

February 2013

WCFM NEWS

30-Day Paleo Challenge

It's here! Our semi-annual nutrition challenge started on Saturday, February 1st and lasts through March . Unlike previous challenges, we focus solely on the food this time. No extra credit - just straight up eating clean for 30 days. You still have time to jump in on the action. The \$20 buy-in fee is due on Wednesday, Feb. 5th, and you can earn that \$20 back if you eat 80% clean throughout the month. Give it a try. See how you feel and perhaps learn something new about how you fuel that CrossFitting body of yours. A free month of Unlimited CrossFit is up for grabs (plus custom tees and bragging rights)! Details here: <http://wcfmuscatine.blogspot.com/p/paleo-challenge.html>

Referral Program

Don't forget - you earn \$15 towards your next punchcard or month of CrossFit for each person you get to sign up as a member at WCFM! Refer enough friends and family and you could earn yourself a free month - no Paleo needed!



Warrior of the Month

John Garvin, CrossFitter since September 2011

John is a staple CrossFitter at our 4:30 PM WOD. John has transformed in the 2+ years since his first attempt at "Jackie" during our "Grand Opening" in September 2011. Not only does John now enjoy walking through our doors, he continues achieving success each time he WODs. From kipping pullups, to increasing maxes on benchmark lifts, to completing his first Tough Mudder, and completing 500 thrusters at 95# in one Saturday morning, John is an example of how important and effective it is to show up and just do the work. Thank you John for being such a constant and integral part of the WCFM Community. Keep up the great work - we can't wait to see what you achieve in 2014!



The CrossFit Games are COMING!

Each year CrossFit.com coordinates The CrossFit Open, which determines who competes at The CrossFit Games this summer. The CrossFit Open is a series of 5 weekly WODs. Anyone can complete these WODs, but only a few will qualify for the Regionals level competition. The Open is a great way to see how you stack up against other CrossFitters around the world. It's also a great lead up to the Regionals and CrossFit Games finals. Learn more about the sport of fitness and register to compete in The Open here: <http://games.crossfit.com/>

Coach's Corner

For anyone that's plugged into the CrossFit community on a national/global scale, you surely heard of Kevin Ogar, an elite level athlete/coach out of CrossFit Unbroken (Denver, CO), who suffered a significant spinal cord injury during the final day of the Orange County Throwdown. This event touts participants that are amongst the fittest on Earth. It was a snatch event on the final day of competition that went severely wrong, with the bar careening off a stack of weights and the bar landing on his neck. Ogar severed his spinal cord, and at this stage it's been reported he has no voluntary movement below his waist.

If that doesn't scare you as a CrossFitter, I don't know what will. Every sport requires the acceptance of a certain degree risk, but below are some specific things we can do to minimize the risk of injury:

- Be cognizant of weight room management. It is not a good idea to put a kettlebell directly behind you if you're doing 200 step ups.

- Slowly increase loads on your heavy lifts, particularly those that require coordination and balance. For example, if your 1 RM snatch is 155 lbs, don't jump from 95 lbs to your 1 RM attempt. In this situation, developing proficiency with your trigger and balance points is more important than proving your brute strength.

- If your knees cave in when jumping down from a box, step down until you develop the stabilization in the knees and hips.

Last, they beat this movement progression into us at the CF cert: 1. Proper mechanics. 2. Consistency 3. Intensity. If you try jumping up in weight on your C&J when your knees cave in violently on your regular cleans, you're

injury.

When it comes to the foundations (squats, presses, deadlifts, cleans), anything worth doing is worth doing RIGHT.

Right right?
Coach Jacob



Upcoming Events

Fri. 02/07 - WCFM Ladies Nite, 6:30 PM WOD, WCFM. WOD with your fellow female Warriors to kick off the weekend and celebrate Molly's big 4-0! Plans for what is to follow the WOD are TBD, but as always, we're sure to have fun!

Sat. 02/08 - Kipping mini clinic with Coach Sarah, Open Gym, 8 AM to 12 PM. Coach Sarah will again be running informal mini clinics on the kipping pullup. Stop in anytime during open gym.

Sat. 02/08 - Silo Ice Climbing. Lisa O. is coordinating. A sign up sheet is on the front bulletin board at the box. More details here: <http://www.siloiceclimbing.com/>

Thur. 02/27 - The CrossFit Open begins. The first WOD of 5 weekly WODs will be announced. Be sure to register for The Open and see where you fall among CrossFitters around the world!

Sat. 03/15 - 2nd Annual MuscaVegas St. Paddy's Day Throwdown, WCFM, 9 AM. It's that time again for the most fun CrossFit team competition of them all! Grab a partner and get registered. If you aren't going to compete, but you would still like to participate, WE NEED VOLUNTEERS!! More details here: <http://wcfmuscatine.blogspot.com/p/1st-annual-muscavegas-st-paddys-day.html>

Tues. 04/01 - Deadline to reserve a spot for the high ropes challenge course outing on July 18th. Cindy K. is coordinating. Reserve a spot by putting your name on the sign-up sheet on the front bulletin board at the gym.

General Gym Rules

- 1) Put away your toys after you finish with them.
- 2) If you bleed on it, clean it off.
- 3) Put weights back in the proper weight stack. No one wants an unevenly loaded bar. Check your weights.
- 4) CONTROL YOUR BAR. Unless you're about to give yourself a concussion, contort your body in an unnatural way, or are otherwise in fear of your safety, guide that bar down to the ground and control the bounce. Ain't nobody got time to manage your bar for you.

WCFM 2014 Wall Calendars

We still have 2014 wall calendars available for \$8. If you pre-ordered a calendar, but forgot to pick it up, stop by and get it. If you didn't pre-order, but would like one, we have extra!

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