

CROSSFIT SCARS

FORGING ELITE FITNESS - WWW.CROSSFITSCARS.COM

AUGUST 2009 NEWSLETTER

ANNOUNCEMENTS:

AUGUST 11TH- MORNING CLASS TIME CHANGES TO 5:30 AM. WE WILL START PROMPTLY TO MAKE SURE EVERYONE HAS ENOUGH TIME TO PREPARE FOR THEIR DAY. TUESDAY NIGHT CLASS WILL MOVE TO 7:15 PM FROM 6:15 PM.

AUGUST 27TH TO 29TH – NO CLASS. I HEAR BELLS.

JULY REVIEW

WE AMPED UP MANY OF THE WODS FOR THE MONTH. YOU GUYS HANDLED IT VERY WELL. SO MANY OF YOU ARE TAKING YOUR FITNESS ABILITIES TO NEW LEVELS EACH WEEK. NEW MOVEMENTS HAVE BEEN INTRODUCED TO YOU, LIKE RING DIPS (SORRY ABOUT THE ARMS JANICE), AND MANY OF THE MORE DIFFICULT MOVEMENTS ARE BECOMING MUCH MORE COMFORTABLE NOW.

MANY PEOPLE ARE STARTING TO GET GEARED UP FOR SOME RACES THIS FALL AND WE ENCOURAGE YOU TO DO SOME SUPPLEMENTAL TRAINING THAT IS RUNNING SPECIFIC. MAKE SURE TO INCLUDE THE RUNNING DRILLS EVERY TRAINING SESSION AND MIX UP THE TIME TRAILS, TEMPO RUNS, AND INTERVALS BY THE WEEK. IN SEPTEMBER WE WILL START A “RUNNING AND ENDURANCE” SPECIFIC CLASS. LOOK FOR MORE INFO COMING SOON.

AUGUST PHYSICAL CHALLENGE

I WANT US TO TAKE A LOOK AT SOME OF OUR “BASIC” TECHNIQUES. WE ARE GOING TO BE REVIEWING THE SQUAT, PUSH-UP, RUN AND PRESS TECHNIQUES.

WELCOME TO THE FAMILY AND REFERRAL CONTEST

WE WOULD LIKE TO WELCOME SCOTT GREEN TO THE CROSSFIT SCARS FAMILY.

WE ALSO ARE CURRENTLY RUNNING A REFERRAL MISSION PROGRAM. IF YOU HAVEN'T RECEIVED YOUR “TOP SECRET” MISSION PACKET, COME SEE ABEL OR JUSTIN. IT INCLUDES BUSINESS CARDS, SPECIAL REFERRAL CARDS AND THE LIST OF REFERRAL PRIZES. PRIZES INCLUDE: ABMATS, FREE PERSONAL TRAINING AND ZONE BOOKS.

IF ANYONE KNOWS OF A BUSINESS THAT WOULD ALLOW US TO PLACE A SMALL 8 ½ X 11 INCH DISPLAY WITH REFERRAL CARDS IN THEIR LOCATION, PLEASE LET JUSTIN KNOW. WE ARE GOING TO OFFER EACH BUSINESS THAT ALLOWS US TO PROMOTE OUR LOCATION WITH A GIVE BACK GIFT CARD. FOR EVERY PERSON THAT COMES IN FROM THAT LOCATION AND TRIES CFS FOR AT LEAST A MONTH WE WILL GIVE THEM A \$30 GIFT CARD BACK TO THAT BUSINESS.

SECRET PASSWORD PROTECTED WEB PAGE

ON THE RIGHT HAND COLUMN OF CROSSFITSCARS.COM PAGE YOU WILL SEE A LINK, CFS ATHLETES. THIS LINK IS PASSWORD PROTECTED AND HAS INFORMATION SPECIFIC TO YOU, OUR ATHLETES. IT WILL HAVE INFORMATION ABOUT NUTRITION, SPECIAL BLOGS AND ALL OF OUR NEWSLETTERS ARCHIVED THERE. THE PASSWORD TO ENTER THIS SITE IS “FITNESS.”

IT WILL ALSO FEATURE A “GOALS” PAGE THAT I WOULD ENCOURAGE EVERYONE TO POST TO. POST WHAT YOUR SPECIFIC GOALS IN FITNESS OR WHAT YOU ARE LOOKING TO GET OUT OF CFS. IT COULD BE LIFT “X” AMOUNT OF WEIGHT OR FIT INTO A SPECIFIC PAIR OF

JEANS. REMEMBER THIS SECTION WILL ONLY BE SEEN BY OTHER CFS ATHLETES AND NOT THE PUBLIC. THE ACTION OF POSTING YOUR GOALS FOR OTHERS TO SEE IS VERY MOTIVATING AND HELPS KEEP EACH OTHER ACCOUNTABLE.

VIDEO TESTIMONIALS

IF YOU WOULD LIKE TO BE FEATURED IN A "WHAT IS CROSSFIT SCARS" VIDEO WITH A SHORT VIDEO TESTIMONIAL PLEASE LET ME KNOW.

NOVEMBER VULCAN RUN AND MERCEDES

IF YOU ARE INTERESTED IN RUNNING THE 10K IN NOVEMBER, YOU CAN SIGN UP BY FOLLOWING [this link](#).

IF YOU ARE RUNNING IN THE MERCEDES IN FEBRUARY PLEASE LET ME KNOW, SO I CAN ORGANIZE TEAMS AND SET EVERYONE UP FOR THE RACE.

ATHLETE OF THE MONTH

THIS MONTH WE ARE INTRODUCING A NEW MONTHLY ASPECT TO OUR NEWSLETTER. WE WILL FEATURE ONE OF YOU EACH MONTH WITH SOME BASIC QUESTIONS AND ANSWERS. IT WILL BE GREAT TO GET TO KNOW EVERYONE.



SEE THE ATTACHED PAGE FOR JANICE'S PROFILE!

THANK YOU FOR EVERYONE'S CONTINUED SUPPORT. WE LOVE IT AS MUCH AS YOU DO.

JUSTIN SCARSELLA & ABEL MARTINEZ

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Athlete of the Month Questionnaire

Basic Information (use the TAB Key to go through questions)

Name: Janice Banez-Peters

Age: 39

Family Members: husband, Boyd, children Victoria 9 and Alexander 6

Job: 2nd grade Teacher's Aide at Our Lady of the Valley

Fitness Information

What is your fitness background if any?

Before CrossFit, I took aerobics classes, spinning, pilates, etc. regularly at the gym for years. I am a blue stripe in Tae Kwon Do, currently taking a break from it.

List any physical accomplishments you have achieved recently or in the past (races, trophies, physical changes, etc.)?

I haven't done any races or have gotten any trophies yet, but what I have gained from doing CrossFit has been remarkable from losing inches and weight to have stamina to complete the WOD.

How long have you been CrossFitting? I have been CrossFitting since October of 2008.

What are your favorite exercises and CrossFit Skills to do?

My favorite CrossFit Skills are squats, lunges and kettle bell swings. I can actually do them!

What are your least favorite?

My least favorite is pull-ups followed by ring dips since I can't do either. My other least favorite is the clean since it messes me up psychologically.

What is your favorite WOD?

Every WOD that we do each session makes me queezy. I would say that "Fight Gone Bad" makes me queeziest the most.

What some things you like about CrossFit Scars?

Some of the things I like about CrossFit Scars are the intensity of the WODS. The motivation from Mr. Scarsella and Abel and the other athletes with their abilities and their encouragement makes me want to keep coming back for more. CrossFit Scars is addictive!

What kind of changes have you seen since beginning CrossFit Scars Classes?

I feel stronger and I feel more energized. I constantly surprise myself of my physical abilities. I can do push ups on my toes. Yeah, me!

Personal Information

What is your favorite song? I love all types of music- especially the ones that make me want to dance or motivate me to finish a WOD.

What is your favorite movie? Shawshank Redemption, Steel Magnolias, Pretty Woman

What is your favorite book? To Kill a Mockingbird, The Good Earth

Favorite Quote- "Surround yourself only with people who lift you higher."

What is your favorite zone/paleo food or meal?

Smoothie, lowfat yogurt with walnuts or cottage cheese with grapes and almonds

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

You name it! Anything is a treat for me when I have a cheat day.

What food will you not eat?

I don't like scallops or veal.

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

What free time? If I do have some free time, I like spending time with my family. If I want to have some "me" time, I like to go shopping.

Favorite sport?

I like to watch all types of sports from baseball, basketball, football, golf, watching my kids' soccer games and of course Tae Kwon Do.

Where did you grow up?

I was born in the Philippines and lived there with my grandparents until I was 9 years old. Then I came to Birmingham to live with my parents.

What is one thing about you we probably didn't know?

I am fascinated with Feng Shui.

Anything else you would like us to know about yourself?

This is the first time in my life that I am considered an athlete. Thanks Mr. Scarsella, Abel and the early morning crew athletes for helping me be one. It is a great feeling.

Hard or Soft Shell Taco? Hard. Love the crunchiness of it.

Pepsi or Coke? Neither.

Hot or Cold? It depends.

What is the best advice you have ever received?

One of the advice that my priest gave to me and my husband before we got married was to keep holding hands in good times and especially in bad times even if neither one of us don't want to. It is a simple advice, but very hard to follow sometimes.

Thanks for filling out the questionnaire! Look for your responses in the next Monthly Newsletter!