

As Prescribed

Have fun. Get fit. Crush goals.

Two New Coaches!

Josh and Jake successfully completed their CrossFit Level 1 certification and their time shadowing with Coach Jeff. They are super excited to begin leading the 5 pm classes and helping our athletes work on their fitness goals.



The Open is upon us!

The CrossFit Open is more than just an online competition, it is a community event!

Here are the top 10 reasons to participate in the Open with CrossFit Ripcord:

10. To share the anticipation/dread that leads up to an Open WOD announcement.
9. To compare your abilities with others of your age group around the world.
8. To feel the rush of competition surrounded by friends.
7. To learn how to strategize a WOD.
6. To put a timeline on your goals.
5. To expose your weaknesses.
4. To let your strengths shine.
3. To build confidence.
2. Because it's fun.
1. and TACOS!

The road to the CrossFit Games begins with the Open, finding the fittest athletes in each region. Only a small percentage of the athletes will advance to regionals and a smaller number still go on to the Games but that should not keep you from participating in the Open.

Our plan for the Open is to have an in-house throwdown each Friday night. Athletes will choose to either pay and sign up on the CrossFit Games site to post official scores, or to pay and sign up with us. The



First Foundations Class

Congrats to Martha and Toby for completing their foundations class in December!



First 12 Days of Christmas WOD

Thanks to everyone who came out to our community WOD! This workout is a classic!



Thank you all for your generous gift!

money paid to CrossFit Ripcord for the Open will be pooled to purchase a new piece of equipment! We will randomly divide the participating athletes into teams and have a friendly gym competition. The team scores will be composed of the athletes score in the Open WOD of the week, plus some other factors.

On Fridays, beginning Feb 24th, we will not have the 5 pm CrossFit class. Instead, we will be running our Open Throwdown, with each athlete completing the prescribed WOD. We will have certified judges for athletes who are submitting scores online. If you cannot make the Friday night Throwdown, you can sign up for a time slot on Saturday morning to do the WOD and receive your score.

Open Prep Workshops

To help our members prepare for the CrossFit Open, we will have a series of four workshops.



The workshops will be \$5 each and this money will go into the pooled money collected for the Open. The workshops will begin at 11:15 am on Saturdays and last one and two hours.

Participants will leave with homework for the week and a check-in challenge to win a prize at the end of the four workshops! Don't forget to pack a snack or light lunch!

Jan 28th - Double-Unders and Rowing

Feb 4th - Pull Ups, Toes to Bar, Chest to Bar, Muscle Ups

Feb 11th - Barbell Cycling, Missed Lifts

Feb 18th - Hip and Shoulder Mobility

More info on each individual workshop will be available as the date gets closer!

NEWS AND UPCOMING EVENTS

- Refer A Friend discount cards are available at the front desk!
- The CrossFit Open registration is live! Sign up at <https://games.crossfit.com/> by Feb 22 if you plan on logging official Open scores.
- Feb 24th - This will be our first Friday Night Throwdown for the Open 2017!
- Feb 26th - Gym Family Outing to Hoosier Heights Climbing Gym. One of the best things about our gym is the community! Join us for some informal fitness at 11:00 am. More info on pricing can be found at <http://www.hoosierheightsbloomington.com/>



COACHES CORNER WITH JEFF SMITH



I've been thinking a lot about consistency in scaling options lately. Most of you have heard me talk about this in class, and it's something I wanted to take some time to go into a little more in-depth.

One thing that makes CrossFit such a great

option for people of all ages, sizes, and abilities is the infinite amount of scaling options. While this is great, it's important to consider that in order to help the athlete continue to improve on an individual skill the scale needs to be movement specific. The importance is to load the muscle and joints in the same manner that will be required when we are performing the movement to RX standard. It's the responsibility of the coach to help an athlete find the appropriate movement for a skill, but it is also the athlete's responsibility to perform this option correctly every single rep. This does two things...it helps the athlete strengthen the muscles used in the movement, as well as gives the athlete a goal to work towards....RX standard.

Consistency is the next most important area to concentrate an athlete's efforts. Performing a movement time and time again is not only going to improve an athlete's efficiency, but more importantly it will improve their confidence in themselves while performing that movement. Most generally the biggest hurdle you as an athlete has to overcome is YOU. Time and effort will help you reach your goals. Take extra time throughout your week to concentrate on becoming better at the things that hold you back. I recommend taking advantage of the open gym times that we provide, talk to your coaches, and find someone else struggling with the same movements. It's always easier if you have someone helping drive you towards achieving your goals.

I have seen so many people in the past month do things they never thought possible. It's very encouraging to look around the gym and see so many tackling their goals head on. My goal is to continue to provide challenging and effective scaling options for the movements we struggle with. As we evolve into better athletes so too will your scaling options.

We come to the gym everyday to get better. Keep pushing!

ATHLETE HIGHLIGHT OF THE MONTH - ASHLEY WHITLOCK

1. How long have you done CrossFit? *About 2 years but before that off and on for about a year*
2. What is your favorite CrossFit movement/WOD/lift? *Anything barbell or squat related, but I love workouts that push me out of my comfort zone.*
3. What is something that most people at the gym wouldn't know about you? *I'm a CPA, and was President of the Accounting Club in college! haha! (I don't think this surprises anyone).*
4. What is a fitness goal you have for the upcoming year? *My goals are to be able to string Toes to Bar and pull-ups together, and to clean up my eating habits! I'm going to train for a marathon for 2018, so a lot of running in 2017. I want to be in the best shape I can be in 2017.*
5. What is a hobby you have that is NOT CrossFit related? *Hiking in the mountains (love Tennessee!) and running is a love/hate relationship.*
6. What advice would you give someone who is afraid to try CrossFit? *Just show up and commit to a month. You will be amazed at how much better you feel, and your confidence levels. Everyone is welcoming, and a big family!*
7. Tacos or Pancakes? *Definitely Tacos!*

