

AS PRESCRIBED

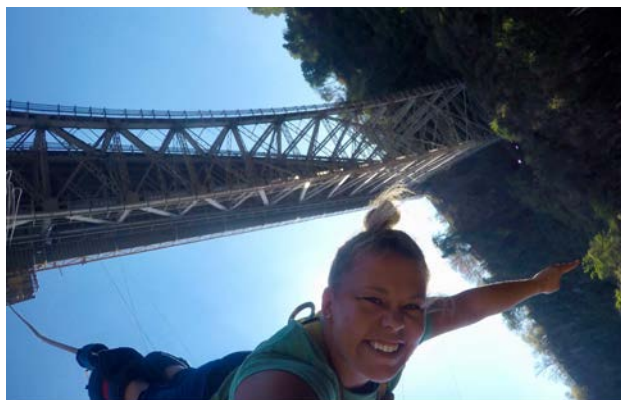
HEALTH AND SAFETY AT THE GYM!

HELP US KEEP OUR GYM FAMILY STRONG BY DOING THE FOLLOWING:

- Stay HOME if you are feeling unwell! No WOD is worth spreading germs to others!
- Sanitize your hands when you come in.
- Wear a mask when outside of your square.
- Keep space between you and other athletes.
- Sanitize your area when done and place the used towel in the laundry.

Athlete Highlight - Jamie Speidel

1. How long have you done CrossFit?
 - Almost 3 years!
2. What is your favorite CrossFit movement/WOD/lift?
 - Favorite lifts: deadlifts, front/back squats, or sled pushes (The ex-soccer player in me will always love heavy lifting movements, but I'm trying to make gymnastic movements become more of my favorites. I'm just not there yet haha 😊) Favorite WODs: Annie, Grace, Filthy 50
3. What is something that most people at the gym wouldn't know about you?
 - I have never broken a bone and I love adventure so I couldn't pass up the opportunity to bungee jump 365ft at Victoria Falls last summer
4. What is a fitness goal you have for the upcoming year?
 - Muscles ups (bar and/or ring) and being able to go up and down a full peg board!
5. What is a hobby you have that is NOT CrossFit related?
 - Baking, getting outside to explore new state parks, hammocking, traveling (both within the states and outside of the states)
6. What advice would you give someone who is afraid to try CrossFit?
 - Just try it! As a Physical Therapist I absolutely love seeing people of all different abilities and fitness levels in a class. The coaches at Ripcord are all great and will accommodate each person as needed so that everyone can participate!
7. Tacos or Pancakes?
 - Pancakes for sure!



CrossFit and Pandemic

-Coach Dell

First and foremost, thank you to all of our members for your continuing support! March through May remains a blur to me, I'm not sure what happened but I do have a lot of videos of working out with a dumbbell in my barn to prove that we did some fitness! Shutdown was tough on everyone but Ripcord is extremely lucky to have such amazing and supportive members. When other gyms around the country are having to close their doors, we were able to stay the course and welcome you back! Some of the things we've learned from this will never leave us, such as having marked athlete squares on the floor, sanitizing all the things, class caps and required reservations, and being thankful each time we get to use an Assault bike! (ok, that last one may diminish over time...)

As we move into the colder months, we intend to keep the airflow going with the fans and overhead doors. I'd recommend dressing in layers as the gym might feel cool at the beginning of class but I guarantee you will soon be sweating!



Ripcord Swag Fall 2020

We will soon be doing our Fall apparel order! You will be able to physically see the different options at the gym to get an idea for sizes, styles, and colors. Or you can go to our website (<https://dsjcapparel.wixsite.com/swag>) and view things digitally. The order form is available as a pdf online or at the gym. This years special logo is available in a neon version or a more muted version, both with a nod to the 80's!



Skills Clinics



We plan to offer a few short clinics over the next couple of months. The goal is to have time to practice movements without the intensity of being in the middle of a WOD.

- When: The first one will be Dec 4th at 6:30 pm.
- What: We will focus on the key gymnastics positions of arch and hollow, moving from drills on the floor to practice on the rig.
- Who: This clinic is geared to athletes who are ready to learn correct kipping technique for pull ups, toes to bar, and bar muscle ups.
- How Much \$: Free for Unlimited Members, \$5 for others.
- How to Sign Up?: Sign up on the FB Members Event or at the front desk. Clinics are limited to 20 people, so please reserve your spot and then show up!