



V23 Whiteboard

February 2016

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IN THIS ISSUE



Olympic Lifting Class and ROMWOD

This program is designed to take your strength, skill and competence to the next level. 2 core lifts, the Snatch and Clean & Jerk. We had a great turn out day 1 with roughly 10 or 12 Athletes. Coach Kristina has committed herself to this program with the assistance of other trainers. We are asking that if time permits to additionally commit yourself to our ROMWOD range of motion class which is held just before the Oly class begins. Following ROMWOD is HIGHLY recommended and is not limited to just oly participants, but is open to all members. See class schedule for class time.

“Work on your weaknesses until they are your strengths. Then work on your strengths until they are second nature.”



Athlete of the Month

Proudly announcing Vanadium's athlete of the month for February is Harold Williams.

Page 2



Iron Coalition Competition

Details on the upcoming competition that will be held at the box. This will be a major event. Don't miss out and get ready!

Page 3

Athlete of the Month Harold

Harold was very hesitant about joining CrossFit. He knew he wanted to get into shape; but didn't think he would fit in (as everyone does). He started as the quiet one at 5am. Never asking questions, never making noise, just quietly completing his WOD. Then all of a sudden you see Harold with his own personal equipment. First an abmat; then knee pads and wrist wraps. Next a jump rope. He was hooked!! He's at the box 4 or 5 times a week and attending the Olympic Weightlifting classes. Hopefully he now feels like part of the Vanadium family! You can hear Heidi in the morning when Harold doesn't show up; "Where's Harold!" She says they are the two

"H's." The minute you meet Harold and shake his hand, will have you intimidated. Harold is a natural CrossFitter. Harold, can you butterfly?? Harold hops on the bar and begins to butterfly pull-up. Harold, can you handstand walk? Harold, places his hands on the ground and begins walking. Harold is a natural talent. Not much this guy can't do. Harold is busy at his job as a Master Electrician and has two sons, one in college at UTSA, and one at Madison High School. Now if we can just get him to count his reps and rounds he'll be set! It's been an honor to coach and train Harold!!



Written By: Coach Jerry Trevino



The 2016 CrossFit Opens are approaching quickly. 16.1 will be the first of 5 workouts to be release beginning Feb 25th. Registration will begin this Thursday, Jan 14th. For 5 weeks you guys will be competing with upwards of 300,000 other CrossFitters. The workouts will

The CrossFit Opens

By Jerry Trevino

be released every Thursday and Athletes will have 4 days or 96 hours to complete the workout and enter their scores online. Athletes will be judged by one of our certified judges at our respected affiliate, Vanadium CrossFit. I'm encouraging everyone to step out of the comfort zone and register for this awesome event. This will be the 3rd year that members of Vanadium CrossFit will be competing in the Opens. This is

an opportunity to show the world and yourself how far you have come and how far you want to go. Like last year, there will be a scale division for those of you who are uncertain about performing particular movements. Registration will accept ages from 14 - 100. Don't miss out on this amazing opportunity to compete with the rest of the worlds CrossFitters. NO REGRETS!!!!

Iron Coalition Competition

Date: Saturday April 16th

Time: 8am

Location: Vanadium

10% Discount to Veterans and public services.

The WODS:

- 3 WODS
- Teams of 4 (2 guys: 2girls)
- Singles, scaled Rx, Rx

Rates:

- Singles \$75
- Team \$300
- Includes free T-Shirt and goodie bags
- Rate increases **3/15**

Don't miss out on the big event. Over 500 people planned on for attendance. This is available to all members, the public, and all levels of CrossFit. Register and spread the event.

\$250 Prize Purse for top single Rx & Scale and Teams

Register April 1st
via wodrocket.com
Or
Vanadiumcrossfit.com

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Valentine's Day Massacre Competition

Way to represent Vanadium at the 3 WOD event Coach David and Coach Kristina.

Photo Taken By: Genova

