

# THE PHOS SOCIAL

THE OFFICIAL CROSSFIT PHOS NEWSLETTER

November 2020

Vol. 11

## Announcements

### CONTENT

Announcements

Members of the Month

Birthdays

### Childcare At West

4:30pm - Mon-Wed-Fri

9:00am - Saturday

Bring the littles and break  
a sweat!

### Updated Schedule

#### East

5am, 6am, 8:30am Monday-Friday

4:30pm, 5:30pm Monday-Thursday

4:00pm, 5:00pm Friday

9:00am Saturday

#### West

5:30am, 12:00pm, 4:30pm, 5:30pm Monday-Friday

9:00am M-W-F-Sat

### 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: Shannon Park



Shannon was nominated because she comes to class everyday with a smile and a willingness to learn. She has been very consistent in attendance and works really hard. She is aware of the things she needs to work on and pushes herself in them all the time. Lately, she has been facing her fear of heavy weight and is forcing herself to go for it... with success!!! And the muscle in her arms are poppin'! She is a valuable member of our gym community and has made huge improvements in her fitness!

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

I grew up in Chester, SD, attended South Dakota State University and received degrees in Public Health and Nutrition/Dietetics. I have been working at Sanford for 6 years now and recently started a position at Profile by Sanford overseeing business development and worksite wellness initiatives in SD, MN & IA. I have also coached club volleyball on the side for the past couple years. I live on the west side of Sioux Falls with my fur baby Penny.

## **How did you get introduced to Crossfit?**

I have always wanted to try CrossFit, but I hadn't lifted since my college volleyball days so I was super hesitant. Many of my friends and family have done CrossFit and raved about it. I have been to so many gyms in Sioux Falls and wanted a change. I drive past Phos every day to and from work and thought I would give it a shot. I have been obsessed ever since! In my very first CrossFit workout we did Isabel (30 snatches for time)! Coach Megan promised me that all classes weren't quite like that and encouraged me to come back and I am so happy I did!

## **How have you made progress since starting?**

I started Phos only a couple weeks before the gym closed down due to COVID, but I am so happy I stuck with it. I have made many improvements not only physically, but mentally. It has been exciting to check the Rx box in workouts and getting new PR's throughout the weeks.

## **Are there things you've learned in the gym that crossover into other areas of your life?**

Absolutely. Having more confidence in myself regardless of the situation, working hard every single day and having a positive mindset are all things that crossover from the gym to everyday life.

There are days/workouts that aren't always the best, but you can never regret it if you show up, do the best you can and continuously strive to improve yourself.

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

At the gym I am working on having more confidence, not overthinking every movement and continuously having the "I can do it" mindset by just showing up and giving it my all. Outside of the gym, it is being more present and mindful in every situation. I could maybe drink less wine too, but one thing at a time!

## **If you could travel anywhere in the world for 1 month, where would you go and why?**

That's such a loaded question and my travel list is a mile long. I also wish I could travel anywhere at this point! My grandparents are full Irish, so I would love to travel to Ireland to appreciate our heritage.

## **If you could eat food you wanted, as often as you wanted, with no consequence, what would it be?**

All the carbs, cheese and wine.

**What do you love most about Phos?** So many things! I love that every day I am pushed and encouraged to be better. Everyone is so supportive! I appreciate all the feedback and tips from the coaches and other members at the gym. It is nice to belong to a gym that wants you to get better in all aspects of your wellness.

This week, Shannon had a big setback - she tore her achilles and had to have surgery. It went well and she will begin the recovery process, but I'm sure she would appreciate some love and encouragement from her gym family!

# East Member of the Month: Teng Phanouleth

We chose Teng because of all the progress he's made since first starting. Not only has he made stellar progress, but we also are grateful for his character and how it contributes to making our community feel more like family! From day one, Teng has had a coachable mindset and has shown consistency in showing up for classes since becoming a member.

## Tell us a little about yourself:

I am a Warehouse Manager at Smithfield Foods. Both my parents are retirees of Smithfield. Both my brothers and my oldest sister work there too. My two other sisters are nurses at Avera and Sanford. I have two daughters, Lulu is 13 and Alex is 12. I also have a dog, Oreo.



## How did you get introduced to Crossfit Phos? After your first class, what was your reaction?

I've been following Crossfit since the first gym opened up in SF. I've always wanted to try but was always scared. After all the gyms closed and I was in the process of buying a house, I attempted to build a garage gym. I bought a few basic pieces of equipment (power rack, wall ball, jump rope, Assault Bike) and followed some CrossFit workouts I found online. I watched a lot of YouTube videos on how to do different movements. I still really wanted to workout with other people and had been talking to Ashley and Tom Frost and also Tonya Madsen about doing it. After attending my first class on a Saturday morning, I felt I needed to try it a little longer so that I can learn the correct and safe ways to do things. After the first couple of weeks, I was hooked.



**What are some of the biggest improvements/progress you've made since starting?** There's still a lot for me to learn but I know that my form has improved. I also feel much stronger than when I started.

**Are there things you've learned in the gym that crossover into other areas of your life?**

It's never too late and you are never too old to start something that might scare you.

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

I'm always focused on being a better father – that is one of the reasons why I love working out in the morning. They live with their mom and even though I get to see them everyday, the more time I can spend with my kids after school, the better I feel. They are everything to me!

**If you could travel anywhere in the world for 1 month, where would you go and why?**

Laos. That is where I was born. I would want to go with my family and take my kids so that they can show us where I was born. I don't remember much about it since my family immigrated to the US when I was very young.

**If you could eat any food you wanted, as often as you wanted, with no consequence, what would it be?**

There's only two foods I really love and that is sushi and pho.

**What do you love most about Phos?** I love all the support that I get whether I workout at the east or west location. Everyone has been very helpful in my progress and growth.

# NOVEMBER BIRTHDAYS

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- 4th Jesse Ball
- 5th Jessie Geer & Sarah Sieg
- 6th Tim Weber
- 7th Jesse Ekeren
- 8th Kacy Peterson & Todd Boote
- 8th Lisa Cleveringa & Derik Budig
- 10th Regina Brunz
- 13th Emily Van Klompenburg & Tiff Hartman
- 16th Andy Hermanson
- 18th Jason Ricke
- 20th Travis Donelan
- 22nd Justin Vanden Bosch
- 25th Ben Krush
- 26th Jeff Tobin & Jessica Deering
- 29th Rachel Flemmer
- 30th Danae Merkel-Schalde