Welcome Back Students!
The Fall semester has officially begun and K-State CrossFit is a busy place! We are happy to welcome back the students who have worked out with us in the past as well as the new students who have joined us. Look around you at your next class and make sure to introduce yourself to any new faces. We have quite a few new members who have completed their elements sessions in the past few weeks.

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-Opportunity to help with CrossFit workday

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-CrossFit Journal article and response: “Conquering the Crazy Gene”

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-Miss a workout? Try the one in this Newsletter and post your scores to Facebook!

Class Schedule Reminders
♦ September 22—Saturday Skills: Handstands with Coach Katie
♦ September 29—Saturday Team Workout: Come and work on your teamwork during this challenging workout; teams will be formed from those present.

Ladies Boot Camp Transitions to Women’s Only Class
If you happen to glance into Room 4 at 1pm on Mondays, Tuesdays, Thursdays, and Fridays, you will see a group of ladies hard at work under the leadership of Coach Shely. Originally a Ladies Boot Camp class, the class has transitioned to be a Women’s Class. Rumor has it that these ladies are gaining fitness right and left!

Functional Fitness and Mobility
For those wanting to focus on increasing mobility and improving fitness with a focus on form and technique rather than intensity, this MWF Noon class is for you!
K-State CrossFit August PRs

Here are some accomplishments by our coaches and members in August!

- Coach Shely improved her push jerk to 170 lbs
- Beth Willard got her first muscle-up
- Charles Brunner improved his back squat during the barbell strength program to 305 lbs
- Coach Aaron improved his overhead squat to 250 lbs

(If you have a PR during September, make sure to let us know so we can share it in our October Newsletter.)

K-State CrossFit collegiate club team coming soon!!!
See Coach Bryan for more details or e-mail him at bryanh73@ksu.edu

K-State CrossFit “Open House”
On Wednesday, September 26, the Noon class will take place on Bosco Plaza in front of the student union. It’s our chance to show the rest of campus what K-State CrossFit is all about! We booked the plaza from 11am-1pm, so we will also have a workout on the plaza starting at 11am.

We Want Your Feedback!
Please make sure we have your email address so we can send you an online survey to get your input on class times, programs, and more.

Click the logo for our Facebook page: http://www.facebook.com/KStateCrossFit

Please come help with a K-State CrossFit workday
Starting at 11am on Saturday, September 29th, we will be having a work day to fix up a few things at K-State CrossFit. We can use all the volunteer help we can get!
This article in the September issue of the CrossFit Journal explored the feelings of intense satisfaction that can accompany a workout that is extremely challenging, both mentally and physically. Beers mentions that the “crazy gene” is prevalent in all sports, and all athletes submit to the crazy gene at some point in their training, typically when they begin to see positive results. Although CrossFit may have the reputation for enabling competitive athletes to “express their crazy gene,” Beers suggests that a growing part of the CrossFit movement is trying to help members understand that high performance is not always focused on endless volume and ceaseless, unbridled intensity. In contrast, Beers states that, “Performance is related to a host of factors including smart programming, mobility, recovery, rest, nutrition, technique and more.”

Beers subsequently introduces the “Back to the Basics” program designed by Bobbie Jo Hackenbruch of Ute CrossFit. The program was created after Hackenbruck suffered a back injury, and knew high-intensity, high-volume training was too much at the time. The “Back 2 the Basics” program focuses on core strength, but retains the movements found in typical CrossFit programming. The primary goal of the program is to strengthen areas that are weak, which ultimately allows for full recovery. Today, the program is not only used as a rehab program, but as a method to refine technique and aid recovery.

Many clients have thanked Hackenbruck for this program. She states she is “thrilled with the results she’s seen….and is relieved people are buying into the concept that sometimes you have to harness the voice that tells you to keep pushing when your body knows it needs some down time.” Many athletes now do the “Back 2 the Basics” program instead of their regular regimen.

Response by Steph Kurti

As an All-American tennis player, I can say firsthand that the crazy gene will be prevalent at some point in any athlete’s career. When an athlete starts to see the results from his/her training regimen, the normal response is to increase their training, rather it be the volume, the intensity, or both.

In college, I interpreted “harder training” as meaning that I should push myself harder than my coach recommended, skip rest days, train more hours on court than my teammates, and ignore the doctor’s orders to rest when I was injured. I lived by the motto “hard training, easy combat”….but only when I got smart did I realize that sometimes “hard training” doesn’t mean pushing your body to a point where injury becomes a probability rather than a possibility, and rest ceases to become a choice.

If I had advice for any young athlete in any sport, whether he/she is a marathon runner, a tennis player, or a CrossFitter, I would suggest that once you really feel passionate and decide to follow the crazy gene….do your research. I now believe that the real “crazy” ones are the smartest ones, or the ones that work hard but put in the hours outside their training to learn. These wisest athletes are the ones who accept help and advice regarding their training, and are willing to seek the most reputable sources for input. They acknowledge that in some cases, others know best. They talk to the coaches, their teachers, other experienced athletes, and put in the hours to discover who is most knowledgeable about programming, technique, recovery, nutrition, and all those other factors that will ensure health and success.
MISS A WORKOUT THIS WEEK?

Try the workout below and post your time on our Facebook page!

10-9-8-7-6-5-4-3-2-1
Burpees & Situps

NEWS BITS

Ever wonder what who has the top workout times, best skills, or has completed the Rx Checklist Challenge at K-State CrossFit?

Check out our new Leaderboard on the K-State CrossFit website:

www.k-state.edu/crossfit/news

Did someone say T-shirts?

K-State CrossFit T-shirts in a variety of sizes and colors (gray, charcoal and purple) will be available starting Monday, September 17.

Interested in helping design our next T-shirt? Let Coach Bryan or Katie know!

CrossFit for Course Credit

Coach Bryan offers KIN 101: Intro to CrossFit on Tuesdays and Thursdays from 3:30-4:45pm. The next session meets October 11-December 6.

Recruiting a Childcare Worker

We are looking for a worker for childcare during Thursday and Friday 5:30pm classes (5:15-6:45pm). Although you will make minimum wage, you will get free unlimited CrossFit classes! Email Ashley Cottrell at acoha@k-state.edu.

Want to be part of a CrossFit research study?

If you can complete Cindy, Elizabeth, and Helen as prescribed, volunteer to be a subject in the Functional Intensity Training Lab and help determine the Human Metabolic Response to CrossFit Exercise.

Participant qualifications:

- 18-45 years old
- No current medical problems
- Can perform specified CrossFit workouts AS PRESCRIBED
- At least 1 year of CrossFit experience
- Live in the Manhattan Area
- Can attend a minimum of 10 testing sessions

For More Information Contact
Brian Sunborn, bsunborn@kou.edu. 785-341-2063
Our Mission

Education
Educate students and class participants about CrossFit methods through exposure to the program.

Health
Have a public health impact by offering quality training and programming principles.

Research

Want to submit a response to “Conquering the Crazy Gene” that was found in this newsletter?  
E-mail stephkurti@k-state.edu and you could have it featured in the next newsletter!

CrossFit Competitions

♦ Coach Shely and Kenny Brown placed first for their respective genders in the August CrossFit Believe Competition Series!

♦ The 2012 CrossFit Games are showing on ESPN 2 this month. Click HERE for the full schedule.

Want to learn more? Check out the CrossFit Journal: journal.crossfit.com; Gymnastics Skills and Progressions: www.gymnasticswod.com; Mobility Exercises: www.mobilitywod.com; CrossFit Kids: crossfitkids.com; Competitive CrossFit: