

CROSSFIT SOLAFIDE NEWSLETTER

June 2019

CROSSFIT KIDS SUMMER CAMP!



CrossFit Solafide
KIDS & TEENS
FORGING THE FUTURE OF FITNESS

SUMMER CAMP
June 3-6
11:00-2:00

\$100
Per Kid

Ages 5-17

Kids will be split up by age and CrossFit experience. Structure will include: warm up, skill work, WOD, game, critical thinking/problem solving, snack/water breaks, and end with a water game.

Registration 30 Spaces Available

For more info: (770) 377-9553 | Register at:
www.crossfitsolafide.com/get-started/

Coach Katie Clemmons and Coach Kimberly Beasley will be holding a CrossFit Kids Summer Camp Monday June 3-Thursday June 6 from 11:00pm-2:00pm. Open to ages 5-17 years old. Price is \$100. Get your kids moving their bodies, building mental toughness, and working as a team in our

CrossFit Kids Camp this summer. Kids will be split up by age and CrossFit experience. Structure will include: Ice breaker/warm up, skill work, WOD, game, critical thinking/problem solving, snack/water, and end with a water game. Parents may drop off their kids after an updated contact sheet and waiver have been signed.

SEASONS BEATING IS BACK & BIGGER THAN BEFORE!



For Operation Stand Down Tennessee

Seasons Beating
October 5-6, 2019

Seasons Beatings will be October 5-6, 2019. Two person teams. Divisions:

Male/Male RX, Female/Female RX, Co-Ed RX, Male/Male Scaled, Female/Female Scaled, Co-Ed Scaled, Co-Ed Masters, Co-Ed Teens. Scaled divisions and Teens on Saturday, October 5th. RX divisions and Masters on Sunday, October 6th. Early Bird Registration opens June 15, 2019 - \$120 per team! Registration increases August 1, 2019 - \$150 per team! All profits will go to Operation Stand Down Tennessee. Operation Stand Down Tennessee (OSDTN) is a registered 501(c)(3) that focuses on helping all Veterans and their families by engaging, equipping, and empowering them. We offer a wide range of services, including employment assistance, VA benefits assistance, networking, housing, and much more. Mark your calendars now! WODS and division standards to come.

MEMBER OF THE MONTH!

ADAM WILSON

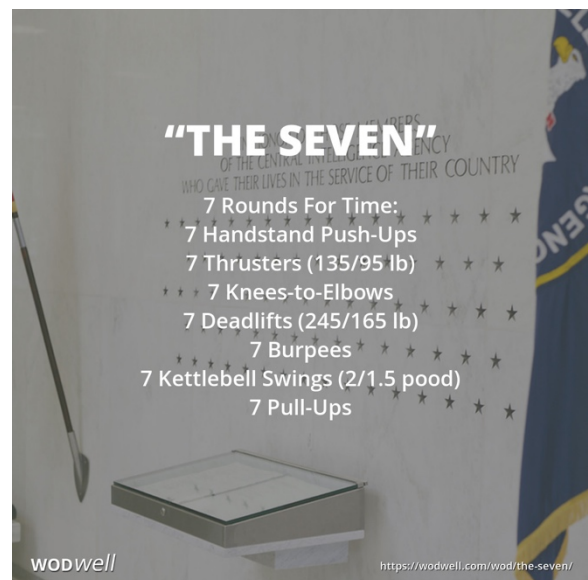


- Where are you from? - Clarksville, TN.
- How long have you been doing CrossFit? - 2 years
- What brought you to CrossFit SolaFide? - My best friend's sister. She said it reminded her of our high school wrestling workouts and thought I would like it. She was right!

- What do you love most about CrossFit SolaFide? – The people! Everyone here is awesome! They motivate and continue to push you to new levels.
- What are your hobbies outside of CrossFit? – Riding four wheelers.
- What is something about you we might not know? – I have two beautiful daughters! One is 2 and one is 4.
- Who is your superhero? – Jesus Christ. He did something no one else could ever do. Lived a perfect sinless life and took the punishment that we deserve on the cross, rose three days later so that we may have everlasting life with him if we repent our sins and put our trust and faith in him.
- What is your favorite CrossFit movement? – V-ups or wall balls. Not sure which one wins!

- What motivates or inspires you? – My daughters!
- What is your best tip for new members to CrossFit Solafide? – Continue to show up and just finish every workout. If you continue to do that, you will be surprised how you go from getting lapped multiple times to running up front with people you thought you could never catch! Everyone started where you are at some point in their journey. Never give up!

UPCOMING EVENTS!

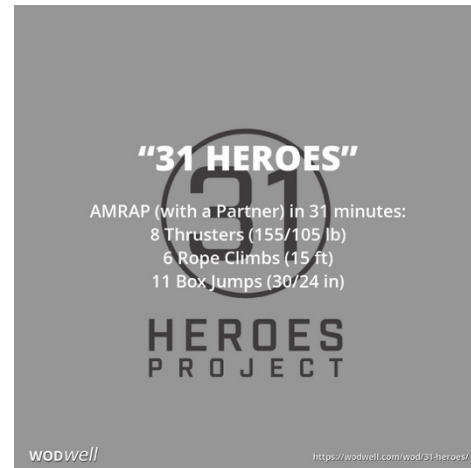


Thursday, July 4, 2019 we will be doing "The Seven" Hero WOD. A suicide bomber killed seven CIA officers and one Jordanian officer at a remote base in southeastern Afghanistan on December 30, 2009 after posing as a potential informant reporting on Al Qaeda. Seven new stars were etched onto the memorial wall at the CIA where every star represents grieving friends, family, and colleagues dedicated to fight against the enemy, forever in their name. Killed in the attack were CIA officers Jennifer Lynne Matthews, Scott Michael Roberson, Harold E. Brown Jr., Darren LaBonte, Elizabeth Hanson, and security contractors Jeremy Jason Wise, and Dane Clark Paresi.

Other upcoming events:

August:

8/10/19: 31 Heros WOD



8/19/19: Hero WOD picked by Justin Karls

September:

9/2/19: Labor Day Hero WOD

9/7/19: Back to School Bash – Cookout after all classes on Saturday

October:

10/26/19: Barbell for Boobs



10/31/19: Halloween WOD and Trunk or Treat (During Night Classes)

November:

FOOD DRIVE DURING THE WHOLE MONTH (Boxes set up in gym)

11/28/19: Thanksgiving WOD

Ty Streifel - June 24

Coach Lizzie DiQuattro - June 25

Gavin Solis - June 28

Kellan Solis - June 28

Kerianne Wright - June 28

Michael Garcia - June 29

June BIRTHDAYS!



Coach Joe B - June 1

Alcone Levier - June 3

Jessamine Rivas - June 3

Michael Officer - June 5

Tyler Pagenkopf - June 5

Michael Ruta - June 5

Keegan Wisheart - June 9

Xavier Cruz - June 12

Andrea Nocetti - June 12

Jack Hickman - June 13

Evan Coyle - June 18

Aubry Forbes - June 19

Lorri Norris - June 22

In Other News...



For those members who don't have Facebook or Instagram, all of our upcoming events, announcements, and newsletters will be posted on the CrossFit SolaFide website! We also post the WOD daily. Don't forget to head over and check it out from time to time! <http://crossfitsolafide.com/>