

THE PHOS SOCIAL

THE OFFICIAL CROSSFIT PHOS NEWSLETTER

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Meet the Coach: Jessie Geer



For some of you, Jessie is a familiar face, as she's been a consistent member of Phos West while attending USF over the past 4 years. Jessie has officially graduated and is starting a new chapter of her education! In the meantime, we are fortunate enough to welcome her on as a coach at Phos! We hope you will have the chance to get to know her and be coached by her in the near future. Until then, here's a little bit about

Jessie: I grew up on a ranch in Gillette, WY. I grew up hunting, camping, fishing, and raising pigs! I have a loving mom and dad, one younger sister who goes to college in Iowa and two doggies! I played collegiate basketball at University of Sioux Falls which is what brought me to Sioux Falls. My final two years of undergrad I joined Phos as a member because I love CrossFit and wanted to join a gym while I lived in Sioux Falls.

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What do you plan to do in the future? I graduated in the spring of 2020 with my degree in Exercise Science. I am currently getting my masters at USF in education in hopes to become a PE, health or kinesiology teacher in the future.

What do you love about Crossfit? There are so many reasons I love Crossfit. I love the community/members, I love that it's a new and different challenge everyday, and I love competing against others and myself to get better. Better yet, I love being a part of Phos because of all the wonderful people I've met (members & trainers). I love that everyone at Phos is so caring and wants the best for others.

Why did you decide to start coaching? My parents actually own a CrossFit gym back home so I've been a part of CrossFit a long time. My dad is the full time coach in Wyoming and I always thought he had the coolest job! I always wanted to be a coach but waited until I was done with basketball before I started to really get into it. I want to coach because I couldn't think of a better job. In the future I want to be a teacher, in a way, coaching is teaching! It's extremely satisfying seeing everyone work so hard and achieve their goals, I just want to be there to help others get where they want to be.

What are some core values or beliefs that best describe you? If I had to describe a few core values that describe me they would be: my faith, responsibility, ethics, health, and kindness.

Favorite Color: Mint Green

Fav Dessert: I love ALL desserts but probably cheesecake

Fav Food: Mexican or Anything Breakfast Related

Hidden Talent: I'm weirdly good at remembering people's birthdays/dates!

Bad at: Technology

Any animal for a pet: I already have my dream pet! My sheltie puppy, Lilly!



East Member of the Month: Mike Winter



Mike Winter - he may be one of the oldest members of our gym, but don't let that fool you! He can lift some mean weights and works to make himself better each day. Not only does he work hard, but he also takes the time to encourage others. He shows up early to class and figures out what he can do to make the workout best for him. He gives great feedback to coaches and always says, "Thank you," and smiles on his way out the door. Recently, he's also had some major victories with his personal health and we want to celebrate those as we are so proud of him!

Tell us a little about yourself:

I am a table games card dealer at Grand Falls Casino in Larchwood. I am married to Kathy and have two sons. Josh lives in Sioux Falls and is married to Madeleine. He has two children, Ashton and Adella, My second son is Sam who lives in Minneapolis. Josh is also a CrossFit Phos member.

When did you start CrossFit and why? I started CrossFit about one and a half years ago. I joined at the urging of my son Josh because he thought it would be good for my health. There is a history of heart disease in my family, I was a bit overweight, I was recently put on medication for high blood pressure, and I figured it would probably be good for me.

Since starting, are there things you've learned in the gym that crossover into other areas of your life? I like the example the people at the gym set - always helping and encouraging each other. That carries over to my daily life - helping other people. I even hope that being a member at Phos will help others who are older realize that if I can do this, they can too.

How has your health been impacted? First of all, I lost some weight - about 20 pounds and my clothes fit a lot better. After about 8 months, my doctor reduced my blood pressure medicine by half. Last week, he took me off the medicine completely. He said my blood pressure was looking great. I also feel stronger and I think my balance is better.

Who are some of your favorite people to workout with? Of course, my son Josh is my favorite, but all the people at Phos are fun to workout with because they are so encouraging. I also enjoy all the trainers - they are always helping me improve my technique.

What is one accomplishment in the gym that you're really proud of and what's a new goal? I guess, at my age, I am really proud of all the things that I am able to do. I'd really like to be able to do a burpee the right way. I'm pretty competitive and I feel like I want to continue this and strive to do better.

If you could plan your "ideal day" what would that look like from start to finish? I'd like to get up feeling good, no pain or stiffness. Then, I'd like to hang out with people I like and do just about anything with them - from ballgames, hunting, working, etc. It would be nice to be able to watch a Chicago Bears game (provided they win). Having a couple good meals would add to the day.

And finally, What do you love most about Phos? I like the atmosphere - the camaraderie, learning new things, and the variety in the workouts. I am never bored with doing the same things again and again.

West Member of the Month: Nick Liesinger

One of the reasons we chose Nick for October's Member of the Month was because of his consistency as a 5:30amer. He is always not only pushing himself, but is also very friendly and motivating towards others in the gym. We love that he comes to Saturday mornings and enjoys meeting other members that he doesn't normally get to see in the early mornings during the week. We appreciate that he is an always-smiling and welcoming face to others.

Tell us a little about yourself:

I'm a System Analyst in Information Technology at the Avera Heart Hospital, and I've been there coming up on 15 years in November. I have a beautiful wife, Ashley, an awesome son, Cole (6), and two crazy Boxer dogs named Baya and Ruckus. I'm originally from Hartford, SD, and I've lived in Sioux Falls for the past 15 years.



When did you start CrossFit and why? I started CrossFit in my early 20's, and I was hooked by how it made me look and feel. Over time, life happened, and eventually I stopped going altogether. Around June of 2019, I felt the most unhealthy that I've ever felt in my life, and I knew that I could get back on a good path if I started CrossFit again. I started up at Phos that month, and I feel the best that I've felt in a long time!

What have you learned in the gym that crosses over to other areas of your life? You're never too old to learn new things or the proper way to accomplish a task. A few weeks back, Coach Brandon emphasized squeezing your butt cheeks during cleans. I honestly can't recall ever hearing that before, but sure enough, it made a huge difference. I've really tried to keep that open mind at work and at home.

Who are some of your favorite people to workout with and why? The 5:30AM crew is just a great mix of quality, humble, and hardworking people. We get to set the tone for the day for ourselves and the rest of the gym with that early workout. I also really like Saturday partner workouts; you usually get some rest, but the intensity is always high, and you push each other.

What is one gym accomplishment you're proud of and a new goal? Just a few weeks ago, I hit a 1RM PR in strict press that I was never able to hit in my 20's. It feels great to know I haven't completely peaked yet! My goal is to get my diet under control...I feel like that is the key for me finding that next gear if I can develop some consistency there.

If you could plan your "ideal day" what would that look like from start to finish? My ideal day would involve sleeping in until about 8:30am, quickly downing a banana and some coffee, then heading to a 9:00AM workout. From there, I'd get some chores done around the house, hang out with my son, or get the shopping done for the week. After lunch, I would take a long late afternoon nap, followed by a grilled ribeye dinner with a few Coronas. I would top it off by being lazy on the couch with my wife and the dogs watching a horror movie or a true crime show.

And finally, What do you love most about Phos? I love and appreciate the emphasis our gym has on doing movements correctly. I'll find that I get sloppy when I'm tired, or I'll try to take the easy way out, and there's always someone there to get me back on track. I also love being pushed at the gym--whether by the coaches or by a fellow member. I'm not as self-motivated as I used to be, but I know that all I have to do is show up ready to work, and I'll get the push that I need.

ANNOUNCEMENTS



East Side has officially moved!

We are so excited to share this brand new space with you all! While we all love the new digs, we ask for your patience as we wait for construction to finish on the rest of the facility. In the meantime, please excuse our mess!

Schedule Changes

East

5am, 6am, 8:30am Monday-Friday
4:30pm, 5:30pm Monday-Thursday
4:00pm, 5:00pm Friday

West

5:30am, 12:00pm, 4:30pm, 5:30pm Monday-Friday
9:00am M-W-F

Private Yoga Class for Phos Members

October 17th, 1:00pm @ Ignite Yoga Studio

Cost: \$10.00

The class will include 30 minutes of sculpt and 30 minutes of flow (stretching). Classes are held in an infrared studio so be ready to sweat and detox your bod!

Please contact Lisa Cleveringa if attending.

Shoulder Pain & The Overhead Athlete Seminar

October 22nd, 7pm @ Phos WEST

Cost: \$10.00

Led by fellow Phos member, Tyler Anderson PT, DPT, SCS. Come to this hands on seminar and learn what you can be doing to keep your shoulders healthy!

OCTOBER BIRTHDAYS

7th	Necedah Oros & Mallory Park
8th	Dan Westgarth & Kayla Salonen
10th	Kaylee Mork
12th	Ivy Pearson
13th	Kirsten Jennings
14th	Michelle Spader
16th	Meghan Henry
18th	Billy Kouns, Jordan Hermanson, & Kristin Siepkes
20th	Kyle Petersen
26th	Tyler Ollerich
28th	Tamara Ollerich