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THE PHOS SOCIAL

THE OFFICIAL CROSSFIT PHOS NEWSLETTER



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ANNOUNCEMENTS

YOGA AT EAST

This specialty class will be held every Wednesday, 6:45pm at Phos East. Phos member, Dakotah Jordan, will be leading 45 minute sessions each week. Please bring your own mat if you have one!

THE CROSSFIT OPEN

The Open is back! The Open is a global celebration of all the individual reasons we CrossFit. Starting March 11th. Get ready for 3-weeks of competition, readily accessible for ANY fitness level. Stay tuned for more info about the Open at Phos.

WE HAVE A NEW INTERN!

We're excited to welcome Jaxon Babb as our newest intern! Read all about him and his passion for CrossFit below!



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NEW INTERN: JAXON BABB

Jax has been a member of Phos since he was just a little kid. Like most kids, his parents would drag him to the gym and he looked like he'd rather be doing anything but working out. Over time, Jaxon realized he actually had a knack for CrossFit, especially lifting weights, and began to embrace the pursuit of fitness for himself! If you've never seen this kid lift, you need to! It's so fun watching him move heavy weights and want to learn and grow as an athlete, and now as a coach. We are excited to bring him onto the team at Phos and want to give you the chance to get to know him better!

Tell us a little about yourself:

I am 19 years old, my parents are Torrey and Heather Babb and I have a younger sister, Talix, along with my dog, Kip. Currently, I have been working with my dad during the summer building Decks and Fences. I started CrossFit way back in late 2014 when my parents bought the very original CrossFit Phos with Luke and Rachel Lynass. I have been homeschooled my entire life by my Mom, so when she bought the gym she thought it was the perfect opportunity to use it as my gym class throughout High School. When I first started CrossFit, I absolutely hated it. My Mom forced me to do it and every single day I had to go was an argument. I despised the gym for a year straight until Granite Games 2016, where my Dad decided it was a good idea to sign him, my Papa (Frank Walker), and myself up as a team in the scaled division. I was so mad when I learned they were going to make me compete in a CrossFit competition. I reluctantly did the qualifier, and in September of 2016, the three of us, under the team name "3 Gen" got dead last at the competition! Now you would think after a horrible experience like that I would never set foot back in the gym? That was not the case. That competition sparked something in me for the better. I started to love the sport, I was getting better, stronger, and faster, and most of all I was having fun.

What are you most looking forward to about being an inter/coach at Phos?

I am looking forward to watching and helping other people grow as athletes! I have been around long enough to see multitudes of PRs, "Firsts", and accomplishments met. It brings a smile to my face every single time. I want to help others in their goals and see them succeed!

What are a couple of areas you'd really like to grow in as a coach?

I would really like to be able to teach clearly and effectively. I have learned from many coaches and teachers and gained tons of knowledge. My goal is to be able to teach those lessons to others effectively and in a way that is not confusing!

What are a couple of areas you'd like to grow in as an athlete?

I would really love to continue getting better, stronger, and faster. I love competing, so training to be able to compete better has always been a priority! This past year has been full of setbacks, from COVID cancelling competitions to the broken foot I am currently struggling with along with other injuries. So my goal right now is to recover and get back into competing better than ever before!



NEW INTERN: JAXON BABB

What athletic accomplishment are you most proud of and why?

I have 2 athletic accomplishments I am most proud of, and they both happened in 2019:

- I placed 60th in the world in the Teenage Open Online Qualifiers, only 50 places short of making it to the Games.
- I qualified and competed in Las Vegas in National Olympic Weight lifting. Both required a tremendous amount of work, dedication, and sacrifice, but it was all worth it in the end!

What are you most proud of outside of the gym?

Graduating High School this past year is the biggest one. Other than that, I played soccer my entire life and in 2017 my Club team and I won the State Championships and competed at Regionals. Finally, in 2018, I tried out Football for the very first time in my life and won All-State Kicker!

What character trait do you like most about yourself?

I am competitive. Sometimes that is a double-edged sword, but it does not matter to me. I will work and work and work to overcome any challenge and try my best!

JAXON'S FUN FACTS

- **Favorite Color:** Green
- **Favorite Food:** Pizza
- **Favorite Sport to Play:** Soccer
- **Hidden Talent:** Is being excessively bad at swimming a hidden talent?
- **Something you're Bad at:** Keeping my underwear clean during competitions.
- **Coollest place you've traveled to:** Haiti, I lived there for an accumulative 9 months



WEST MEMBER OF THE MONTH: JONI BUSHFIELD

Through the busy full-time schedule of being a mom and a high school teacher, she has still maintained years of consistency. This has translated into great strength gains and increased confidence with the barbell over time. She is such a great example for other women and we are thankful to have her in our gym family!

Tell us a little about yourself:

I grew up in North Dakota and graduated from UND. This is my 19th year teaching science at Lincoln HS and 23rd year teaching overall. My husband, Tadd, and I have been married for 22 years. We have 3 kids – Kallee is a sophomore at Augie, Anna is a junior at Harrisburg HS, and Carson is an 8th grader at South MS.

How & when did you get introduced to CrossFit and what made you want to continue coming?

I signed up for a Women's 6-week challenge back when Phos West was FAF. It was during the summer and I fully intended to be done once school started again. But, as fate would have it, my name was drawn for a free 3 month membership and I learned how to prioritize coming to the gym during the school year. Planning is a big part of my job, so I loved the fact that I could just show up and not have to think about what to do for a workout. The variety of movements keeps it fun too!

What are you most proud of having accomplished at the gym? What's an area you want to continue growing in?

I am proud of my strength gains. I was well acquainted with the training bar and training plates when I first started! And I am very happy to be building muscle at my age. I want to continue growing by working towards that strict pull-up. I'm also very close to getting a 200lb deadlift.

How do you manage to stay consistent in your gym attendance while being both a mom and full-time teacher? How would you encourage someone who thinks they're too busy to fit exercise into their life?

I have learned to schedule my workouts for the week like we schedule our kids' activities. I also created carpools to help with running kids around and free up time for myself. I used to be one of those people who thought they were too busy to exercise. Turns out you do have time if you want to make time.

Do you feel like aspects of your time in the gym actually carry over into the rest of your life? If so, how?

Absolutely. Whenever I am looking at tackling a big project, I think of the Hero WODs or long "chipper" WODs and know if I just start and keep a steady pace, eventually it will get done. Embrace the suck and it will all be worth it!

If you could bring back any fashion trend what would it be?

I would say the trend I want back – is back. Baggy sweatshirts are the best!

What's the most embarrassing fashion trend you used to rock?

I grew up in the 80s so this is an unfair question. Where do I start? Stirrup pants, neon everything, big hair, big bangs – just give me some Aquanet and a hair dryer!

And finally, What do you love most about Phos?

The community, of course. The trainers are always welcoming and knowledgeable. I love watching fellow members continue to reach new goals. It's very inspiring and motivating. It's a great way to end my work day.



EAST MEMBER OF THE MONTH: JATHAN ROBINSON

We chose Jathan for so many reasons! He is super consistent, works hard, encourages others, and he's recently taken steps to get better by working on his nutrition and other things outside of class. He's really embraced climbing as an extra workout/off-day activity as well! We've loved having him as a part of our gym community.

Tell us a little about yourself:

I'm the clinical care manager for Avera Careflight. Being a flight nurse was my dream job all the way back in school, and it hasn't let me down since. The opportunity to serve as a leader/educator for such a talented and motivated group of people is an honor I could never have imagined. I have an almost 2 year old son who is everything I could ever ask for and more. He's nearly always happy, unless he's tired or hungry (gets that from me), and he is just excited about everything in life.

How & when did you get introduced to CrossFit and what made you want to continue coming?

Chad Jones told me once that I should come try it out. I told him I would give it a shot but there was no way I was signing up long term. I've been a member ever since :). What really pulled me in was the sense of community and friendship which I haven't found in any other gym. The programming and coaching also helped me reach fitness goals which I always thought were out of reach for someone like me. When I started I had to scale down scaled movements for almost every workout. Single unders were a huge challenge, double unders were impossible, and my max clean was 160 pounds in the first open. I thought that was just how I was made, but the coaches here showed me that through consistent, hard work, anyone can improve.

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

My biggest improvement has definitely been learning to focus on slow and steady improvement instead of overworking and fixating on immediate results. It's much healthier, and much more enjoyable. Specific moments that stick out: Chad Jones helping me figure out how to clean and hitting my first clean over 200 pounds as a result. Rachel Lynass coached me to my first bar muscle-up and was probably as excited for me as I was. Rory worked with me consistently to help me get a ring muscle-up, and then translating that to a movement I could try to do during a workout. Finally getting to the point where double-unders weren't the worst part of any workout. There are uncountable other instances where coaches pushed me to work harder or smarter and saw the improvements as a result.

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

Transitioning from a clinical role to a leadership role with Careflight really pushed me outside of my skill-set. It involved a lot of challenges I wasn't prepared for. Ultimately, being open to the fact that I had a lot of growth to do, and being receptive to feedback on how to improve is what allowed me to reach a point where I enjoy the challenges of my job instead of dreading them.

Recently, where/how have you grown outside of the gym?

After working hard (sometimes too hard) in the gym for three years, I was absolutely astonished by how much rapid improvement I made when I finally committed to improving my nutrition. I tried to generally "eat healthy" before, but once I started making it a priority I realized how poor my nutrition had been. After improving that component, I reached goals which had been out of reach for years

If you were a wrestler what would be your entrance theme song?

Get Back-Ludacris

Have you ever been told you look like someone famous, who was it?

All the time. John Travolta. Not exactly the face I'd love to be compared to but, there it is.

If you could bring back any fashion trend what would it be?

Leather Jackets. Might as well own the John Travolta persona.

And finally, what do you love most about Phos?

Without a doubt, the community. Phos feels like friends committed to improving themselves and working hard. People get as excited for others' successes as much as their own. If I had my dream home gym with every amenity and full control of the music, I would still come to Phos every day because I love the people here.



FEBRUARY BIRTHDAYS

- 1st - Billy Sauers
- 3rd - Megan Adamson, Hanna Mutschelknaus
- 4th - Dakota Jordan and Sadie Clark
- 6th - Jason Wallen
- 9th - Travis Ewalt, Michelle Sanderson, Mara Jones
- 11th - Nate Cleveringa
- 13th - Lauren Charge
- 14th - Eric Jyrkas, Happy Singh
- 15th - Mathhew Nelson, Melissa Eberhard, Rachel Wilson
- 19th - Jacob Walker, Jenna Bresee
- 20th - Elizabeth Heidnger, Randy Oppold, Sam Anderson, Kyle Danaher
- 22nd - Destinie Marshall
- 23rd - Marshall Reichert, Betsy Karli, Jordan Cruse
- 24th - Kyle Ballinger
- 25th - Lisa VanGerpen
- 26th - Justin Krajca
- 27th - Brenda Van Beek, Lasandra Wilson



QUOTE OF THE MONTH

"Maybe it's to live healthier lives. Maybe it's to lift your kids or stay healthy for your family. Maybe it's just to prove we can do more than we ever believed possible. Whatever it is, this is the time to show the world your unique why with #ThisIsWhy" - Crossfit.com

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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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