

SNORIDGE CROSSFIT



"SQUATCH WATCH"

SNORIDGE CROSSFIT MONTHLY NEWSLETTER

Issue 1 June 2009

FROM THE WHITEBOARD



Shirts Shipped 6/30!



Our shirt order is finally on the way. In the time it took some of you may have expanded your families! Price is \$20 each and will go to a good cause. Your gym!

GENERAL STUFF

Snoqualmie Railroad Days 5k and 10k race is August 22nd and we are putting together a team to go run and have fun! There is also a 1k kids race. After the race we will host a BBQ at the gym and house. We will show the CrossFit movie "Every Second Counts" and have beer and food on hand! All of you are welcome. RSVP so we can plan!

CF Games Update!

We are going as spectators from July 10-12 to Aromas, CA. The Games this year will be the biggest yet. Over 100 Affiliate Cup teams and over 200 athletes competing individually.

The gym will be closed Friday 7/10 for classes. We plan to take tons of pics and footage and will edit into a movie for you all to watch at our August BBQ.



We attended two "continuing education" seminars this month. A Kettlebell Seminar with Tom Corrigan at CF Bellevue, and the Chasing Performance: Movement, Mobility, and Maintenance Seminar with Kelly Starrett.

Both were informative and loaded with valuable knowledge we will share with you through better coaching.

New Equipment

Here is a list of new equipment we have just ordered. Plan to use it soon!

- Concept 2 Model D Rower
- 45# Barbell (Rogue)
- More Bumper Plates (10, 25, 45#)
- Set of Lockjaw Collars
- 20# Medicine Ball
- 14# Medicine Ball
- 2 more AbMats

We plan to add:

More dumbbells

More box jumps

More bumper plates

Slam Balls

BENCHMARKS & PR'S:

CURTIS GOT HIS KIPPING PULL-UP THIS MONTH!

TRAVIS RAN THE HT. HOOD SCRAMBLE 10K

SEVERAL OF YOU MADE REAL DIET CHANGES. STICK WITH IT!

DEREK (FRIEND AND CF'ER VISITING) GOT HIS 1ST MUSCLE-UP AT SRCF!

DEB AND ADRIANA CAN EASILY LIFT THEIR 4YR OLDS NOW!

THIS MONTH WE DOUBLED OUR MEMBERS AND ARE UP TO 16!

LET US KNOW IF YOU HAVE PR'D OR HOW CF HAS CHANGED YOUR LIFE.

"Squatch's Tips"

Kettlebell Swings:

1. Firm grip
2. Tight abs and low back
3. Use the hips
4. Straight elbows
5. Stop just short of vertical with the bell, cover the ears
6. Squeeze glutes at the top
7. Don't let it pull you through your legs



Brutal Fun