



APRIL 2021 | ISSUE 16

# THE PHOS SOCIAL

THE OFFICIAL CROSSFIT PHOS NEWSLETTER



## CONTENTS

ANNOUNCEMENTS - 1

WELCOME OUR  
NEWEST COACH - 2

MEMBERS OF THE MONTH:  
WEST - 3,4  
EAST - 5,6

BIRTHDAYS - 7

## ANNOUNCEMENTS

### YOGA - 6:45-7:30 PM

6:45-7:30pm Monday with Travis, Wednesday with Dakotah  
Join us for restorative yoga that's meant to help you balance and recover from days of hard training.

### LOW BACK CLINIC

Join us for a clinic with EmpowerU Pro, Tyler Anderson, P.T. as he teaches us how to fix and prevent low back pain to keep you healthy through even the hardest training days.

The seminar happens April 29th at 6:45 P.M.



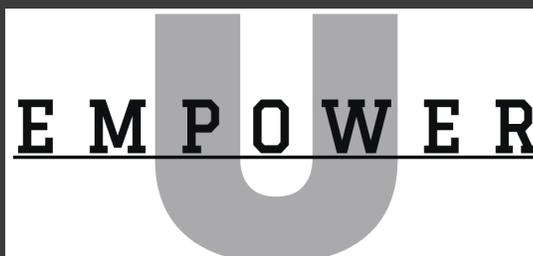
@crossfitphos



facebook.com/crossfitphos



youtube.com/crossfitphosSF



# MEET OUR NEWEST COACH: SARA PIECUKONIS

---

We would like to introduce everyone to the newest member of our coaching team! Sara has started to onboard this past week and you will be seeing her coaching classes at both locations in the very near future!

## Tell us a little about yourself:

My name is Sara Piecukonis (pronounced puh-cone-iss) and I just moved to Sioux Falls from Claremont, CA! I grew up in Murrieta, CA with four siblings and graduated from Vista Murrieta High School. I spent a lot of my childhood at my grandparents in San Diego as well, which is where my extended family reside. I went to college in Riverside, CA to obtain my Bachelors in Nutrition and Food Science from California Baptist University in 2016. I then received my Masters in Nutrition and Dietetics from Loma Linda University in 2019. I moved here to be with family and have a change of pace.

## Tell us a little bit about your athletic background:

I grew up in a sport-centered family (mostly football) so I love all things athletic. My main sport was cheerleading, starting at 6 years old, and competed up until after my junior year in college. I finished my cheerleading career as a 3x NCA College National Champion with @cbucheer! (watch Cheer on Netflix if you aren't familiar with competitive cheer). I have done a few local (CA) CrossFit competitions in the past, but my main focus was always school.

## What drew you to CrossFit in the beginning?

### How did you progress?

I started CrossFit to come back from ACL reconstruction surgery in college. I also wanted to keep up with the competitive drive post college athletics and CrossFit did just that. Having a strong foundation from cheer allowed me to obtain skills faster than others and, 2.5 years later, I got my L1 and started coaching after realizing I wanted to help others reach their health and fitness goals. I have been coaching for over 3 years now, 2 of which was spent coaching at two different gyms simultaneously. So, a total of over 6 years in CrossFit. I also had a third job teaching Acro and Tumbling to kids at a dance studio.

## What is your favorite CrossFit movement and/or workout?

Handstand walks and bar muscle ups are my favorite movements, but I love the feeling of lifting a barbell. I love burpees also!

## Tell us something unique about yourself!

Aside from coaching CrossFit, I am a registered dietitian (MS, RD) and currently working on obtaining my license to practice in this state. I worked my first job at an eating disorder clinic before moving here, which has given me a unique approach to nutrition therapy and counseling. I hope to be a valuable asset to Sioux Falls in this area! Outside of the gym, I spend time at coffee shops, reading and constantly keeping up with research in my field, doing yoga, and adventuring outdoors.



# EAST MEMBER OF THE MONTH: LISA VAN GERPEN

---

We nominated Lisa for a number of reasons. Since joining the gym a year and half ago she's worked hard to increase her strength and has valued learning technique first. She's prioritized making it to the gym - even after nights of being on call and delivering babies - and has had some exciting changes in her health markers that she didn't expect! She is a rockstar!

## Tell us a little about yourself and your family:

I have been a certified nurse midwife at Avera for 22 years. My husband Shawn is a child psychiatrist at Avera. My oldest son Isaac is a junior physics major at SDSMT. My daughter Tessa is a 6th grader at Harrisburg South Middle School and son Treyton is a 3rd grader at Harrisburg Liberty.

## How & when did you get introduced to CrossFit? What made you want to continue coming?

I was introduced to CrossFit by Rachel Lynass. I have always exercised and had thought about trying it several times but had been intimidated. I finally decided when they offered a free month for their anniversary (October 2019) that it was time. I had started lifting some (machines only) after years of only cardio but had never before worked out so hard in my life. Something about the intensity of the workout makes you feel great both emotionally and physically. I feel better than I have ever felt in my life and never thought I would say that at this age.

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

I try to do the 830 group as much as I can. Partially because it is the best time for me physically but also it is a great group of people, so I feel supported and relaxed working out with them.

## What are some of the biggest improvements you've made since starting?

When I started, I told Rachel that I just wanted to maintain tone. She told me "you are at the wrong gym." I embraced the "getting stronger" and have gradually increased my weights on every exercise. I think more importantly, I can lift way more at home doing everyday things. I have always had normal lab results but decided recently to do a planet heart screening. My cholesterol ratio was 2.2, the lowest it has ever been! My resting pulse is also the lowest it has ever been. So, to be able to be getting to the age where most people start to get worsening results and actually be improving is pretty awesome.



# EAST MEMBER OF THE MONTH: LISA VAN GERPEN

---

**What advice would you give to someone who is on the fence about trying CrossFit Phos?**

Do not be intimidated. You can modify a lot, especially at first, but you will gradually get stronger and healthier. Also, I think it is a common misconception that you need to go 5 or 6 days a week and for many, myself included, that is unrealistic with work and family. Make a goal of 3 or 4 days and stick to it.

**If you had to pick a vehicle or song that fit your personality, what vehicle/song would it be and why?**

I am going to go with my favorite quote instead, as I am not really a car or song person. "Enjoy this moment for this moment is your life." Try not to dwell on the past or worry about the future.

**What's your favorite pick-me up food, snack, or drink on a busy day?**

Homemade energy balls and fresh fruit.

**What's your favorite "free time" activity?**

Camping, hiking, gardening.... basically anything outside.

**Finally, what do you love most about Phos?**

Definitely the intensity that for one hour of my life makes me forget about all of my stressors, the feeling of accomplishment when I make it through a tough workout, and the people - both the staff and other members.



# WEST MEMBER OF THE MONTH: CHRIS BOHLEN

---

We nominated Chris for a number of reasons, he always shows up ready to be coached, he loves feedback, always asks great questions, and consistently focuses on moving better. We are grateful for the energy and attitude he brings to our community.

## Tell us a little about yourself:

My name is Chris Bohlen and I work for an advertising agency here in Sioux Falls called Epicosity. My wife Ashley and I have two pretty great kids Joey (4) and Lauren "Lou" (2) who some of you have probably seen running around the gym on Saturday mornings when they cooperate enough for us to get there in time for class. We also have a dog named Ace... Between the three of them they keep our hands full.

## Why CrossFit?

I was introduced to CrossFit when I was in college. One of my roommates was a coach at a gym and talked me into going. I did that for a while took a break, then Ashley and I started going again and enjoyed doing it together as a couple. At some point we got busy with kids and life and it seemed like I didn't have time but let's get real I was not making it a priority. I am not sure why, but I just felt compelled to start back up again and I really wanted to give Phos a try. I love being able to show up and not personally, have a plan knowing that the coaches have everything planned out from warmup to cool down.

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

When I started, I really wanted to be one of the cool kids and workout at 5:30am... Then the pandemic hit and I started working from home. I quickly found out that I could just as easily make the noon class work in my schedule and have been doing that ever since. So, you can generally find me at the noon class but I really love bringing the kids on Saturday and getting a good workout in.

## What are some of the biggest improvements you've made since starting?

When I think about big improvements I tend to think about big numbers. I would say that I have not made a ton of big improvements but more so a ton of small improvements. It could be anything from foot placement on heavy lifts, eyes up, remembering to breathe during the workout - and being given these reminders by the entire coaching staff is something I absolutely love about them. I want to know what I am doing wrong or could be doing better. That feedback has allowed me to become more of an efficient athlete during a given workout.



# WEST MEMBER OF THE MONTH: CHRIS BOHLEN



## What is the value of being a “coachable” athlete?

I know that I am not the best or the strongest person in the gym. However, knowing that and being receptive to feedback is important. It makes the coaches’ job a little more enjoyable and in the long run I really think it adds longevity to one’s ability to move and avoid injury. I know I am not getting any younger and it is obvious that the coaches know what they are doing. I just want to absorb a little of their knowledge to help be a better version of myself.

## If you had to pick a vehicle or song that fit your personality, what would it be and why?

Ooofff, that is a tough one. You can ask coach Jessie that I can be picky about some of the music that she chooses to play during the workout. If I had to choose just one album, I would go with Blink 182’s album “Enema of the State” it has tons of great songs that pull me right back to high school and college that I love to work out to. It is upbeat, fast, and generally puts people in a good mood... things I try do, I guess.

## What’s your favorite pick-me up food, snack, or drink on a busy day?

I am typically a black coffee guy about any time of the day. If I had to choose a snack it would be a meat stick, generally venison. It seems like a relatively healthy snack that I do not feel guilty eating throughout the day

## What’s your favorite “free time” activity?

I really love hunting. Typically in the fall I will spend as much time as my wife and kids will allow sitting in a tree with my bow waiting for a deer to walk past. There is just something about sitting in the woods quietly watching the world go past with nothing knowing you are there.

## Finally, what do you appreciate most about Phos?

As many times as I have sworn at a coach while I am laying like a puddle in the middle of the gym after a workout, I love the coaches. Each and every coach that I have worked out with has always taken a moment to chat and to give a little advice on the workout. I don’t know what I don’t know about form and mobility and certainly appreciate the attitude and wisdom that the coaches bring to each session.

# APRIL BIRTHDAYS

- 1st - Robin Barber, Mike Newman, Chris Haak
- 3rd - Rachel Krajca
- 6th - Tonya Madsen
- 7th - Chris Snyder
- 8th - Emma Mogen
- 10th - Kory McKay, Tyler Anderson
- 11th - Cliff White, Andy Kvernmo
- 13th - Marcus Goodfello
- 14th - Luke Smidt, Logan Spader, Kaitlyn Kibler
- 19th - Bradley De Jong, Jennifer Fitz
- 21st - Mary Kerkvliet
- 24th - Adam Kerkvliet
- 26th - Shannon Park
- 28th - Conner Can Dyke, Jen Biteler
- 29th - Colton Hoksbergen, Desiree Schmidt, Kelsey Waltz
- 30th - Tyler Gillen, Kyle Vanderwerff



## QUOTE OF THE MONTH

‘Most people never get far enough on their first wind to find out they’ve got a second’

## SOCIALS



@crossfitphos



facebook.com/crossfitphos



youtube.com/crossfitphosSF

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!



**CROSSFITPHÓS**  
MOVE . EAT . LIVE . BETTER .