

February 2011

CROSSFIT MONCTON



Monthly
Newsletter

TWO DAYS THAT WERE REALLY JUST THE BEGINNING - JEFF PERRY

It was back in October that I started thinking about attending the CrossFit Level 1 Trainer Certification. I'm not the most fit or the fastest guy at the gym. Call me average... but from where I started I had come a long way. Is it Ok for an average Crossfitter to become a coach? This is the question I kept asking myself. CrossFit had given me so much in the last year I realized I wanted to give a little back and share it with others. I'm at a point in my life where I have more free time and decided that I would love to be at the gym more often helping others improve their lives with CrossFit too. The Level 1 Trainer course would help me become a better Crossfitter and in time I'd be able to share my own personal gains with

others as a Trainer. With Kevin's support I signed up and I am so happy that I did.

Marc & Steph, Sonia, Pierre and I are packed up and ready to go! The time had finally come for us to attend the Level 1 Trainer Certification at CrossFit New England located in Natick, MA just outside of Boston. It was a long drive but a little leapfrog on the highway helped pass the time. I wish I could say the trip was uneventful but I got involved in an accident on the highway in Boston that added a little stress to the trip. The police were involved and thankfully they said we'd be able to leave the country after our training!

It's Day 1. After filling up on amazing omelets at a hole in the wall diner with no name, we arrived at CFNE extremely excited with nerves and anticipation. We walk into the gym, nearly first to arrive and are in awe. This gym is huge! OMG... that's Heather!... and Ben, James, Jon, Pat and EC. These are CrossFit celebrities and they're here to train us. There is no doubt this is going to be good! The vibe in the gym as the others roll in and register is fueling the excitement. We pick our seats and it gets underway. Right away you can feel the professionalism of the training. The trainers are so well spoken. There is a definite well tuned script they are following but the ease with which they present and the knowledge they have is so deep you can't help but pay attention. We are busy taking notes, listening and watching the well done demonstrations. We break off into groups and they get us moving several times throughout the day. We're only using broomsticks but we're learning all of the progressions for each movement and getting a workout too. Just watching these trainers coach us and interact with different individuals is a learning experience all on it's own. Day 1 is nearly done... but not complete until we do Fran! It was pretty cool to watch 50 people tackle Fran ... but even better to see Sonia and Pierre with the best times of the entire group!

It's Day 2. More omelets and back to the gym! This training is quick when you consider it's only two days but it's packed with so much information. Again the lectures, demonstrations and group break-outs are excellent. We have absorbed so much in such a short time. There is a test coming up at the end of the day which we have to pass or this trip will quickly become very disappointing. During lunch many people were cramming and studying for the test. I guess the studying and preparation we had done ahead of the trip helped ease our stress. We were feeling confident and casually talking during lunch when we met up with Pat Sherwood. We had a great conversation with Pat talking about everything from programming to perceptions. Pat asked us if we'd stay after the

test to film an interview for the main site. Watch for it one of these days online. Day 2 included another workout but this time it was a team WOD. Again it wasn't easy and the trainers were carefully watching over us expecting nothing less than perfect form. It's only fair as we shouldn't expect less as coaches either. So with one last lecture and then an open floor for question and answer it was test time! You could feel the nerves and stress in the room. One by one we completed our tests, handed them in and waited. The results came in and we all passed! Relief, joy, excitement, pride... There were a lot of emotions that are hard to describe but most of all we had a real sense of accomplishment. We achieved our goal of becoming CrossFit Level 1 Trainers!

Personally, I am really looking forward to spending more time at the gym, gaining more experience as a trainer, helping others achieve their goals and improving on my own mechanics. As a coach I hope I can give back to you what CrossFit has given me: better physical and mental health, overall fitness, increased confidence, strength, endurance and friendship. It's the membership at CrossFit Moncton that makes it a special place to train and we are all part of an amazing community that just keeps getting better.

CrossFit is not what we do... it's who we are.



SLOW COOKER CHICKEN

Ingredients:

2.5 lbs boneless, skinless chicken

3 parsnips

3 carrots

4 celery stalks

1 red onion

10-12 whole garlic cloves

¼ cup coconut oil

1 cup chicken broth

1 tablespoon dried thyme

1 tablespoon rubbed sage

Sea salt and black pepper to taste

Directions:

Cut the parsnips, carrots, celery, and onion into large chunks making sure that the carrots and parsnips are cut roughly the same size for even cooking. Place the chicken in the crockpot and sprinkle with sea salt and black pepper. On top of the chicken layer the onions and whole garlic cloves followed by the parsnips, carrots, and celery. In a glass measuring cup mix together the chicken broth, coconut oil, thyme and sage (it helps to melt the coconut oil first in the microwave). Pour this mixture evenly over the chicken and veggies and cook on high for 5 hours or low for 7.

From Everydaypaleo.com



Sasquatch!

When did you start CrossFit?

I started CrossFit on February 1st, 2010. One year already.

Do you have an athletic background?

I played individual and team sports all my life. It started with hockey then baseball in the summer. Badminton, volleyball in between also.

Why do you CrossFit?

I CrossFit because it relaxes me. It motivates me to do better in anything. CrossFit Moncton's members make me feel like I'm part of a family.

Were you a member of another gym before? How does this compare?

Yes I was a member of Gymnasia before CrossFit. There's no comparison. I forced myself to go to the gym before CrossFit. It

was more negative than positive. The only results that I had from Gymnasia was the loss of flexibility. Thanks Gymnasia! Now I cannot wait to see the WOD every morning. I'm anxious to open that black door to enter my second home. Seeing the members and actually knowing them by name and not by the amount of plates that he or she can bench press.

What are your goals? Have you reached any yet?

My real goal is to become a better CrossFitter. I wanted to do 10 strict HSPU in a row and finally did it in December 2010. Next on the list is a 135# OHS. Like I said before, flexibility is an issue for me so the real goal is to work on flexibility.

What are some results that you've seen?

Energy level is through the roof because of my nutrition. My cardio and overall fitness is at its best.

MARC HEBERT



Stats

- CrossFitting for 1 year
- Deadlift: 385#
- Press: 180#
- Back Squat: 280#
- Fran: 4:58
- 500m Row: 1:26.9
- 5K Run: 22:11

Do you have an accomplishment that you're very proud of?

Competing at the Hopper Event. It was a rush of emotions that I never felt before. I highly recommend it to anyone next year.

Do you remember your first workout? What was it like?

My first WOD was 21-15-9 of Burpees, Situps and pullups. I did the first 21 pullups with a green band then the rest with the red band. It was so hard

not to quit during the WOD. It took me 3 tries to write my time down in my journal. I had the shakes going home in the car.

If you're in an elevator, and someone asks you "What is CrossFit?" what would you say?

CrossFit is constantly varied functional movements done at high intensity. I wouldn't say that but I know that because I passed my CrossFit Level 1 Certification. I would say it's the best way for me to get fit and stay fit. We do

workouts in groups with a trainer on site. It's scalable to anyone so don't be afraid of making the change.

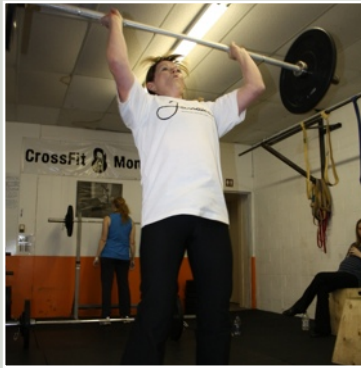
What do you tell someone that's hesitant to try CrossFit?

Why would you be scared of living a healthier life?

Have you ever met Pukie? Come close?

Yes, I did once and wow did it ever feel good. It was almost like being sick on alcohol, I wanted to do another WOD after.





Interested in joining?

Come try a **FREE** workout on Saturday morning at 9am. Leave your money at home. We don't want to sell you anything; we just want you to feel the difference CrossFit can make.

Contact Kevin Wood at crossfitmoncton@hotmail.com to confirm your **FREE** session, or call (506) 962-0710.

CROSSFIT MONCTON

94 Rideout Street
Moncton, NB