The Shop Summer Games

This past weekend 6 members of K-State CrossFit participated in the annual Shop Summer Games, a local CrossFit competition held at The Shop Topeka. Dillon Schwerdt, Katy Vaughan, Ruth Fox, Coach Aaron Scott, Grace Schwemmer, and Kenny Brown all participated and represented K-State CrossFit well! This was the first CrossFit competition for Grace who placed 4th overall, and the second for Kenny who placed 6th overall with an impressive 1st place finish in the 3rd event. Congratulations to all our members who participated!

K-State CrossFit Schedule

Rx Checklist Challenge
August 7—Starts at 8am

Saturday Skills
August 11—Power Clean
August 18—Developing Explosive Power

Team Workout
August 25

Start Your Day Right-
With Breakfast

You may have heard from either mom or dad about how breakfast is one of the most important meals of the day, and you know what, they’re correct. Eating a healthy and balanced breakfast every single day is the key to not only achieving your performance goals, but to weight maintenance as well. Your body is rebuilding and repairing damaged tissue and cells when you are sleeping, and it’s also utilizing stored energy to power these processes. Eating breakfast replenishes your energy stores to provide you with the fuel to power through the rest of your day. Aim for a quality carbohydrate source, lean protein, and healthy fat for your breakfast selection.

-Pratik Patel, RD
Member Spotlight: Kenny Brown

1. What is your name?
Kenny Brown

2. Where are you from?
Olathe, KS

3. When did you first start doing CrossFit?
About a year and a half ago

4. What got you into CrossFit?
I used CrossFit as rehab for my leg when I broke it during my senior year of football in high school.

5. What types of physical activity did you do prior to beginning CrossFit?
I have always been doing something active but before I started CrossFit it was football and wrestling.

6. What do you like about CrossFit?
I like that no workout is exactly the same unless it's a benchmark WOD. Each day is different and a new day to make ourselves better.

7. How often do you attend CrossFit classes?
I usually stick to a 3 on 1 off but, sometimes I'll do multiple WODs. No matter what though, I'm in the gym on rest days doing mobility and practicing weaknesses, not just sitting at home.

8. What has made you stick with CrossFit?
Because I have had a life changing experience due to CrossFit, and each day I do CrossFit, I love it more. The people, coaches, and attitude of everyone keep me coming back for more.

9. What is your favorite workout and why?
Fran, because it's very fast paced and one broken movement can cost you a great time.

10. What is your least favorite workout and why?
Anything with running involved in it...Other than that I love them all.

11. What do you like about doing competitions?
I like the competitive feeling and the adrenaline rush when the event begins. Also, at competitions no one is ever rooting against you. Everyone is cheering for each other.

12. What would you say to anyone who is unsure about doing a competition?
Don't think that it's a bunch of top athletes competing. There are athletes at all levels of CrossFit and there is no reason to be scared. It's a great opportunity to find weaknesses, have fun doing CrossFit, and meet new people.

13. What would you say to someone who is wondering if CrossFit is for them?
Don't base CrossFit off of what you see during the CrossFit games. People of all ages and all fitness levels can do CrossFit no matter where you are at. Girls, it will not make you bulky or oversized with muscle.

14. What else should we know about you?
My favorite quote and also a quote that I recommend for everyone: "Whatever It Takes". It got me through my rough patches in life and also keeps me pushing during workouts.
Reflections Over The Past Year– Pratik Patel

My CrossFit journey began over a year ago when Coach Bryan and Katie conned me into trying a CrossFit workout to see what it was like. I didn’t know that much about CrossFit except they occasionally used sledgehammers and did a lot of pullups, so I decided to give a 20 minute AMRAP (as many rounds as possible) a whirl. Four minutes in I was begging to stop. I was strong, athletic, and thought I was fit, but boy was I wrong. That workout opened my eyes to a few weaknesses in my fitness level and so began my CrossFit journey. I was intrigued by the diversity of the workouts and the complexity of some of the skills. I remember watching a video of the 2010 CrossFit games and seeing pistols, ring HSPU, and multiple rope climbs for the first time and it left me thinking that I would never be able to learn these skills. Lo and behold 1 year later, I have mastered pretty much every skill (aside from handstand walks) that a CrossFitter can do! Ring muscleups, bar muscleups, pistols, ring HSPU, strict HSPU, butterfly pullups, double unders, one legged OHS, and many more skills that I once thought would take years to learn I was able to pick up just by giving it an attempt and trying. I would say that the best part about CrossFit that I can utilize in my everyday life is that it has made me mentally tougher and allowed me to try new things and succeed at them! I encourage you to do the same because things that may seem impossible at first, may just in fact be possible!

Another aspect of CrossFit that I learned from Coach Bryan is to “check your ego at the door.” It is difficult for some of us with strength backgrounds to start a workout program doing weights that are lighter than we would hope to do, but there is a method to that madness. Learning proper technique in form will not only allow you to lift more weight, but it also will help prevent injuries, and do I know about injuries. Over time I’ve learned to not really care about my score that much, or if I end up last on a workout, which does happen quite often. I’m more interested in trying to learn how to do the movements correctly to get the best out of the workout. If I happen to have the best time or score a particular day then good for me, it I finish last then so what? I still look good doing it. There’s no shame in stopping a workout early for any reason, I have done it on numerous occasions, and it doesn’t mean you are weak. Just shake it off and try again the next day. Everyone has their reasons for why they enjoy doing CrossFit workouts. For me it’s not the competition but more the difficulty and mental aspect of it all.

So what if you finish last, remember, it’s only a workout.
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
Conduct scientific research using CrossFit methods with a variety of populations.

K-State CrossFit Club Team Tryouts

The K-State CrossFit Club Team will be back in action starting this fall semester. More information will be provided about times and dates for Club Team Tryouts. All students are welcome to participate!

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:

We are interested in hearing from you how we can improve K-State CrossFit! Please feel free to email us with suggestions, ideas, and concerns: CrossFit@K-State.edu.