

# QTOWN CROSSFIT

## NEWSLETTER

QUINCY ILLINOIS

Date: September 26, 2018

### QTown August Gathering

Thank you to everyone who participated in our QTown Gathering! It was great to see everyone from different class times hanging out and enjoying a beautiful day. We hope everyone enjoyed the outdoor workout (yes, it was tough) and the food! We are already looking forward to doing this again in the Spring. This all would not be possible without you being a part of this unique, special community.

Thank you!



### Important Announcement

Gym will be closed on October 8th, 2018 for Maintenance - we will be releasing an at-home WOD

### QTown Kids



Photo Cred: Coach Coplan

(2.5 years from participating)

Our Kids fitness program has begun! Interested? Kids aged 3-12 are welcome to try a class out and if you are interested in having your child doing it full time please let a coach know. This fitness class is every Tuesday and Thursday at 6:30pm lasting about 45 minutes. Focus is on making fitness fun and to learn a little.

# RECIPE OF THE MONTH

# Training vs Testing



Picture courtesy of delightfullyglutenfree.wordpress.com

## Chicken Spaghetti

- 3-4 Boneless Skinless Chicken Breast
- 1 Spaghetti Squash
- 2 - 8oz cans Tomato Sauce
- 1 - 6oz can Tomato Paste
- 2 tsp Basil
- 1 tsp Oregano
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 1 tsp Salt
- 1/2 tsp Black Pepper

1. Place chicken breast in Crockpot
2. In a medium sized bowl mix tomato sauce, paste, and all seasoning.
3. Stir until one consistency and seasonings are mixed well
4. Pour over Chicken
5. Cook on Low for 4-6 hours
6. While chicken is finishing cut Spaghetti Squash in halves
7. Scoop out seeds
8. Lightly coat with olive oil or coconut oil, can lightly season with salt/pepper
9. Cook face-up on baking sheet for 45-55 Minutes until flesh is fork tender
10. Put chicken over spaghetti squash and enjoy!

Humor me for a moment. Think back to the last time you were in a classroom. For some of you that may be yesterday or 30 years ago but if you can, think about the first week of school. Your teacher gets up and says the usual stuff, and that in this class we are learning about how to treat different medical conditions. The teacher then hands out a test and says give it a shot. Okay... you think, well, maybe it's just to get a baseline of what we all know coming into it. So you take it and find out that you actually do not know all that much about medical conditions. The teacher takes it, grades it (not a grade you care to show momma on the fridge later) and then says "see you tomorrow." You show up the next day and the teacher hands you another test, similar but different. Maybe you had a few takeaways but you finish it and hand it back in, and then it's graded and handed back. No surprise you almost got the same grade. This goes on for a few weeks and then the teacher asks, "Why haven't you gotten better" and you proclaim, "Excuse me!? You have ONLY been TESTING us!?"

Sound crazy? Well this tends to be a prevailing issue in the CrossFit community. At QTown we are committed to a continual process of improvement and this includes how we program. We've discovered over time that there has to be a balance between training and testing. There is actually a better way to get better at a test then just taking a random test everyday.

Let's compare and contrast the two a little:

<u>Testing</u>	<u>Training</u>
Identifies current Fitness level	Practices the components needed for the test
Establish a metric to remeasure	Prepare for unknowable
Opportunity to discover new limits	Create sustainability in skills, muscular contractions, and breathing ability

So on one hand we want to have the opportunity to test and see where we stand, but on the other we also want to make sure we are practicing to get better at that test (and tests that we do not even know about). What does this mean for you? It means that the attitude for each is miles different. Just like we learn and practice for a test is different than just taking the test, we do the same thing in fitness. We use repeatable efforts to get better and teach our bodies how to sustain rather than fatigue. We train lifts to develop better maxes (the test). We train skills to make those skills repeatable and sustainable. Finally, we train different combinations of things so that we can be ready for a test we do not even know about it.

Over the next few newsletters we will expand on what really good training looks like and then what really good testing is. Main take away - show up and do the work as written, training your way to better testing. Both have value, but they are NOT the same.

# COMMITTED CLUB

**QTown's Committed Club recognizes those members who attend the gym 15 or more times a month every month. Below are those members from the month of September who made the Committed Club! Please congratulate them when you see them at the gym! We also select three people each month from the list who win a prize. Those winners are Dominic Scott, Amanda Gabel, and Erik Johnson!**

***Please see a Coach to get your prize!!***

Chad Cook	25
Chris Helsabeck	25
Aaron Taft	23
Amanda Gabel	22
Dave Lockhart	21
Abby Rose	20
Angie Woods	19
Cheryl Riney	19
Jonathan Fuqua	19
Martinette Douglas	19
Denise Kuhr	18
Laura Cook	18
Sue Lockhart	18
Erik Johnson	17
Isidoros Vardaros	17
Jordan Beaber	17
Nicole Huber	17
Tad Luebbehusen	17
Taylor Scarbrough	17
Dominic Scott	16
Heather Davis	16
Rob Gengenbacher	16
Vitor Pastorini	16
Adam Peters	15
Cassie Mosley	15
Cole Miller	15
Emily Henry	15
Jake Tadeo	15
Lizzy McCrudden	15
Megan Redshaw	15