

Welcome to the First Newsletter of its kind! The One, the Only, the Legendary, CrossFit307 WOD Rag. Your box has been open for over a year now and it's high-time we got this party started! We'll talk about the box, CF307 programs, nutrition and more.

My, how things change in a year!

Last year at this time we were just a fledgling affiliate, struggling to make our way in the world today. What started out as a 3,500 square-foot driving range-turned-CrossFit box has since grown to an amazing 7,000 square feet of rings, boxes, rigs, bars and weights! The best part is that all of this growth came at no extra cost to our Athletes! Man, ya'll are spoiled! Actually, none of it would exist without you! We appreciate how much you love the box, how much time you spend in the box, and how much you share it with your friends! It makes all the difference in the world. Our sincerest thanks for making it as successful as it's been.

With the new space comes new opportunities and new challenges. Classes have always had priority to space and equipment, now there is often ample "open gym" space for others not wanting to be in class. The challenge becomes keeping things clean, organized and safe! You know that if you get it out, you put it away but not everybody who uses the space remembers that every time. So, when you see equipment left out, please help keep the box safe and put it away! It helps make sure the equipment lasts for a long time. This crap ain't cheap, ya know!

In the coming days you'll notice another pull-up rig installed in the new space. This will be primarily for the CrossFit Kids classes and OnRamp but will also be available for "open gym" the rest of the time. Suh-weet!

What's on the horizon?

CrossFit Kids

You may have noticed that we recently began offering CrossFit Kids classes. We're pretty dang excited about this and if you have kids, we hope you're taking advantage of it! Our Kids Coaches have gone through extra, specialized training courses and the affiliate has taken extra steps and paid extra fees to be able to bring this program to the 307 and we hope you, but more importantly your kids, really like it. Establishing a foundation of fitness when you're young can mean the difference between a healthy lifestyle and an unhealthy one. It'll also make them better at the things they're already pursuing!



Our goal is to be able to expand the CrossFit Kids program to include pre-schoolers and Teenagers and even a specific Teen Weightlifting class. All of that will depend on you and your kids! So, get 'em in here so they can join the fun.



What else is on the horizon?

Strength Days

You may have also noticed that our programming for Thursdays has taken on a bit of a different twist. We're trying to incorporate more strength-specific programming on Thursdays, so if getting stronger is one of your goals, this class is for you. Plan your rest days accordingly.

Nutrition

The website also has a new nutrition blog posted here (CrossFit307.com/nutrition) for everyone to use as an aid to improve the nutritional aspects of your training. Remember, you can't outwork a bad diet. We'll do our best to post helpful information, resources and recipes here. If you have Paleo or Zone recipes you want to share, please submit them to us at crossfit307@gmail.com and we'll get them posted.

Competitors Workshop

In the coming weeks and months, it is our goal to help our Athletes that want to have the opportunity to compete in local, regional and national competitions. There are competitions happening all the time and we're not always aware of them, so if you know of one, please pass it on to us so we can let everyone know. As such, we are in the process of preparing a Competitors Workshop for those of you who are serious about training for any type of athletic competition, whether it's an obstacle race like Spartan Race or Tough Mudder or more CrossFit-oriented competitions like the OC Throwdown in California, Fitness Elevated in Utah or the CrossFit Games. There would be an extra cost associated with these workshops, but know that the value would far surpass the cost. Details will be announced once we're ready. Speaking of the CrossFit Games...



The OPEN. Our CrossFit Games.

Seven minutes of burpees? Thruster/Pull-Up ladder? Wall Balls? What's it going to be? Either way, we hope you're ready!

What is the CrossFit Open?

The CrossFit Open is an international Open competition that begins the selection process of who will move on to Regionals and eventually, the CrossFit Games at the Home Depot Center in Carson, California. The CrossFit Games are like the friggin' Olympics of CrossFit, but without the lame ball and twirly-thing routine. This competition finds the World's Fittest Man, Woman and Team on Earth! What more could you ask for?

The Open, however, is unique in that it really is for EVERYBODY! Competition has great value and teaches us things about ourselves that we would not discover otherwise. Some of you may be thinking that the Open is not for you. Well, how do you know if you've never done it? It is a huge, steaming pile of fun and really exciting to see so many people with a common interest working their hardest together.

Each participant is required to register (games.crossfit.com) and participate at an established CrossFit Affiliate. (Hey, whattya know, that's us!) We will provide the judging and approve your scores as required, all you have to do is bring it! OK, there's more to it, but "bring it" sounded cooler. You'll need to sign up under CrossFit307's Team and submit your own scores each week for the Affiliate to approve. **LATE SUBMISSIONS WILL NOT BE ALLOWED FOR ANY REASON.**

OPEN WOD TIMES

THURS 6:30PM

FRI 12:00PM

SATURDAY MORNING

We'll have a sign up sheet posted by noon on Thurs for Saturday heat times.

"I firmly believe that any man's finest hour, the greatest fulfillment of all that he holds dear, is that moment when he has worked his heart out in a good cause and lies exhausted on the field of battle - victorious." Vince Lombardi

