

Tada gan iarracht

WARRIOR CROSSFIT

MUSCATINE

April 2012

Upcoming Events

Free-Injury Screenings w/Beth

9 AM on Saturday, April 14

Beth Dessner, physical therapist and Warrior extraordinaire is BACK with her expertise on your aches and pains. She will be providing free diagnostics and recommendations to all member athletes.

Hayes Hustle 5K

9 AM, Saturday April 14

Single Loop course at Bishop Hayes Catholic School with homemade cinnamon rolls for all finishers!

Contact Chris Foxen at csfoxen@muscatine.k12.in.us for more details.

April Fool's Against Cancer 5K

9 AM on Saturday, April 21

5K walk/run that begins at MCC Parking Lot, loops through Weed Park and Bridgestone/Bandag Tech Center, and ends at MCC. Benefits the American Cancer Society. Registration forms available at WCFM.

Summer Co-Ed Sand Pit Volleyball

Registration Deadline:

April 27, 2012

City of Muscatine is looking for co-ed sand pit volleyball teams to play Wednesday nights at Weed

April Warrior of the Month



Doug "Dr. Knows Best" Dawson

To say that Doug Dawson has been an ambassador for Warrior Crossfit Muscatine is an understatement. Even after hours of surgery at the hospital, Doug typically can be found in the noon or 4:30 class selling out for the workout of the day. When he's missing, his fellow athletes take notice and demand to know when he will be back; leading by example and pushing his CrossFit brethren. Doug is a lifelong student of fitness and has turned to CrossFit Endurance programming to complete a half marathon of his choosing in the next couple months. Doug exhibits strength, speed, and range of motion gains on a weekly basis. If he continues to make these rapid gains, Jacob is going to force him to participate in the 2013 Crossfit Games Masters division!

Coach's Corner

Adventures with "Annie"

Dear Warriors --

Park. Cost is \$100/team plus \$5 per non-Muscataine-resident. Any interested team members, please contact Coach Sarah.

River Bandits Nite!

7 PM on Saturday, April 28

Join Coaches Garvin for a family-friendly night at the minor leagues in Quad Cities! We'll get a group of seats together, eat some dogs, and watch some ball. It's the best time of the year for sports!

CrossFit Games Regionals

May 15-18, Chicago

The Open is over and the top contenders are going to regionals! We're looking for folks that may be interested in watching the CF Games Regionals in Chicago. If there is enough interest, we'll coordinate a trip to watch some live, in-the-flesh, elite CF action!

Warrior Dash

July 14, Earlham, IA

This is a Save-the-Date for individuals interested in completing the Warrior Dash in Earlham, IA. This is a 3.43 mile-long obstacle course race. Registration is \$45 through April 20, rising to \$55 as race day gets closer.

How much do we hate it - the dreaded doubleunder? I get so mad at that jump rope every time it gets caught on my feet! How could such a simple piece of equipment give me SO much trouble? And there you have it - my frustration - out of which March's 30-day "Annie" challenge grew. Of course it doesn't help having a doubleunder machine as a husband. He can crack out 100 consecutive ones pretty much any time he likes. Ridiculous. And a little bit disgusting. But that's my jealousy talking.

At the start of the 30-day challenge, I covered my arms in welts from the jump rope. Man oh MAN did it burn! And bruise! It made me look FORWARD to sit-ups, which I really do not enjoy. I am so slow at them, and I get so exhausted by them, and they result in the most awful, painful, and unattractive chafing on my tailbone! Yet they still seemed better than getting whipped by that rope.

For two weeks, I floundered at "Annie". It took me over 20 minutes each day to finish. Then, about 2 weeks into the challenge, MAGIC happened. The doubleunder gods looked down upon me and took pity. They said, "She has struggled and suffered long enough. Give her at least 6 in a row." Those 6 turned into 10, 12, 15, even 20 consecutive doubleunders at a time. Situps then became the limiting factor and I no longer looked forward to them. At least (AT LEAST) I had the chafing under control (thank you AbMat).

With all those doubleunders flying out from my hands and feet, I shaved over 10 minutes off my "Annie" time. On a good day, I am a shade under 10 minutes; on a bad day, it hovers around 12-13 minutes. All this practice resulted in me being able to control my doubleunders - to fix my rhythm when it gets off a beat and save the next jump and to get started from a cold stop. Of course I still trip up, and sometimes left wrist doesn't want to play nice, but the doubleunder is no longer the f-bomb inducing movement it once was (except when I'm tired from 150 wall balls).

I hope those of you that participated in this challenge found your doubleunder even when you just wanted to chuck the whole rope, stomp on it, and declare it dead. I often avoid doing the things I don't enjoy (pushups or ring dips, anyone?) because duh, they are not fun when I suck at them. However, not practicing the things I am not good at means I'll never get better at them. Case and point: my doubleunders. I urge all of you to

Special Announcements



We will be CLOSED after 10 AM on Friday, April 6 and ALL DAY Saturday, April 7. The Coaches

Garvin are celebrating the Easter Holiday with family.

April's Physical Challenge

100 Push Ups and 200 Situps

Sarah hates pushups, so she's forcing herself to do them every day. She'll be following the online training programs below:

100 Pushups:

<http://hundredpushups.com/>

200 Situps

<http://www.twohundredsitups.com/>

Did you know?

WCFM offers a Limited Monthly Membership for \$75. This gets you daily access to the 6:30 AM, 7:30 AM, and 8:30 AM classes plus Saturdays. This is a great budget option!

take those undesirable movements by the horns (barbell, handles, or pullup bar) and practice the hell out of them. It will be frustrating, annoying, and downright painful at times, but out of all that work comes improvement. We all want to be stronger, faster, and better; and it just feels so good to conquer something frustrating. Get out there and CONQUER, Warriors!!

~ Coach Sarah

*"A couple of hours of practice
is worth 10 sloppy rounds."*

~

Mildred Ella "Babe" Didrikson Zaharias, 1911-1956

American basketball, track, and golf athlete

Named 10th Greatest North American Athlete of the 20th Century by ESPN, and the 9th Greatest Athlete of the 20th Century by the Associated Press.