



# CROSSFIT WICKED

*Newsletter*

**CAN MUSCLES BY MIFFITT WIN THE INTRAMURAL CUP FOR THE SECOND YEAR IN A ROW? OR WILL ANOTHER TEAM RISE TO THE CHALLENGE AND SNATCH IT?**



Each year the Open is bigger and more exciting than the last. Our nerves can get the best of us, but what we love the most about this time of year is the spark of energy felt throughout the gym. Everyone puts their best foot forward and motivates one another to be their very best.

Most fun of all, our Annual Intramural Competition commences. What team will be raising the coveted intramural cup after the 5th week of the Open? We're not sure who it will be, but after two weeks and two wins, Barbells & Beasts are dominating our team leaderboard.

The Spirit Award is up for grabs each week. Whatever team makes the dominant appearance with loud cheers, colorful signs, and anything else that screams T-E-A-M, will earn an extra 5 points for their team.



## intramural open

We've put a lot of time trying to strike a balance between the competition aspect ('only the firebreathers matter') and the participation aspect ('everyone gets a medal'), while keeping the scoring system as simple as possible. (It took me hours every week last year to tally all the individual and team points.)

**So what do you need to do each week you ask?!**

DO the WOD and ENTER your score into the CrossFit Games site. Most importantly, let's all have FUN!

### POINT BREAKDOWN

Each team member can accumulate the following points:

1.0 point for doing the Open WOD (even modified)

1.0 point for entering the score into the CrossFit Games site (even entering a '1')

0.5-5 bonus points are available for the top 10 finishers (for a full breakdown refer to the "2016 Intramural Open scoring" file saved in the CrossFit Wicked Members-Only group). In order to qualify for these Bonus Points, the athlete must enter his or her score into the CrossFit Games site.

5.0 additional points for "Spirit of the Open" awarded to one TEAM week in which Joe & Alicia feel best embody the spirit of the Open for that week (social media posts, cheering each other on, overcoming adversity, etc.)

Team points will be added up each week and each Team will be ranked for that week.

## week one

Though 16.1 was a logistical nightmare for the gym (and gyms worldwide), it ran super smoothly! We certainly have the experience under our belts - this being our 5th Open at CFW, but just like in CrossFit, you have to expect the unexpected.

Team Scores:

1. **Barbells & Beasts** - 62.25 points (43 participation and 19.25 WOD)
2. **MBMGBT** - 60.75 points (44 participation, 11.75 WOD, 5 Spirit)
3. **TeamRTR** - 56.25 points (44 participation, 12.25 WOD)
4. **AMBAP** - 55.75 points (44 participation, 11.75

## week two

16.2 was another beast of a workout. Kudos to everyone who PR'd their squat clean, did their first double unders, and/or toes-to-bar! Great work to those of you who redid the WOD and smashed your previous scores!

Team Scores:

1. **Barbells & Beasts** - 62.50 points (44 participation, 18.5 WOD)
2. **TeamRTR** - 59.00 points (44 participation, 10 WOD, 5 Spirit)
3. **AMBAP** - 58.50 points (44 participation, 14.5 WOD)
4. **MBMGBT** - 56.00 points (44 participation, 12

## on ramp

With Spring right around the corner there's no better time to whip yourself into shape like the present!

We have an amazing community, a phenomenal coaching staff, and expert programming to help you feel better than you ever have. You'll feel motivated and inspired to tackle anything that life throws at you.

This month, our two-week on-ramp sessions begin on Monday, March 14th and again on the 28th. Class times are 11 A.M. or 8 P.M. Cost is \$100, but FREE with member referral!

## paleo corner

### VANILLA MINT SHAMROCK SMOOTHIE

#### VANILLA LAYER

1 frozen banana  
1/2 cup light coconut milk (canned version)  
1/4 vanilla bean pod or 1 tsp pure vanilla extract  
1 Tbsp chia seeds (optional)

#### GREEN MINT LAYER

1/2 frozen banana  
1 and 1/2 cups fresh spinach  
10-15 fresh mint leaves  
1/4 cup coconut milk

#### DIRECTIONS

Thoroughly blend until all ingredients are smooth. Serve immediately.



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## success stories

**C2B:** Meg K. and Joe K. both did them for the first time ever, Laura C. went from zero last year to 25 this year, Kate F. went from zero last year to 40 this year, Heather K. did them for the first time in a wod, and Victoria B. was happy that this year she wasn't limited by the movement.

#### Who surprised themselves?

Alison L. couldn't believe she was able to finish 7 full rounds! Fernando R. & Sam F. were able to mentally overcome the overhead lunges. Sarah D. & Nicole D. finished their first Open wod and like Chris P. were motivated by the other members at CFW. Michella A., Derek D. & Sam V. felt hugely accomplished doing the wod RX. Shona B. embraced the mental challenges and worked through them. Joe V. was able to do pull-ups for the first time in 8 months with no pain in his elbow.

**Special shout outs** to Marisa C. for bouncing back from not 1, but 2 pregnancies and making 16.1 look easy and kudos to Nick C. who has been focusing on his Oly and hasn't tested his endurance in months.

## SUCCESS

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## SERIES

## SMALL WINS

## socialize WITH US

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