



JANUARY 2020 | ISSUE 13

# THE PHOS SOCIAL

THE OFFICIAL CROSSFIT PHOS NEWSLETTER



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## ANNOUNCEMENTS

### HAPPY NEW YEAR!

We made it! 2021 is here, and we're more than excited to begin another year of building better humans. A huge shout-out to both staff and our members for helping to create a safe and welcoming environment for all. We look forward to new and exciting memories! Cheers!

### FRONTIER CLIMBING IS OPEN!

It's official: Frontier Climbing is open for business! It's been one heck of a process full of hard work, but we know you will fall in love with every inch of our new 14,000 square foot facility! Bouldering, lead-climbing, top-roping and more await those ready to find their summit.

### COLD & FLU SEASON

Nothing new here. Please continue to wipe down your equipment, cover your sneezes, and stay home when you're not feeling well. With freedom comes responsibility!



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Aaron was hired as our Climbing Operations Manager because of his background experience and knowledge in climbing both indoor and outdoor. We're excited to have him on our team and look forward to many years with us!

## Tell us a little about yourself:

I grew up in Larchwood Iowa about 15 minutes from Frontiers location. My biggest passions at that point of my life were running track and playing soccer. My wife Mary, a CrossFit Phos Member and Doctor of Physical Therapy (let her know about your achy knee) and I live in downtown Sioux Falls. We both have family in the area and have enjoyed being back around them. We have 2 dogs: Yaz, a Husky and Nesta, a Golden Retriever. Outside of rock climbing we play in a local soccer league, cross country ski, find any excuse to get outdoors with our dogs and indulge in local breweries (give our neighbors Obscure Brewing a visit).

## What did you do before moving to Sioux Falls to work at Frontier Climbing?

Before moving to Sioux Falls, I worked in accounting and business analytics in Chicago and La Crosse Wisconsin.

## What are you most looking forward to about your job?

My past work in business provided a great foundation for understanding how a business works. Frontier has allowed me the opportunity to transform a passion of mine, into a career. I look forward to introducing everyone to the thrill and workout that is rock climbing.

## How did you get into rock climbing? What do you love about it?

Great question! It's a combination of light heartedness, gratefulness, grit, and wanting to push myself. I understand that the outcomes I want in life are through the suffering that comes with the workouts we do. Keeping that in mind helps me to love the work that has to be put in and not just the results and wanting instant gratification.

## What was your favorite climbing experience to date?

I don't have a single experience to point to. My favorite climbing experience is a group of days or a few years in my final years of undergrad at the University of Iowa (2010-2012). Some of my most memorable days were spent with great friends honing our technique and skill in Pictured Rocks Park in Monticello, Iowa.

## What would you say to someone who wants to try climbing but is nervous to try?

It's safe. Indoor climbing is the perfect way to be introduced to the sport. Our climbing staff is excited to introduce their sport to anyone who is interested. From tiring out kiddos to getting a full body workout, there are few better alternatives to spend an hour.



# WEST MEMBER OF THE MONTH:

## MICHELLE SPADER

We nominated Michelle for a number of reasons! Even through her pregnancy, she has put in a ton of focused effort into getting stronger and has been so consistent with attending classes even as her belly grows! We appreciate her quiet but fierce determination!

### Tell us a little about yourself:

My family and I moved to Sioux Falls in 2018, after living in Saint Paul for 10 years. I have a bachelor's degree in nutrition, but retired early and now work as an analyst for Wells Fargo in their Executive Office. My family includes my husband, Logan, my 4 year old son, Maxwell, and baby #2 coming in January!

### How did you get introduced to CrossFit?

My sister, Stephanie Ollerich, introduced me to CrossFit when we moved to Sioux Falls. I continued coming because I enjoyed the workouts and the community of like-minded people.

### What are some of the biggest improvements you've made since starting and what are some of your goals?

I had never practiced Olympic weightlifting, or gymnastics, before joining CrossFit. I have enjoyed the weightlifting programming the most, and have been focusing on my clean, which has become my favorite lift. I really want to be able to do a muscle up, which I was practicing before getting pregnant. My goals for 2021 include: 200 lb deadlift, 125 lb clean, handstand walking, and 1 muscle up.



### Congrats on baby #2! How have you continued to stay motivated through this pregnancy?

Thankfully, I have had a pretty easy pregnancy. I really didn't have to modify too much the first six months, but once I hit the third trimester in November, I have been modifying EVERYTHING. The hardest thing has been switching my mindset from "go hard" to, "just move". Once I get going in a workout, it is very hard for me to make sure I don't over-do it.

### What's one area in your life that you are focusing on improving right now, and how?

Our family has been following Dave Ramsey's financial planning since April, 2020, with the goal of being debt free by the end of the year. While we had a few setbacks, we are so close!! And we plan on being 100% debt free by April 2021!



### What character trait do you like most about yourself and why?

This is more of a humble brag, but I strive to be the best role model for my son, and soon to be baby #2. Becoming a mom wasn't something I had always wanted, but now that it happened, I have done everything possible to be the best. It is crazy how smart and intuitive kids are, and my main focus is leading by example. It doesn't do any good to tell my son, "Don't watch TV", "Get outside", "Be active", "Eat Healthy", if I turn around and don't do those things. I am very conscious of making the same choices I want my son to make, and being transparent and vulnerable when mistakes are made.

### If you could have any superpower, what would it be?

The ability to read minds, as long as I could turn it on/off. It would be very entertaining, but also would be helpful when negotiating for things you want.

### And finally, What do you love most about Phos?

My initial thought jumps to the community, and the other members who suffer through all the workouts right next to you. However, just like with any other business, there wouldn't be a community of members if it wasn't for the incredible talent at the top. What I truly love most about Phos is that each coach is 100% focused and dedicated to helping their members, everyday. Each and every coach is passionate about Crossfit and helping others succeed. So, even though I absolutely love the Phos community members, there is no way I would have stayed if the coaches were not genuinely interested in sharing their passion for Crossfit.



# EAST MEMBER OF THE MONTH:

## CLAIRE THOMPSON

Claire can be found on any given day silently working her butt off. Recently, she's spent time focusing on perfecting her Olympic lifts and has been pushing really hard during this strength cycle. We admire her consistency doing the things she doesn't enjoy - like running for example! We appreciate her commitment to show up and work hard every time she comes to class.

### Tell us a little about yourself:

I am from St. Peter, MN but have lived the majority of the past 4 years here in Sioux Falls. I am a full-time nursing student at Augustana University and have one semester of school left. I nanny for a family in town with three kids, 2, 6, and 7 years old. My family consists of my parents, Mike and Chris, my sister, Rachael, and my dog, Harley!

### How did you get introduced to CrossFit?

My sister got into CrossFit when she was in college and I had gone to a couple competitions others. I played tennis and softball in high school, and when I got to college, I no longer had an athletic or competitive outlet. I came to a point where I wanted to be active again and achieve a healthier lifestyle. I talked to my sister about CrossFit, and she encouraged me to check out the gyms in town. Conveniently, the west side was having their open house, so I stopped by and after the free trial week, I was hooked! I kept coming back because I liked lifting weights and working out in a class setting. Now, I continue to come to class because I like seeing the progress I've made and strive to keep progressing through strength and movement progressions.



### What are some of the biggest improvements you've made since starting and what are some of your goals?

Physically, I've lost over 50 pounds and gained strength. My form has definitely improved in the lifts since I first started, but it's always a work in progress! Recently, I kicked up to a handstand for the first time as well as got my first jumping bar muscle up. Mentally, I have realized how much your mindset matters whether it's going for a PR, pushing through a cardio intensive chipper workout, or even walking into school to take an exam! My nutrition has improved dramatically and I've learned it's not always all or nothing, you can have a flexible diet while still achieving goals and enjoying treats here and there. Currently, my goal is to build muscle throughout this strength progression. I also want to continue to work on pull ups and other gymnastics movements since they're not my strong suit.

### What's one big obstacle you've had to overcome in your life? How did that mold you?

Taking initiative and responsibility for my health was an obstacle I've overcome. I've been overweight since I was a kid. I accepted being overweight and kind of just worked around it. In college I started to become more aware of how I really felt physically, like energy levels, how I felt after going on a walk, or how I felt after eating normal during the week versus the feeling after eating really shitty over the weekend. That combined with missing sports and being competitive led me to join CrossFit Phos! Overcoming this obstacle has made me reprioritize what's important to me. It's shown me it might be easier to address issues early before things get out of control, but regaining control is still possible with hard work and determination.

### Where have you seen personal growth outside of the gym recently?

Despite going through nursing school during a global pandemic, I have been able to manage stress effectively and in a healthy manner. I think I've become more aware of what gets me worked up, how to recognize it early, and how to manage the stress before I get too anxious.



### What character trait do you like most about yourself and why?

I like my dedication. Whether it's doing well in school or improving myself in the gym, once I put my mind to something, I do it. This characteristic is beneficial in many aspects of life. It pushes me to work harder and set more challenging goals because I know I'll do what it takes to eventually achieve the goal.

### If you could have any superpower, what would it be?

I wish I could teleport! I love to travel, and it would save me so much time and money if I didn't have to buy plane tickets and sit around in airports. Also, I consistently tend to run about 10 minutes schedule so being able to just appear somewhere rather than driving there would be super helpful.

### And finally, what do you love most about Phos?

This is so cliché, but honestly, I love the people and the Phos community! Whether I go to East or West, a morning, noon, or an evening class, everyone is amazing. Everyone at Phos is there to put in the time and effort to make themselves better which is so inspiring and motivating.

# JANUARY BIRTHDAYS

- 1st - Casey Underberg
- 3rd - Tommy Johnson & Laura Johnson
- 8th - Alicia Engelking
- 9th - Heather Taylor
- 10th - Josh Kattenberg
- 11th - Karen Lechtenberg
- 13th - Chris Bohlen
- 14th - Justin Anderson
- 15th - Jose Barrera, David Chachanko, Brian Rook
- 16th - Meggan Johson
- 19th - Corey Morrison, Anderson Lopez, Amanda Fey
- 20th - Braxton Witt, Lexi Barbush, Kiley Coyne, Kelly Witt
- 21st - Taylor Gibson & Kyle Blakeslee
- 22nd - Jennie Fjerstad, Tish Lynch, Barry Turner, & Jason Begstedt
- 23rd - Macy Skiles & Chase Verbrugge
- 24th - Bridgett Dunn
- 26th - Cory Garbers
- 28th - Heather Babb & Julie Watts
- 29th - Amos Schmidt & Shawn Back



## SOCIALS



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## Thanks for reading!

We're glad to bring you monthly newsletters and share a piece of what's been happening within our community! Stay tuned for a new issue each month!



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