



## CROSSFIT SOLAFIDE NEWSLETTER

### WODIFY

Thank you so much to all of you for your support, cooperation, and patience as we have made this transition to Wodify!!! HUGE shout out to OLLIE GARCIA for being “The MAN” who has made this happen in one month’s time!! YOU. ARE. AMAZING.

Please continue to let us know if you have questions or issues with your account or navigating the WODs and classes.

### Always Strong Policies:

BE IN THE KNOW. This is part of the new Wodify contract.

- 14 day notice for holds, cancelations, and changes

- \$15 admin fee for holds (waived for active duty members of the military for deployments) and a 1 month minimum.
- WE MUST RECEIVE **WRITTEN EMAIL COMMUNICATION** OF ANY CHANGE IN MEMBERSHIP STATUS (Two weeks notice). We are not responsible for Texts, FB messages, and verbal communication concerning membership changes.
- **PRICING:** Athletes may stay on grandfathered pricing as long as there is no break in payment and/or membership, to include holds for any reason.
- Punch cards can now be used at both CrossFit Clarksville and CrossFit SolaFide facilities
- Clarksville Weightlifting Club at CrossFit Clarksville. If you have a membership at SolaFide, you are eligible for the reduced add on rate of \$65. Two amazing coaches, Tim Hamilton and Dee Batiste, will refine your Oly skills and make you stronger!

## **TOWN HALL**

Please join us for a town hall discussion facilitated by Dr. Carlos Serrano of OneChurch. So much has happened in the past month with race issues in our country, not to mention CrossFit. Our hope is to listen and learn how better to serve,

support, and navigate our diverse world to build a more thorough understanding of each other through your stories and experiences. We ask that everyone come with an open heart and mind and that we keep the discussion apolitical. Our hope is to build up our community and make it stronger. If you are a person of color, you matter...your life matters...you are valuable. All members are invited and encouraged to join us for one or both events: CrossFit SolaFide-Friday, July 10 at 6:15pm and CrossFit Clarksville- Saturday, July 18 at 10:15am.

## “House Keeping”

**STAY HOME IF YOU ARE NOT FEELING 100%.**

- Please continue to wash your hands before and after you wod.
- **KEEP IT COLD!** Please keep doors closed to bathrooms, kids room, and office
- **CHILDREN** need to be under adult supervision at all times.
- If childwatch is not available, children need to be seated quietly on the perimeter of the gym where you can see them at all times.
- They may not play outside the building unsupervised. This is for their safety and the safety of athletes. We have had several close calls with children running in the building and around the bay doors.

- If children are in the childwatch room, parents must make sure room is left clean and toys put away.
- Wall balls...put them away correctly in appropriate marked spaces with weight/laces facing forward
- When cleaning your equipment, please use one cloth for the duration of your class
- **IF YOU ARE DOING OPEN GYM AND NOT A PART OF AN ONGOING CF CLASS, YOU MUST STAY ON THE SMALL SIDE OF THE GYM...EVEN IF THERE IS ONLY ONE ATHLETE IN CLASS. NO EXCEPTIONS**
- **THERE IS NO OPEN GYM DURING THE TUESDAY 5-6PM HOUR. This one hour each week is dedicated to kids classes and Endurance. You may not work out on your own during this time (you may bring equipment outside and wod if it is not raining). All equipment needs to be cleared off the floor.**
- **OPEN GYM ATHLETES... Make sure to put all your equipment away and fully clean and pick up after yourself.**
- Lastly, I know you love your fur babies as I do mine, but please leave them at home during your gym time. Not everyone enjoys their company like we do and some have issues with pet dander and hair. Burpees, sweat, and dog hair don't mix well. 🐶



**The Williamson Home Group**...thank you for your continued support for Always

Strong CrossFit SolaFide and CrossFit Clarksville in your generous provision of water bottles! We would like to ask members to put in a \$1 for each water you use. Proceeds will go to purchase equipment...D balls, slamballs, new wall balls, jump ropes, etc. You can vote!

**JOIN US ON FACEBOOK!**



We now have a CrossFit SolaFide Members Only Group on Facebook! This is where members can share WODs, photos, or general information. This is also where we are posting all of the home WODs while we are shut down. So make sure you check it out and get added to the group!

## **MEMBER OF THE MONTH!**

Paulina Wilson



Where are you from?

- Clarksville, TN

How long have you been doing CrossFit?

- On and off for about 5 years

What brought you to CrossFit SolaFide?

- My friend Amanda Forbes invited me!

What do you love most about CrossFit SolaFide?

- I love the community feel the most and everyone has been so welcoming since I started a few months ago.

What hobbies do you have outside of CrossFit?

- I love being outdoors, so when nice weather permits that is where you can find me.

What is something about you we might not know?

- Before selling real estate, I was in the veterinary field as a Vet Tech for 10 years. I am a huge animal lover.

Who is your superhero?

- My mom, Mary Durrett. I hope I can be at least half the woman she is.

What is your favorite CrossFit movement?

- I love burpees...JK. My favorite movement is any type of clean.

What motivates or inspires you?

- My husband and my son are my biggest motivators.

What is your best tip for new members?

- Be open to constructive criticism because that is the only way to improve!

## UPCOMING EVENTS IN 2020!

- July:
  - Battle at the Lab at CrossFit DCL. Come cheer on many of our athletes who have signed up to compete. RX is Saturday and scaled is Sunday. Good Luck to everyone!
- September:
  - 26<sup>th</sup> & 27<sup>th</sup> – Seasons Beatings 2020
  - Registration is LIVE at [www.breezescoring.com/SeasonsBeatings2020](http://www.breezescoring.com/SeasonsBeatings2020)
  - Saturday, September 26th - Individuals (Intermediate, RX, and Masters 35+) Early registration is only \$90. Prices increase to \$115 on 8/1/20
  - Sunday, September 27th - 2 person teams (Intermediate, RX, and Masters 35+) Same sex and co-ed teams. Early registration is only \$140. Prices increase to \$165 on 8/1/20.
  - Last year was HUGE and we hope to make this year even better!



# BE ON THE LOOKOUT FOR THE CROSSFIT SOLAFIDE COMPETITION COMING SOON!

We will have both an RX and a Scaled team. More details to come!

## 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/>