



2012 Holiday
Edition

Upcoming Events

December 23 (Sunday) - Gym CLOSED

December 24 (Christmas Eve) - 9:30 - 11:00 a.m. Open Gym

December 25 (Merry Christmas!) - Gym CLOSED

December 29 (Saturday) - Normal morning 8:30 a.m. Class; **CrossFit 515 Christmas Party (more info below)**

December 30 (Sunday) - Gym CLOSED

December 31 (New Year's Eve) - 9:30 - 11:00 a.m. Open Gym

January 1, 2013 (Happy New Year!) - Gym CLOSED

March 6 - April 7 - 2013 CrossFit Games Open!

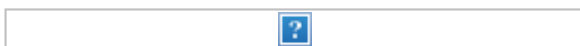
New Faces

Welcome our newest members to 515! Introduce yourself and cheer them on!



Kevin Palmer

CrossFit 515 Christmas Party!



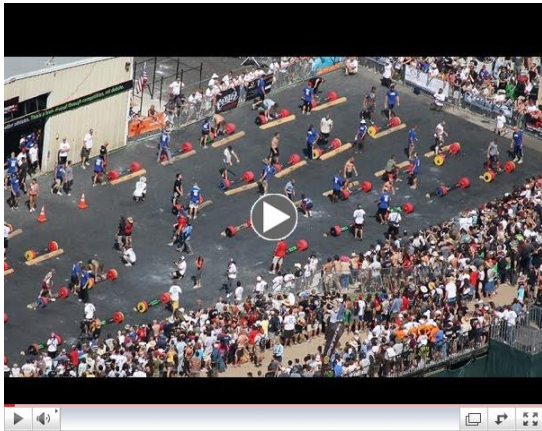
These guys will be there

When: Saturday, December 29, 2012 at 7:00 p.m.

Where: Jim and Shelley Noyce's, 905 48th Street, West Des Moines

Family and friends welcome! Please bring food to share and drinks.

2013 CrossFit Games Open: March 6 - April 7



CrossFit Games History: 2007-2013

The Open kicks off in less than 3 months! This CrossFit Games season promises to be an exciting one at 515.

Registration for the Open begins January 30, 2013. Like last year, the Open will consist of 5 workouts; one workout per week from March 6 - April 7. These workouts will be performed at 515 (or another CrossFit affiliate), judged by a trainer, and verified by the affiliate.

New Masters Division! They are adding a 40-44 Masters age group to the Games this year. The top 20 masters in each category from the Open qualify directly to the CrossFit Games, held in Carson, California in the summer. Will Shelley Noyce qualify?



Brandon Beem



Pat Neal



in the summer. Will Shelley Noyce qualify for the 3rd year in a row?

Should you participate in the Open?

Yes! It's a great way to get a taste of competition, be judged under strict standards, and push yourself harder than your normal workouts. For your score to count, there can be no scaling. We understand this may seem intimidating. If you are asking yourself "will I be able to do the rx'd movements?", here are some of the movements and weights that have shown up in the Open:

- Burpees
- Ground to Overhead (75/55)
- Double Unders
- Toes to Bar
- Shoulders to Overhead (115/75)
- Thrusters (100/65)
- Wallballs (20/14)
- Box Jumps (24"/20")
- Deadlifts (155/105)
- Chest to Bar Pull Ups
- Overhead Squats (120/90)

If you are close to being able to do these weights and movements, the Open may give you that extra push to hit a PR or gain a new skill. If you are on the fence about participating in the Open, talk to Jaime or Bobby.

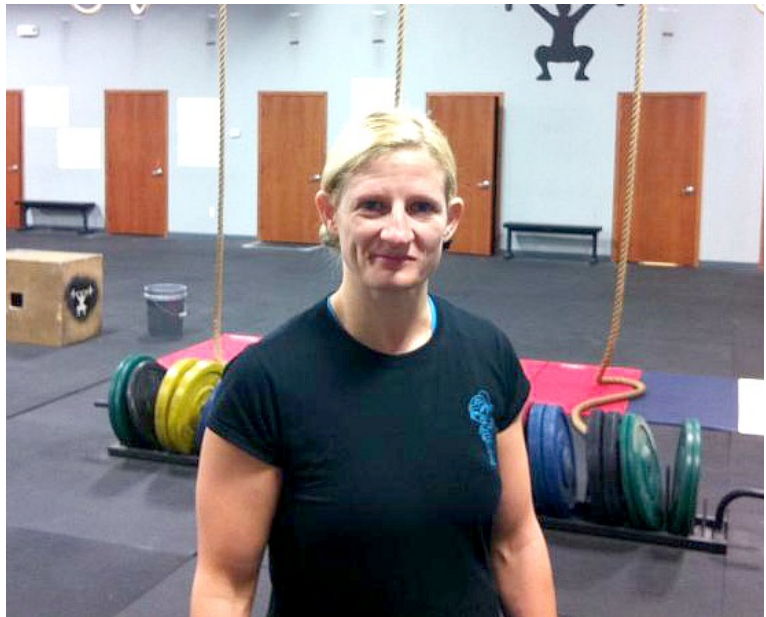
CrossFit 515 had excellent participation and performances in the Open in 2011 and 2012. As a team, CrossFit 515 took 6th in the North Central region in the Open in 2012, and 10th in 2011. We expect 2013 will be our best year yet!

Tearing up the Competition Scene

Two weekends ago, Jaime competed in the Ozark Mountain Shred-Fest. She finished 4th overall against some VERY tough



Angie Porath



Cassie Rodish



competition.



This past weekend, CrossFit 515 had two co-ed partner teams (Jaime/Bobby and Lindsay/Nate) participate in Quad City CrossFit's Christmas Classic. The competition was fierce. Jaime and Bobby took 1st for the weekend, taking home the \$1,000 prize. Lindsay and Nate finished 5th.



Joe Peters



Cory Hagen



#TwoEleetTooKair

Rants on the LOLerz of CrossFit

We love a lot of things about CrossFit and the community it nurtures. That being said, unfortunately there are several things within the community that drive us nuts as CrossFit coaches/fanatics. This is our vehicle to rant.

The Sport of Fitness(?) Has Arrived

[This is impressive](#). So is [this](#) and [this](#). CrossFit was fundamentally built and structured around proficiency in weightlifting, gymnastics, and metabolic conditioning. But if you follow the CrossFit competition scene and the types of workouts that are being used to test and find the "fittest" athletes, there is an overwhelming imbalance and over-glorification towards the strength and weightlifting end of the spectrum.

Sure, we do olympic lifts (snatches and clean & jerks). but crossfitters are not



Jerod Torrey



Anthony Brooks



clean & jerks, but crossfitters are not impressing anyone in the lifting world with the weights we're putting over our heads, or our olympic lifting technique. ([Did you see the Games clean ladder?](#)) Yet, it seems that the CrossFit competition scene is moving more and more towards glorifying and placing (WAY) too much emphasis on these movements.



For example, at the Ozarks Shred-Fest where Jaime competed, two of the six workouts were max olympic lifts: WOD 1 was a 1 rep max clean, and WOD 4 was a max 1 snatch + 1 hang snatch. Not only that, WOD 2 had 205/125 power cleans, and WOD 6 had 145/95 snatches. Call me crazy (and weak), but these are pretty heavy loads to be moving. So much for constantly varied, huh?

At the Christmas Classic last weekend, the first event featured max rep clean & jerks at 185/130. The very next event featured finding your one rep max load for snatch and clean & jerk. There are several "CrossFit" competitions that are dedicating one of the WODs towards finding your total in a [USAW](#) sanctioned format. I have yet to find a CrossFit competition that features a [USATF](#) certified 5k road race.



The fittest man in the world can't run

"But the Games has their annual endurance WOD to open the competition each year!" says someone who was actually impressed



Jeff Seese & Evan Stanislav



Jordan Kracht

Athlete of the Month: Steve Thompson

Get to know the people that make 515 great!



says someone who was actually impressed watching a majority of the competitors walking up hills and...down hills as well. "What types of tests did these athletes have to demonstrate in order to be able to make it to the Games to prove they are the fittest?" Is my smart ass response to this nonsense. The Regional events last year (top three athletes from each region are eligible to compete at the Games) included: Max snatch, 100/70 Dumbbell Snatch, 225/135 hang cleans. If you were not able to snatch the 100/70 dumbbell at least ten times, you were eliminated from the Regional competition. But I must have missed the event that eliminated athletes that were unable to run a mile under 6:00.

Arguably, nobody got burned by this CrossFit weightlifting phenomenon (at least, I hope it's a phenomenon) more than Blair Morrison. Blair got 4th overall at the Games in 2011 but landed in 4th in his Region in 2012, leaving him ineligible to compete at the Games. His perspective of the programming for Regionals and the Games is interesting and full of common sense: "It's obvious that aerobic endurance is a priority at the Games," says Blair. "3 of the past 4 years the Games have opened with an event that is longer than 40 minutes. The sum time of my events at Regionals this year was 54 minutes. There is a disconnect here. Doing a legitimate aerobic endurance workout isn't necessarily the spectator friendly thing to program, but it means that in order to get to the Games you have to prove that part of your fitness. This would be a good thing." Your truth sauce is tangy, Blair. Give the full article a read [here](#), and frequent his [blog](#) if you don't already.



"I threaten weekly to pull up stakes and buy a sailboat in the keys. I think we should all go"

Learn more about Steve by [clicking here](#) to read the full interview



Bobby eats strengf

Strength is an important component of fitness, but it is only one component. The others being cardiovascular endurance, stamina, flexibility, power, speed, coordination, agility, balance, accuracy. You can argue that Olympic lifts test many of these elements, not only strength, and you would be right. Olympic lifts are incredible movements and great for CrossFit, but CrossFit competitions are not weightlifting competitions. To find out who is the most well rounded and fittest athlete, we need to start testing and demanding all aspects that come with this title.

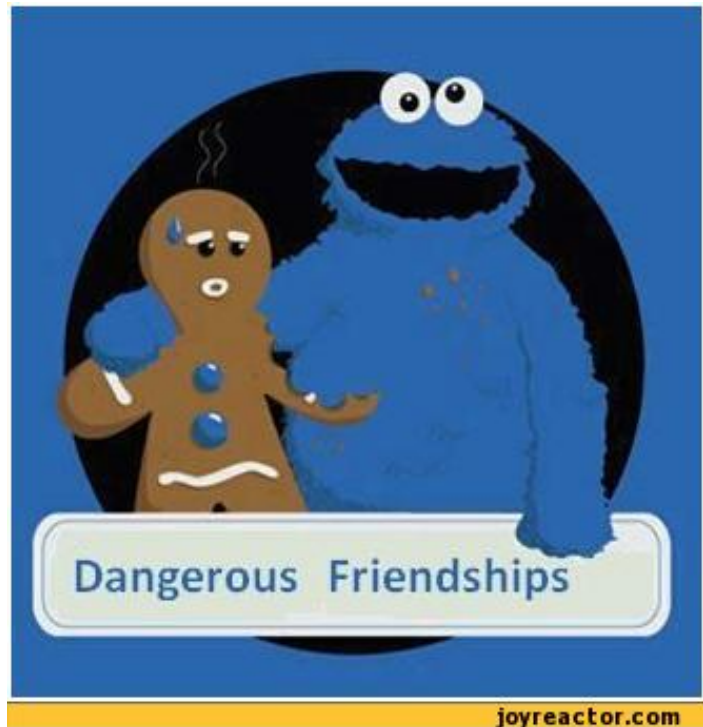
Paleo Recipe of the Month

Eat like a caveman...often

Ginger Bread Cookie Dough

Ingredients:

- 3/4 cup packed dates
- 3 tablespoons raw almonds
- 1/4 tsp. ginger
- 1/4 tsp. cinnamon
- 1/8 tsp. nutmeg
- 1/16 tsp. cloves



Directions:

- Put all ingredients in food processor
- Use a cookie cutter to form, or [roll in to balls](#)
- Destrominate in the name of Christmas

515 Throwdown

On November 3rd, 515 held an intra-gym competition with great participation and some amazing performances. Athletes judged and competed in three

performances. Athletes judged and competed in three workouts that weren't announced until minutes before. We are looking to have another competition early next year in prep for the Open season. Look for more info coming soon!



"You're never a loser until you quit trying."
-Mike Ditka

