

CROSSFIT SOLAFIDE NEWSLETTER
SEPTEMBER 2010

SAVE THE DATE: SUNDAY, SEPTEMBER 29



PLEASE JOIN US FROM 12PM-4PM FOR CROSSFIT SOLAFIDE'S COMMUNITY CLEAN-UP DAY! OPEN GYM WILL BE CANCELED THIS DAY. HELP US GET READY FOR SEASONS BEATINGS 2019 AND HAVE SOLAFIDE LOOKING NICE AND CLEAN.

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!

VOLUNTEERS NEEDED

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/>

We will be selling all equipment from Seasons Beatings provided by Crane Fitness Equipment before and during the competition. If you would like to buy equipment, you will be able to take home gentle used (only used for Seasons Beatings) at the end of the competition on Sunday. Message us to reserve your purchase today!

Sale prices:

26lb KB: \$35

35lb KB: \$40

53lb KB: \$58

70lb KB: \$75

10lb WB: \$50

14lb WB: \$55

20lb WB: \$60

30lb WB: \$70

HSPU Mats: \$31

20kg bar: TBD

15kg bar: TBD

45lb Bumper Plates (pairs): \$125

35lb Bumper Plates (pairs): \$95

25lb Bumper Plates (pairs): \$73

15lb Bumper Plates (pairs): \$55

5lb (pairs): \$37

2.5lb (pairs): \$31

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)

* 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)

*Pull-ups, T2B, single unders, and push-
ups possible*

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)

* 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.

WOD One: "Karen Likes To Lift"

(14min time cap): Two Scores

Buy in:

40 KBS

Then Karen

First 50 wallballs - Heavy Karen

Last 100 wallballs - Regular Karen

One athlete must be suspended from the pull-up rig with feet off the ground while other athlete works. May switch at any time.

In remaining time, both athletes establish a 1-rep max of the following:

2 hang squat clean and 1 jerk

Explanation:

Complete 40 KBS; split between the two athletes however they please.

Then begin Karen: One athlete must hang from the rig with feet off the ground for reps to count. Wallball can be picked up but the rep cannot start until the other athlete is suspended off the ground and the wallball must contact the target at or above the target height 10'/9' before the other athlete can release from the pull-up bar. Reps can be split in any manner.

For the max effort lift: There must be a deliberate pause at the hip after bringing the bar off the ground. The hang clean can be high, mid or low. The squat must be visible with the hip crease below the top of the knee (below parallel). There must be a deliberate pause at the shoulder position prior to the jerk. The jerk can be a push jerk or a split jerk or any type of shoulder to overhead movement. If the athlete performs a split jerk

the feet must come back inline with the bar before the bar is lowered. The athlete must show control at the top of the lift before lowering the bar.

The first score is the time that is annotated when the athletes finish their last wallball rep.

The second score is the total weight successfully lifted in the 2 hang squat cleans and jerk.

RX weights: KB - 70/53; Wallballs - Men: 30/20 and Women: 20/14

Scaled/master's weights: KB - 53/35; Wallballs Men: 20/14 and Women: 14/10

Teens weights: KB - 35/26; Wallballs - Men: 20/14 and Women: 14/10

WOD 2: "Fran Meets Grace on a Boat"

10 Min Time Cap

Workout starts with Fran 21-15-9 of thrusters and pull-ups

RX - 115/85lbs and chest to bar pull-ups

Scaled - 85/55 and chin over bar pull-ups

Teens - 75/55 and chin over bar pull-ups

Masters - 95/65 and chin over bar pull-ups

Once Fran is complete then the athletes will conduct Grace, 30 reps of clean and jerks.

RX - 155/115

Scaled - 115/75

Teens - 95/65

Masters - 135/95

There must be a pause at the shoulder during the clean and jerks. This is not a movement direct from the floor. Control must be demonstrated at the top of the lift.

Once Grace is complete then the athletes will move to the rower and row 1500m.

All reps/work may be split however athletes see fit.

This workout will be 2 scores:

Score One: When the athletes finish Fran

Score Two: When the athletes finish the entirety of the workout

Athletes **MUST TAG HANDS** when splitting reps. Your judge will not count reps if the athletes do not tag out.

WOD 3: "Diane with a Twist"

(10 minute AMRAP):

21-15-9-21-15-9...until 10 minutes is up!

Deadlifts

HSPU

Toes to bar

Weights

RX - 255/185

Scaled - 185/135

Teens - 135/95

Masters - 225/155

HSPU - scaled is the only division that will sub hand-release push-ups for the HSPU.

The deadlift moves from the floor until the hips are open and the knees are locked out. The shoulders must be behind the bar at the top position. The bar may be lowered to the ground or dropped from the top position. If the bar is dropped it must come to a stop before it is picked up again. No starting the rep from the bounce.

Handstand pushups must be complete with the palm of the hands inside of the designated box. Fingers may be on the taped lines but the joints of the fingers and palm must not touch the tape. The athletes can complete the movement either in a strict or kipping motion however at the top position they must have BOTH heels on the wall with their arms locked out.

During the toes to bar the feet must start out behind the pullup bar the athlete is suspended from and end with both feet touching the bar simultaneously between the athlete's hands. The athlete cannot push off the ground with their feet to start the rep. Athletes can split reps in any manner.

SEASONS BEATINGS 2019 SCHEDULE:

FRIDAY OCTOBER 4TH:

- All afternoon classes will be canceled!
- Early Athlete Check-In @ 6pm
- Meeting with all judges and volunteers to go over standards and answer questions @ 6pm

SATURDAY & SUNDAY OCTOBER 5th & 6th:

- Doors open @ 7am
- Athlete Check-In begins at @ 7am
- National Anthem & WOD Briefing for ALL WODS @ 8am
- First Heat Begins @ 8:45am

MEMBER OF THE MONTH!

SAGE SMITH



- Where are you from?

I was born in Memphis Tennessee and grew up kinda all over the place. Mostly Tennessee some in Central America, and several years in Kentucky.

- How long have you been doing CrossFit?

Not very long. Since the beginning of April, 2019.

- What do you love most about CrossFit SolaFide?

I love the people most, obviously. The sense of community, the love, respect, and the dedication of its athletes. And of course the best coach in the world!

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

Hmm. Well I really enjoy reading, probably my favorite pastime. Besides CrossFit. I also

like hunting, fishing, hiking, biking, and pretty much anything outdoors. Something you don't know about me? I don't know... this is gonna sound crazy but I have 11 siblings. Bet y'all didn't know that.

- Who is your superhero?

I don't have a favorite movie character. So outside of the superhero world, my dad.

- What is your favorite CrossFit movement?

Deadlifts definitely.

- What motivates/inspires you?

The desire to be the best possible version of myself. I love competition. Against others but also against what I was the day before. And The people in my life (especially my gym friends) are a tremendous support and inspiration to me.

- What is your best tip for new members?

Lol. I know this sounds really cliché, but always listen to the coach. And be a part of the family, give back to those around you, be an inspiration to the next new member, and strive to be the best you.

UPCOMING EVENTS!

September:

9/2/19: Labor Day Hero WOD

LABOR DAY HOURS:

5:30 AM CROSSFIT WOD

7:30 AM CROSSFIT WOD (CHILD CARE AVAILIABLE)

9:00 AM CROSSFIT WOD & ENDURANCE WOD (CHILD CARE AVAILIABLE)

10:00 AM - 12:00 PM OPEN GYM

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



October:

10/26/19: Barbell for Boobs



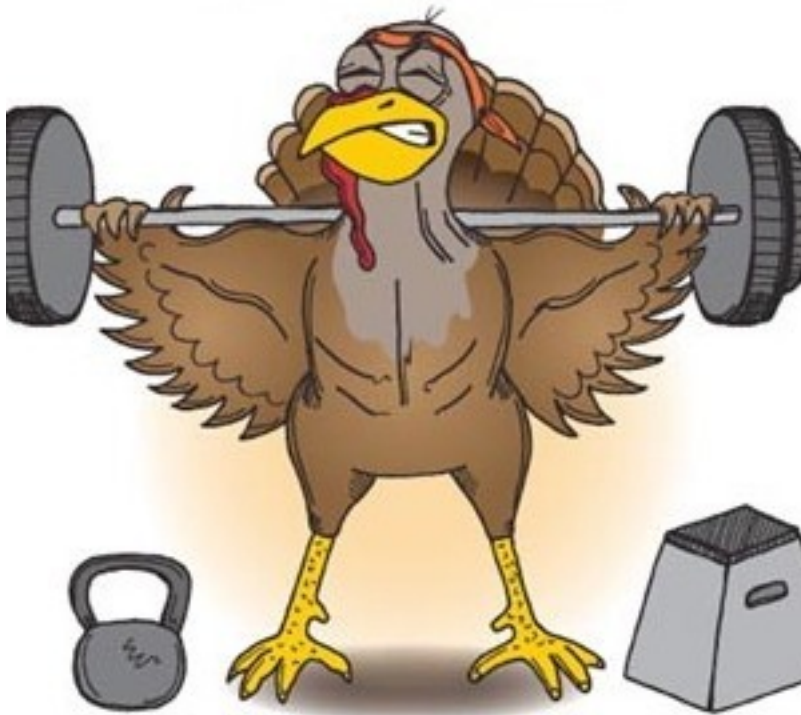
10/31/19: Halloween WOD (everyone is encouraged to wear a Halloween costume!)
and Games and Candy for the Kids! (During Night Classes)



November:

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

11/28/19: Thanksgiving WOD



SEPTEMBER BIRTHDAYS!



Alissa Hale - September 4
Elizabeth Schuster - September 4
Melissa Perez - September 6
Peter Sullivan - September 10
Leah Hernandez - September 11
Jennie McSweeney - September 12
Monique Kools - September 14
Melanie Hammons - September 16
Natalia Cruz - September 18
Sean Monahan - September 18
Max Luo - September 19
Nora Radford - September 20
Josh Medvecky - September 23
Yaminah Douglas - September 24
Danielle Leehy - September 24
Parris Gavin - September 25
Parker Tamura - September 28
Lina Radford - September 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/>