

October 2012

CROSSFIT MONCTON



THE CROSSFIT ONION HAS SO MANY LAYERS

by Mario Arseneau

After my first year of training at CrossFit Moncton, I would hear stories about how awesome an experience it is to go to the Level 1 CrossFit Seminar. I went from “Yeah, I might go someday” to “Geez I think I really should do it” to “Oh boy I can’t wait to get my Level 1 cert!”. So one afternoon, out of the blue, I looked up crossfit.com, and just signed up. After telling my fellow CrossFitters and family, it hit me, I was going to find out how deep the rabbit hole goes. It was a weird but special kind of exciting feeling.

Like many others before me, I was presented with tons of valuable information, tips, secrets and resources not only meant to inform people in the ways of CrossFit, but most importantly to give you the tools and know-how to set you on the path to virtuosity, whether it be in your coaching, your training, or whatever your purpose for attending the certification. By observing attentively, you can see how the seminar is a very well crafted and refined experience.



All members of the seminar team were very friendly, willing to answer any and all questions, discuss any aspect of our sport of fitness and share some amazing stories and lessons. On my first day I was surprised to see how well the information lectures, the lectures on movements and the group coaching sessions just flowed naturally one after the other. And of course, we also had “treats”. They were not kidding when they told us that we would be busy - the day went by so fast but when I sat down to eat supper that night, I was hungry for more knowledge and couldn't wait to go back the next morning.

On day two, knowing generally how things would go, I told myself to enjoy this and really be in the “now”. Before the end of the afternoon, one thing said by Joe DeGain really stuck with me, and that is “You fail at the limits of

your experience.”. To me, this meant that if you don't experiment and expose yourself to different things, experiences, conditions and situations, whether in life or in your training, you are more likely to not succeed if presented with something out of your comfort zone. Which kind of comes back around to the feeling I had just after I signed up. I was jumping into the unknown, ready to peel some more layers of the CrossFit onion.

In conclusion, I would recommend to ANYONE slightly interested in attending to just go if you are able to. I've seen familiar faces, met some new ones, experienced a new box and learned a ton of stuff that changed my perspective on the sport of fitness. I had a total blast and I can't wait 'til next time.



BREAKFAST MEATZA

Ingredients:

- 1 lb natural sausage
- 7 eggs (1 egg as the binder, the rest to top your meatza with)
- 6-8 slices of bacon, diced
- 1/2 sweet potato or yam, diced (the smaller, the faster it will cook)
- 1/2 yellow onion, diced
- 1 garlic clove, minced

Directions:

1. Preheat your oven to 350 degrees.
2. Place your sausage in a medium bowl and crack an egg directly in. Mix with your hands until the egg is broken up and you have a big ball of goo.
3. Pour your meat mixture into a 8x8 glass baking dish and press down until you have an even surface through the entire dish.
4. Put in the oven for 8-10 minutes or until you see the fat rise up to the top. It won't have to be completely cooked through since you will be cooking it a second time. Once you pull it out of the oven, discard of any excess fat if you'd like. I did.
5. While your meatza is cooking, cut up your bacon and throw in a large pan over medium heat. Cook until completely cooked through and a bit crispy. Then remove with a slotted spoon and place on a plate with a paper towel to soak up excess fat. Pour the remaining excess bacon fat in the pan into a jar, leaving about 2-3 tablespoons in the pan.
6. Add your garlic clove, then add your sweet potato and yellow onion to the pan.
7. Let the onion and sweet potato cook down for about 8-10 minutes, stirring frequently to keep from burning.
8. Once your sweet potatoes are soft and your meatza has cooked, start making layers. Add your sweet potato/onion mixture to the top of your meatza, evenly distributed. Then crack 6 eggs on top, you pick where you'd like them to go. And finally top with bacon through the eggs.
9. Place back in the oven to cook for 8-10 minutes or until eggs are cooked to your preference. If you don't like eggs over-easy or over-medium, you could make scrambled eggs instead to top it off with!
10. Let cool. Top with hot sauce because hot sauce is delightful.

www.paleomg.com



When did you start CrossFit?

August of 2011.

What made you decide to join?

I was getting chubby. I did boxing in Bathurst and was in great shape. We moved to Moncton in 2010, I joined Goodlife and put on 10-15 pounds. When I heard about CrossFit, I didn't even try it out and immediately signed up for Fundamentals.

What are your goals? Have you reached any yet?

I am a big believer in goal setting. I have been doing this in my professional life since 2005 when my mentor, Dave Streach, opened my eyes to striving for success. I would write down my goals for the year and share them with my peers. Studies have shown that we are more likely to reach our goals if we write them down and share them. I actually wrote down my top 3 goals and mailed them to my boss. We'll open them in January of 2013 to see if I accomplished them. I applied something similar to CrossFit and feel very happy with my results so far. My next goal is to row 500m under 1:30.

What are some results you've seen?

Pullups with no bands (started with the large band). Trophy case for muscle-up, 100 double unders, down 20 pounds and completing most wods Rx'd.

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

Manage the Moncton Freedom 55 office to the top office in Canada for 2011. Raising a pretty awesome kid who beat Trent at a dance off. And overall, very satisfied with my athletic progress.

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

I was the only one at the 6:30 class. Patrick and Amanda stuck around to encourage me through the intense battle. I did the wod twice since then and demolished my previous times.

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

It's an intense workout that you do as a group and motivate each other. You can scale it down so it's a little easier though. I love it.

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

You won't regret it. If you do, Jeff Scott will buy you dinner.

Favorite lift and workout?

Currently the snatch. Before, it was push jerks, but Josh pushed me to increase my weights.

Lil' box jumps, lil' running, lil' handstand pushups.

DARSEY LAVIGNE





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.

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