

# THE PHOS SOCIAL

THE OFFICIAL CROSSFIT PHOS NEWSLETTER

December 2020

Vol. 12

## Announcements

### Climbing Gym Opening Soon!

We are excited as we anticipate the opening of the climbing wall in just a couple of weeks!

Bring friends and family and test out your fitness with something new!

Alongside the opening of the climbing gym, we are also updating our pricing structure:

### New Equipment Coming for 24/7 Access:

New treadmills, ellipticals, stair climbers, reverse hyper machine, and cable machines are on their way.

There will also be new barbells and bumper plates.

If you can't make it to a class, you'll have everything you need to make up a workout here!

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**WHAT WE OFFER:**

- FRONTIER FITNESS:** Frontier Fitness offers 24hr access to a 5,000 square foot gym with cardio, selectorized, and traditional strength equipment. Personal training is offered at an additional cost.
  - ✓ 24/7 ACCESS
  - ✓ NEW EQUIPMENT
  - ✓ PERSONAL TRAINING ACCESS
- FRONTIER CLIMBING:** Frontier Climbing offers a 12,000 square foot climbing facility with bouldering, top-rope, lead climbing, a speed wall, and designated children's climbing area. Every type of climber can find their summit at Frontier.
  - ✓ AUTO BELAYS
  - ✓ CLIMBING CLASSES
  - ✓ COMPETITIONS
- FRONTIER PERFORMANCE:** Frontier Performance is 4,300 square ft of functional fitness space and the home to CrossFit Phos. Front or Performance also offers 1 on 1 and group personal training and will be adding a variety of classes with a growing membership base.
  - ✓ CROSSFIT
  - ✓ PERSONAL TRAINING
  - ✓ TEEN PERFORMANCE

**MEMBERSHIP BREAKDOWN**

	FRONTIER FITNESS: Access to 24hr circuit training gym.	CLIMBING AND FITNESS: Access to 24hr circuit training gym and climbing gym.	FRONTIER PERFORMANCE: Access to 24hr circuit training gym, climbing gym and performance classes.
SINGLE	\$39/month	\$69/month	\$129/month
COUPLE	\$69/month	\$99/month	\$159/month
FAMILY	\$79/month	\$129/month	\$189/month

Student/youth pricing is available, please contact us for more information. Day passes are available for \$19.00/cls per person.

### 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!

# West Member of the Month: Jake Dancler



We nominated Jake because he's been a constant in the morning class since he's started in June. He always brings such a positive energy along with a coachable attitude and desire to learn every day. We are thankful for that!

## **Tell us a little about yourself:**

For a living I do whatever pays the bills and gives me time in the areas that I want it. Right now I work for Best Choice Cleaning and Restoration. Both my parents are counselors (explains a lot I know...), my sister is a genius who's good at everything she puts her mind to and is currently going to grad school, and my wife Melissa is a 6th grade science teacher. Melissa and I have two cats, Bengal's, think mini-tigers and that's what we have!

**How did you get introduced to CrossFit?** I was introduced to Phos through a gym friend. He and his girlfriend were trying out the free week membership and asked if Melissa and I wanted to try it with them. My first class I remember thinking this isn't anything like the stereotypical description of "CrossFitters". By the end of my first week I loved the fact that I could get up at 5 and just focus on pushing hard during a workout, not having to think of the programming that early in the morning is a game changer!

**What are some of the biggest improvements you've made since starting and what are some of your goals?** I guess it's hard to name just a few things. I've gained strength, consistency, and a different mindset around putting in work. I'm a lot better with muscle ups and gymnastic movements now. Some goals would be longevity, to be the 60 year old in the gym that sets an example for people. Getting stronger is always a goal as well as getting better with stringing together muscle ups.

**How would you describe your mindset when you are at the gym from day to day?** 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 character traits have you learned in your life that carry over into your hard work in the gym and vice versa?**

In life I have learned that rigging the game in my favor can greatly change the outcome of whatever goals I have. So when it comes to the gym I know things about myself and my body that I keep in mind to help me get through workouts. The gym has definitely taught me the value of discipline and consistency. These are things I am currently working on applying in other areas of my life and slowly but surely I'm getting there.

**What's one area in your life that you are focusing on improving right now, and how?** One area in life that I am focusing on improving would be my ability to weather the storms and distractions of life while still putting in work towards my goals and dreams. It's so easy to get pulled away from the things I aspire to be and do if I don't stay focused. I read a lot of books and listen to podcasts in the area of self improvement, not really searching for anything specific but just to constantly be learning other people's mindsets and perspectives. If something is useful I incorporate it and if it's not, I'm not really out anything.

**If you could be a professional athlete, what sport would you choose and why?** I grew up with horses but wasn't really interested in them until part way through college. So I guess I'd want to be a professional roper/ steer wrestler because it's such a unique sport. The horse and the rider need to trust each other in a way that I think would create an awesome bond.

## **What's your favorite breakfast food?**

I make a low calorie french toast that I think is amazing. I pretty much eat that every day. So I probably have to say that is my favorite just based on the volume I've consumed this week...

## **Finally, What do you love most about Phos?**

To be honest, the real answer to the second question you asked about my thoughts during my first workout was "who are the monsters on the other side of the gym?". I thought this as I was dying alone through my first metcon and all of them were flying through it like light work. These thoughts came before getting to know anyone but after having had the time to meet people it's safe to say that I absolutely love the community we have here at Phos. I feel like it's so positive and uplifting! Yes we give each other grief but we know where to draw the line and when someone needs to be picked up and not poked in the name of humor. Couldn't have asked for a better place to make a workout home.



# East Member(s) of the Month: Garrett & Lasandra Wilson



We wanted to nominate Garrett and Lasandra as our first member of the month couple! They are amazing together and are also so awesome in their own ways. Garrett is incredibly encouraging and always the first person to introduce himself to anyone new in the gym. Even on bad days he's still smiling. Lasandra is one of the most consistent women in the gym. She always works hard and never stops focusing on the little things so she can keep improving. It's also been really sweet watching her help other athletes improve their technique and build their confidence.

### Tell us a little about yourselves:

GW: I'm a Sioux Falls native who works at Midco in Human Resources.

LW: I grew up on a farm in north central SD. During the school year, I drive to Vermillion where I teach at the USD Dental Hygiene Department. When college classes aren't in session, I work at several dental offices in Sioux Falls. Rounding out the Wilson trio is our Boston Terrier, Rigley.

### How did you get introduced to Crossfit? Where were you at then, compared to now?

GW: Getting back into shape was important as I was coming off a running injury. Crossfit was intriguing because of the variety of lifting, cardio, and gymnastics. Our membership at Crossfit Phos was slated to start in January 2017, but we started a nutrition challenge before our "official" membership kicked off.

Progress sometimes seems slow until you look back at the starting line. Starting off felt clunky since I didn't know some of the lifts and other movements. Now I'm at least proficient in most of the movements with continued goals of cleaning up form and cycling the movements more effectively.

LW: With Garrett healing from his injury, we decided to do some personal training with Rachel to focus on gymnastic movements. I had been involved in sports my whole life but had never touched a barbell and thought this would be a great way to ease my way into the Crossfit scene.

I will never forget when Rachel asked me to show her a pull-up on the rig. I jumped up onto the bar ready to find out where my starting point was going to be for training. Rachel said "go ahead". Every single muscle in my body contracted and to both her surprise and mine, I literally did not even move a millimeter. Laughter erupted from both of us as I exclaimed "I'm trying!". Compared to that day about 4 years ago, I have made leaps and bounds in my strength and abilities. Needless to say, we all start somewhere.

### Garrett, you've had multiple injuries/setbacks - how did you work through these and what motivated you to stay dedicated?

It's been challenging to overcome injuries. Mental roadblocks can be just as challenging as the physical injury itself. I've realized that showing up is the best thing you can do. You may not be able to do everything, but you can still do something. Some of the best progress I've made in Crossfit is when I've been forced to slow down and focus. I'm thankful for the coaches who continue to help me modify workouts as needed to keep me safe.



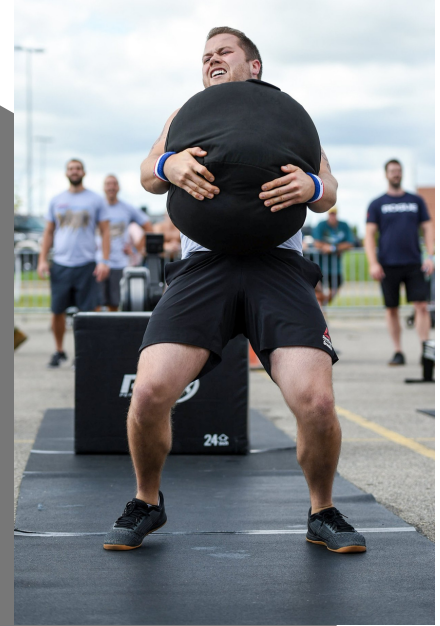
## Wilson's cont...

### Everyone knows you two love each other - we've all seen the PDA ;) How does gym time play a role in your healthy relationship?

GW/LW: It's a great way to have fun, grow, and support one another. We can cheer each other on, snag an extra hour together and pick each other's brains to get better. Often times, one person's strengths are the other's weaknesses. Our time together during the week is limited so we are thankful for our morning rituals. And yes, we have no problem smooching in front of our classmates.

### How has nutrition been a part of your lives?

GW/LW: We've learned that progress is a heck of a lot slower if you don't consider nutrition. Completing a workout isn't an excuse to eat anything you want - quite the opposite. Eating healthy is a way of maximizing the work you put into the gym and recovering for another day. We use nutrition as a way to lose fat, build muscle, and fuel our bodies for optimal health.



### Lasandra, you have always been so focused on technique and excellency - how has this been both a positive and negative characteristic in terms of your growth at the gym?

I love lifting heavy weights. However, my goal has never been to lift the most weight in the gym. Instead, I strive to execute each movement with proper technique. Spending extra time focusing on technique allows me to maximize each lift and build strength. My goal is to have my form look the same whether I'm moving an empty or heavy barbell. On the flip side, because of my fixation with proper technique and wanting to do everything perfectly, I struggle with quick barbell cycling and sometimes hold myself back from attempting new things because I don't want to "do it wrong".

### What achievements in the gym are you each most proud of?

GW: Finishing a competition is extremely gratifying. Some competitions turn out better than others but always proud of the teammates who give it their all.

LW: With my passion for technique, I am fascinated by the Olympic lifts and strive to be consistent and accurate in my attempts. When I first started Crossfit I remember barely being able to complete an empty barbell snatch. Last year at the Dakota Games in Fargo, ND, I hit a new snatch PR at 170lbs with ease. I am proud of myself for continuing to work on technique even when the process is tedious; that's when the real work takes place.

### What inspires each of you?

GW: Inspiration comes in a variety of ways. People who go out of their way to show kindness to make our communities better is inspiring. Watching lifters who are smaller than me tossing around more weight reinforces I still have a lot of work to do!

LW: Every day is full of opportunities for growth and I am continually inspired by those around me who face adversity head on and don't back down. I love seeing people accomplish their goals both in and out of the gym.

### What are your favorite desserts?

GW: I'm a cookie fan. Just not a fan of fruit in cookies.

LW: I love all things chocolate, especially thick and fudgy brownies.

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

GW/LW: The people...duh. We've made some amazing friendships at the gym.

# DECEMBER BIRTHDAYS

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- 2nd Jessica Thaut
- 3rd Chad Jones
- 4th Beau Davis
- 5th Dawson Wallen
- 10th Lauren Barbush
- 12th Erin Johnson
- 14th Hannah Stein
- 16th Adam Jorgensen
- 18th Megan Randall
- 20th Zach McConnell
- 22nd Holly Hendriks & Seth Hilmoe
- 24th Shawndrel Underberg
- 30th Rachel Lynass