

CROSSFIT SCARS

FORGING ELITE FITNESS - WWW.CROSSFITSCARS.COM

May 2009 Newsletter

April Review

We definitely did some spring "cleaning" (get it, hehehe). We enjoyed teaching the clean to everyone and had a great time watching max load cleans. The effort to fight for the lifts was awesome. The encouragement and support for each other on some of those lifts reflects exactly what our class is all about. Now that everyone is a little more familiar with the clean and it's variations, we will see these movements more often in our WODs.

Another great event that happened in April was the 5k run. I thought it was awesome for people to get together to "practice" the run the week before. Everyone who showed up that day completed the run in under 37 minutes. Congrats to Bob who had the fastest time. Look for more runs coming soon.

1st CrossFit Scars Picnic

We are excited to announce our 1st CrossFit Scars picnic. It will be Sunday, May 17th from 11:30 am to whenever we leave. It will be at Oak Mountain State Park at the Bluebird Pavilion. Bring your kids friends and family to have some fun. I am going to try to bring a volleyball net and some other activities for everyone to do. I would request that if you come to bring some type of dish to share. I will be posting a link to our picnic sign up on our website, so everyone can post what they are bringing and I know how many people to expect. For the adults, as of now I am planning on bring margaritas and if someone could volunteer to bring some drinks for the kids that would be great. I am crazy excited for this event and can't wait to see everyone. Get ready for some food, games, a WOD, and tons of FUN!

Welcome to the Fam

We would like to welcome Tricia to our CrossFit Scars family. She has just completed the Intro fundamentals class. We are looking forward to her joining the group classes. Remember if you know someone who may be interested in CrossFit please bring them in at any time to watch or for me to give them a modified WOD for beginners. After the first free class then they would go through a 3 class intro program to become familiar with all the movements. This way they are slowly introduced to the intensity and skills needed so it is not overwhelming.

May Skill of the Month

For the month of May we are going to be working squats and versions of the squats, like the air squat, back squat, tabata squats, front squat, overhead squat. The squat is arguably the most fundamental, beneficial and important movement we perform. We have plenty of drills and techniques to help us perfect our squats.

Summer Youth Fitness Classes

This summer CrossFit Scars will be offering a six week kids athletic program starting June 8th. It will be every Monday and Wednesday from 9:30 to 10:30 am, which is directly following the 8:30 CrossFit class. If you know someone that would be interested, please hand out the 1/4 page flyers. We will be working on running skills, jumping, obstacle courses, coordination and teamwork practice among many other activities. The cost for 6 weeks in \$150, and if you have 2 or more children the price is \$100 per child. I know many kids will have other camps going on, but with a six week class it would be fine to miss a week and still benefit from these classes. I would love to keep kids active during the summer and try and instill some healthy habits for life in our youth.

Seminars

If you, or someone you know, has an event coming up and are looking for speakers, I would love to offer my services. It would be my pleasure to get in front of a group and talk about CrossFit Scars, fitness, functional movement or anything else we cover in class. It's a great way to get our name out to the community and also a way to help educate people on the importance of this kind of training in our everyday life. The seminar/speech can be interactive with group participation, purely lecture or anything in between. I will mold a speech to fit the audience's needs.

Fire Department Connections

Does anyone have any connections with the fire department in the area? We are looking to do a hometown hero fitness program and I would greatly appreciate a connection with the dept.

Days Off

5/21- Night class is canceled

5/23- 5/25: Memorial Weekend Break

T-Shirts

The two attached files are our new T-shirt design for the summer. If you would like one please send me an email on your size. We will be ordering guys' cut and womens' cut again. The price is \$22 cash.

As always, we thank you for the opportunity to work with you and are proud to have each and everyone of you a part of CrossFit Scars.

Sincerely,

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~ If you would like your email removed from the list please email Justin