

October 2009

CROSSFIT SCARS

FORGING ELITE FITNESS - WWW.CROSSFITSCARS.COM



Athlete of the Month
Denise Coon

DENISE COON

“Denise is incredibly strong. Her competitive spirit brings out the best in everyone she works out with. As fierce as she is when she works out, she is even more-so a great person to be around (and I would know, I lived with her).” - Justin

Basic Information

Name: Denise Coon

Age: 40

Family Members: 3; husband Rich, daughter Emma, son Zachary

Job: Mortgage Underwriter

Fitness Information

What is your fitness background if any? All my fitness background is from a lifetime ago- high school, college & before kids.

List any physical accomplishments you have achieved recently or in the past

(races, trophies, physical changes, etc.)? I was able to do 2 pull ups in early September- I have never been able to do any before

How long have you been

CrossFitting? About 1 year; on & off

What are your favorite exercises and CrossFit Skills to do? Most weight lifting wods

What are your least favorite?

BURPEES----- they are the worst

What is your favorite WOD? CFT



I have enjoyed getting to know all my new friends I have made from Cross Fit. All of you are such an important part of my life. Thank you.

What is your least Favorite

WOD? Fight gone bad or any WOD with Burpees

What some things you like about

CrossFit Scars? The regular challenge of the WODS- it is not the same old workout everytime. Even if the same WOD comes up, you challenge yourself with more weight, less time.

What kind of changes have you seen since beginning CrossFit

Scars Classes? I am physically stronger.

Personal Information

What is your favorite song? At the Hundredth Meridian- The Tragically Hip

What is your favorite movie? Goodfellas

What is your favorite book? I like fiction- anything by James Patterson is good

Favorite Quote- Failure to prepare on your part does not make an emergency on my part.

What is your favorite zone/paleo food or meal? Apple with peanut butter

What is your favorite non- zone/ paleo food or meal? Chocolate anything!!

What food will you not eat? I don't like food that looks gross or has a nasty color or smell; beets, pea soup

What other things do you like to do in your free time? Read

Favorite sport? Football

Where did you grow up? Buffalo, NY

What is some thing about you, we probably didn't know? I used to twirl the baton when I was young. I was actually pretty good for an 8 year old (or so I was told)

Anything else you would like us to know about yourself? I have enjoyed getting to know all my new friends I have made from Cross Fit. All of you are such an important part of my life. Thank you.

What is the best advice you have ever received? Don't give up. Don't ever give up!!

Bring a Friend Day

Saturday October 17th will be Bring a Friend Day for class. This is a great chance for you to bring a relative or coworker that is interested in CrossFit after seeing you walk funny because of all the squats. There will be 2 WODs- One for you and a scaled version for your friend. If you are bringing someone, just mention it to me so I know how many to expect.

8:30 am Class

Until further notice the 8:30 am class on Monday and Wednesdays will be put on hold. here are not enough members coming to that class. If there is more interest in that time then the class will be made available again.

Race for The Cure

You may have noticed the pink or salmon theme of the Newsletter. It is just to support

the athletes that are running the Race for the Cure on October 10th 2009 @ 9am. For more information on the race go to www.komenncalabama.org.

For all the runners, your shirts are in the process of being made.

Running & Endurance Class

On Friday's at 5:30 am we have started our specialty CrossFit Running and Endurance Class. We will meet at the school unless otherwise noted on www.crossfitscars.com. In this class we are going to be looking at, analyzing and fixing our running stride.

Each week will be different running WODs with the focus being on time trails, intervals and tempo runs. If you are running in any of this season's races, we recommend coming to this class.

This class is free to CrossFit Scars athletes.

CFS Wall of Results

If you have a picture from before you started CrossFit and have seen some great changes, we want them. We are going to create a CFS Wall of Results on our whiteboard. It would an honor to show your hard work and results to the community and those who might be thinking about starting CFS.

OCTOBER

October 8th- Cathy's Birthday

October 10th- Race for the Cure, 9 am @ Linn Park. No Regular Class.

October 17th- CFS Nite Out @ the School.

October 17th- Buddy Day
WOD- Bring someone to class with you.

October 31st- Halloween WOD

November 7th- Vulcan Run

CrossFit Scars LLC

@ World Class
Taekwondo

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This would be an awesome way to help us spread the word about our class.

Another way you can help us get the word out is to do a video testimonial. It would be about 20-30 seconds long in length.

For each of the above actions we will give you credit for a referral in our contest. The first credit is a one year subscription to the CrossFit Journal and the second credit is for an Abmat.

CFS Nite Out

Saturday October 17th we will get together to have CFS shindig. There will be an email sent out to everyone to reply what you can make or bring. We are going to try and have all food and drink, Zone or Paleo style. So if you have found some good recipes, we want to try them.

The main entertainment will be a CrossFit movie that will be projected on a wall at the school. "Every Second Counts" is a documentary/ drama of the 2008 CrossFit Games. We will also be watching a video on nutritional information by Greg Glassman, CF Founder.

We might even have some mini feats of strength competitions.

Also if you have friends and I know some of you do, you can

bring them to take part in the festivities. Of course spouses are invited.

Get your babysitters ready and look for the email coming soon. I know it is football season, but if you can make we would love to have everyone get together. We will meet at the school at 6:00pm.

Referral Mission

Reminder about the Referral Mission. If you refer someone to do CrossFit Scars for at least a month we have a incentive ladder for you. As mentioned above the 1st prize is a subscription to the CrossFit Journal.

2nd Prize is an Abmat

3rd Prize is "Mastering the Zone" by Dr. Sears, "Paleo Diet for Athletes" by Dr. Cordain and \$50 gift certificate to publix

4th Prize is a \$100 Gift Card to Academy

5th prize is a FREE Month of CFS Classes and a FREE Private Session.

We have more referral cards available to hand out. Pick some up in class. Give them to neighbors, waiters and random people that you meet. :)

The Abmat: 2nd Prize earned in the referral contest.

