



MARCH 2021 | ISSUE 15

THE PHOS SOCIAL

THE OFFICIAL CROSSFIT PHOS NEWSLETTER



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ANNOUNCEMENTS

YOGA - 6:45-7:30 PM

Monday nights with instructor Travis Kvaale (starting March 8th)
Wednesday nights with instructor Dakotah Jordan
Join us for restorative yoga that's meant to help you balance and recover from days of hard training.

CROSSFIT OPEN: PHOS IN-HOUSE COMPETITION

Starting March 11th, come and join us for a 3-week long community building event. Each week, CrossFit HQ will release a workout - with a variety of scaling options so that all levels can participate. You must complete each week's workout by 7pm Sunday night. We will create 3 massive teams from within Phos to compete against each other (for all who sign up) - scoring workouts as well as weight of food donated to Feeding South Dakota. Even if you don't sign-up to "compete," you can still participate in the workouts. Sign-up fee is \$30 and all participants will receive a "Crossfit Phos Athlete" t-shirt or tank.



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WEST MEMBER OF THE MONTH: SETH HILMOE

Tell us a little about yourself:

Who am I? Hmmm, well I can tell you one thing and that is that I am living the dream! Heck yes, why not, life is good. I am a middle aged husband and father that works for Avera HR and is so blessed to be married to an amazing woman and mother of our three pretty fantastic little boys (who just happen to enjoy the sport of fighting with each other on a frequent basis). Brooke and I live on the west side of Sioux Falls where we are raising our boys; Holden (11), Lofton (9) and Thaden (7). In addition to our boys, we also enjoy our pets. We have three pups (all in the house) and a horse (not in the house), yes a horse...I guess having a horse comes with the territory when one marries a cowgirl that spent her childhood riding alongside her dad. In the hustle and bustle of getting our kiddos to church, basketball, soccer, Taekwondo, etc. we also enjoy spending time up at Lake Madison. 20+ years ago my parents purchased a lake home as a ploy to keep myself and my two brothers together and visiting them frequently. Well, it worked! During the summer, when not traveling for soccer, you can find us up at the lake. I love to wakeboard, pull the kids on the tube and simply chill on the beach with my parents, broz and their families.

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

Oh my gosh, story time. So, many, many years ago I used to workout at a gym (pre CrossFit) on a pretty frequent basis. Then, like some, life happened. I married a smoking hot gal and I fell off the exercise wagon. Years following Brooke, myself and the boys were eating at one of their favorite spots; Pizza Ranch. Heath, a good friend of ours and part owner of "The Ranch" sat down with us for a bit. Brooke was sharing that she needed to find a way to get me out of the house and maybe that means starting to work out again. Heath, at that moment, got up to grab a CrossFit brochure of a gym in Tea, of which he was a current member. So, that next week I took the leap and became a member. I didn't have a clue as to what I was getting myself into, yet I ended up loving the workouts and found that I really enjoyed the community atmosphere.

When do you normally workout and what do you like about that group?

I am a 5:30 a.m. kind of guy. Years ago, when Brooke and I started to have kids, I made a commitment to her that I would do what I can to be home after work. So far, thumbs up on that commitment! The 5:30 a.m. class has a pretty consistent and inspiring crew that tends to put a smile on my face, and that my friends, is what it's all about... I wouldn't want to start my day off any other way. I have been hitting early morning CrossFit classes for a number of years. When I first joined CrossFit Phos, I have to admit I was pretty nervous. I didn't know what to expect with the change, yet found a great group. We all come from different walks of life, but you can tell that we all are there, at that time, to push each other and lift each other up (figuratively and literally) to reach our goals, no matter how big or small that goal may be...awesome.

What are some of the biggest improvements you've made since starting and do you have any new goals?

Let's just stick with improvements while at CrossFit Phos: I have been at this CrossFit gig for a number of years now and just LAST month I finally found the courage to do a handstand hold (yes hold) on my own. That may seem small but it was a big milestone for me as I have a fear of falling on my head for some darn reason. One would have thought that I had won the CrossFit Games after that accomplishment...those that were at class that morning were well aware of how excited I was.

WEST MEMBER OF THE MONTH: SETH HILMOE

What advice would you give to someone who is brand new to Crossfit?

Keep coming and don't get discouraged if you cannot do all of the movements. The coaches at Phos do a great job of continuously moving you in the right direction. Shoot, I have participated in Crossfit classes for years and I was just able to get a handstand hold. For me, slow and steady must win the race, which I am cool with. With that said, we are all on our own personal fitness journey, I say enjoy every minute of it. And, along the way just know that you get to hang with some pretty cool and special peeps.

If you had to listen to the same genre of music every workout, what would it be?

Rock-n-Roll, Rap, or Country. I love it all.

For the rest of your life, you are only allowed to get the same 10 items at the grocery store, what would they be?

BEER, ribeye, chicken, asparagus, potatoes, yogurt, pizza, hot dogs/mac n cheese(for the boys), did I mention BEER?

What's your favorite "free time" activity?

My free time is all about my wife and my boys. I absolutely love being together as a family regardless of the activity. To that end, if I had to name a free time activity or two it would either be pheasant hunting or being out on the water at the lake.

And finally, What do you love most about Phos?

I so appreciate the owners and coaches, both west and east. It starts with you. You all set the tone/culture for what you want the community atmosphere to be, which I believe has attracted some pretty fantastic people that want to stick around and that is why I love showing up.

EAST MEMBER OF THE MONTH: ANDY KIBLER

Tell us a little about yourself:

I am from West Virginia where my parents still live and I have a younger brother who lives in Florida. I have been married to my wonderful wife Kaitlyn for a little over 5 years and we have 4 cats! I am the supervisor for the inspection department at Marmen Energy where we build wind tower pylons.

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

My wife started going over 3 years ago. She fell in love with it and really wanted me to join. Sadly my schedule just didn't line up. My hours at work recently changed which allowed me to join her at 6am. I enjoy the variety and all of the new things there are to learn.

When do you normally workout and what do you like about that group?

Kaitlyn and I are both very loyal to 6am. I like the positive attitudes and everyone's eagerness to improve.

What are some of the biggest improvements you've made since starting and do you have any new goals?

Confidence. Feeling more comfortable doing uncomfortable movements. Biggest goal is to improve my form, mainly on my Olympic lifts.

What advice would you give to someone who is brand new to CrossFit?

Just do it!

If you had to listen to the same genre of music every workout, what would it be?

1990's and 2000's hard rock.

For the rest of your life, you are only allowed to get the same 10 items at the grocery store, what would they be?

Coors light, soft pretzels, strawberries, pepperoni rolls, strip steak, bacon, eggs, maple syrup, biscuits, and pecan pie.

What's your favorite "free time" activity?

Fishing!

And finally, What do you love most about Phos?

The challenge!



FEBRUARY BIRTHDAYS

- 1st - Luke Hartman
- 3rd - Tyler Price
- 5th - Ronda Snyder
- 8th - Jess Jasso
- 9th - Nathan Schoen
- 10th - Teng Sayasavanh & Lily Budig
- 12th - Jami Paulson
- 13th - Joe Moen
- 14th - Alexander Laplante
- 16th - Jami Fenchel
- 17th - Ashley Nowotny
- 18th - Jacob Clarke
- 21st - Michael Bauer, Steve Berghorst, Thomas Newman & Addie Budig
- 23rd - Josh Winter & Geneva Olsen
- 25th - Garrett Wilson
- 26th - Albert Huizing
- 28th - Hallee Cronin
- 31st - Emily Olson



QUOTE OF THE MONTH

“Everyone must choose one of two pains: the pain of discipline or the pain of regret.”

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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