

CROSSFIT SOLAFIDE NEWSLETTER

AUGUST 2019

SEASONS BEATINGS IS BACK & BIGGER THAN BEFORE!



Locally owned and operated Crane Fitness Equipment has jumped on board and are now the main event sponsor for Seasons Beatings 2019. This

competition 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, Male/Male Masters, Female/Female Masters, Co-Ed Masters, and Teens (teams can be made up of any 2 teens ages 13-17 years old). Scaled divisions and Teens will compete Saturday, October 5th. RX divisions and Masters divisions will compete Sunday, October 6th. \$150 per team! Proceeds 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. OSDTN offers a wide range of services, including employment assistance, VA benefits assistance, networking, housing, and much more. They also have some awesome sponsors

on board and are continuing to get more and more daily, so keep an eye out for those!



We need judges and volunteers! Head over to the link to sign up for Saturday and Sunday, or just one day! Lunch will be provided each day you volunteer, and every volunteer will receive an official Judge/Volunteer t-shirt!

SIGN UP HERE:

<https://app.throwdowns.com/competitions/seasons-beatings-2019/>

Divisions Standards:

RX:

Deadlift (225/185)

Thruster (115/85)

Clean (155/105)

S2OH (155/105)

Snatch (135/95)

KB Swing (70/53)

DB Snatch (50/35)

Wallball (30/20 and 20/14)

Box Jumps (30/24)

All RX Gymnastics and skill movements to include C2B, Deficit HSPU, T2B, DU

Expect BMU, RMU, and HS Walk in the final WOD

Scaled:

Deadlift (185/135)

Thruster (85/55)

Clean (115/75)

S2OH (115/75)

Snatch (105/65)

KB Swing (53/35)

DB Clean and Jerk (50/35)

Wallball (20/14 and 14/10)

Box Jumps (24/20)

Gymnastics and skill movements may include pull-ups, T2B, single unders, and push-ups

Masters:

Deadlift (225/155)

Thruster (95/65)

Clean (135/95)

S2OH (135/95)

Snatch (115/75)

KB Swing (50/35)

DB Snatch (50/35)

Wallball (20/14)

Box Jumps (24/20)

Gymnastics and skill movements may include C2B, pull-ups, HSPU, T2B, DU, etc.

Teens:

Deadlift (135/95)

Thruster (75/55)

Clean (95/65)

S2OH (95/65)

Snatch (80/60)

KB Swing (35/24)

Wallball (14/10)

Box Jumps (20/16)

*Gymnastics and skills movements may include pull-ups, T2B, HSPU, single unders.

MEMBER OF THE MONTH! BEN DRUMMOND



- Where are you from?

I was born in Columbus, Ohio and grew up in Sugar Grove, Ohio

- How long have you been doing CrossFit?

Started doing CF in late October 2018

- What brought you to CrossFit SolaFide?

My brother was encouraging me to join

and my friend Tipnie Mack, who works with me at Austin Peay State University, thought it would be good for me to give it a try.

- What do you love most about CrossFit SolaFide?

I love the community, environment, and the coaches. As crazy as it sounds this place helps me calm down after a stressful day at the office.

- What hobbies do you have outside of CrossFit and what is something about you we might not know?

Hobbies include landscaping, swimming, reading, watching movies and traveling. Something you might not know about me: Grew up on a little farm that had goats, chickens, some cows and sheep and pigs. And, have 3 sisters and a brother.

- Who is your superhero?

Thor, hulk

- What is your favorite CrossFit movement?

Favorite CrossFit Movement: Bench Press! LOL I enjoy the Front Squat and Dead Lift.

- What motivates/inspires you?

I think one of the biggest things that motivates me is seeing individuals and groups who constantly give maximum effort to be better than the day before. It makes me want to do that. It makes me want to be the best that I can be. I am kind of competitive and I don't care that I am 46 and just started CrossFit last Fall - I want to push myself and compete with the rest of crew at SolaFide. I want my daughters and those that I love to be proud of me and know that being healthy and physically fit is important and can be achieved at any age.

- What is your best tip for new members?

Don't give up and listen to your coaches!

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

AUGUST BIRTHDAYS!



Alex Roan - 8/1

Marcella Culver - 8/2

Evan McVeigh - 8/2

Kayla Enochs - 8/5

Tiffany Guthrie - 8/8

Payton Kooyenga - 8/8

Coach Ann Long - 8/8

Shae Goodnature - 8/9

Jason Roy - 8/9

Norman Stentz - 8/9

AJ Pindroh - 8/12

Allie McCurdy - 8/14

Joey Zwirn - 8/14

Pete Pascarelli - 8/15

Shannon Fitzpatrick - 8/16

Carlie Flagg - 8/16

Charlie Clemmons - 8/19

Janelle Richardson - 8/19

Audrey Allen - 8/21

Max Ingmire - 8/21

Giovanni Rodriguez - 21

Tatiana Tejada - 8/21

Mike Martinez - 8/22

Shelton Guthrie - 8/23

Jennifer Niemann - 8/23

Claire Allen - 8/24

Graysen Cline - 8/24

Cora Peters - 8/24

Rashied Tolson - 8/28

Daniel Broaddus - 8/29

Lochian Fitzpatrick - 8/29

Michelle Hammel - 8/29

Jennifer Harper - 8/30

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/>