater longevity and quality of life than those who don't. In essence, giving gives back, and then some.

Not sure you need to change any of the above? Here's a gut check: if your day-to-day obligations are wearing you down and you are feeling hungry, angry, lonely and/or tired, HALT! These are signs that you are headed in the wrong direction and that something has to change. If that's your reality, what point listed above do you need to focus on to regain your sense of balance and health?



Thank You!

Last month, we asked for your help to improve our parking trends by reducing congestion on our small cul-de-sac and enabling more of us to park on the CCF driveway at the same time (pictured centre).

By parking on the left side during odd-hour classes and on the right during even-hour classes,

you have helped us do just that.

Not only has everyone done a great job adapting to the new request, but a few of you have even expressed relief at knowing you can trust you're not parked behind someone from an earlier class.

Thanks to everyone for participating in this change and making the transition feel pretty seamless.

As always, your comments and suggestions are appreciated.

Parking Made Easy

We are asking for your help to improve our parking situation. We want to make parking easier and reduce congestion on our small cul-de-sac and keep our neighbourhood happy. Let's try this:

1. Odd-hour (11am, 5pm, etc.) classes, please park on the left-hand side of the driveway.
2. Even-hour classes (10am, 12pm, 4pm, 6pm) please park on the right-hand side.

This way, no one has to worry about blocking or being blocked by anyone from a different class and you can park closer more often!

June Photo Box

Want to see more photos and info?

Check them out [here](#).

Below: James rocking the bench press.



Above left: James and Heather working through "Barbara".

Right: KDog, Tina, Lise and Brett on "Barbara" pull-ups.

Right: Lise TGUs.

Below right: Rowing sprints, the aftermath with Heather, Nishad, James and Luc.



Below: Geoff plays around with the OHS during his intro session.

Ah, getting back to bumper plates is sweet!

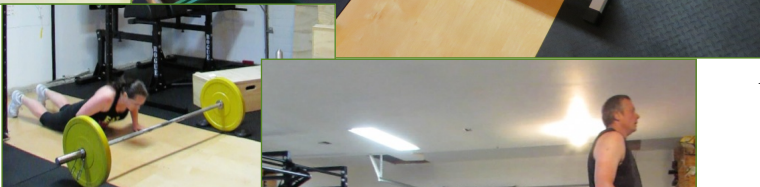


Left: Coaching for the CCF coaches, courtesy of Susanne, our guest Oly lifter.



Above: Luc and Rory work on their own WOD - Luc drew the short straw with "Fran".

Below: Rahoi, fun times for Brett, Tina, Rory, Larry, Kim, Luc and Hélène.



Above: Lise, KDog, Larry, Kim and Nishad work "Bulger".

Below: KDog rocks the 1-arm DB snatch.



PR Board

Congratulations to Luc and Larry who both managed to get a new top weight on their bench press.

The deadly duo were spotting each other on the demanding lift. The tag teaming was pretty effective, with the two of them hitting a PR back to back. Woot woot!

What was their edge?

1. Keeping shoulder blades pinned together.
2. Aggressively arching their back.
3. Pushing the hips up to shift weight toward the chest.
4. Being patient & focused on the push upward.
5. Trusting your spotter to keep you safe.





CrossFit Games Summer BBQ

Be a part of our 3rd Annual CrossFit Games Highlights event.

This year, we're making it a BBQ!

There's nothing like knowing first hand what the athletes might be going through to enhance the viewing experience. That's why...

We'll be working through a scaled version of one of the 2014 CrossFit Game WODs the week of the BBQ.

3-2-1... GO!

The Details:

Who: CCF members, family and friends

What: BBQ dinner followed by Games highlights

When: Wednesday, July 30, 2014, from 6 to 9pm **OR**

Thursday, July 31, 2014 (rain date)

Where: CCF, 46 Georges-Forest Place

What to bring: BYOM (bring your own meat) and BYOB and we'll take care of the fixin's

What's planned: First we eat, then we watch the best of the best Games highlights across age & gender categories on a big screen in the CCF box.

