

Welcome to CrossFit Avalanche/Blizzard!

You have made a good choice in proactively maintaining your health. We are pleased to have you become part of our CrossFit community. You will find that this a unique community made of a melting pot of different types of athletic people with a common goal of self improvement and support.

It is our intention to bring you health and fitness in an affordable manner. You can expect to:

- Have fun
- Learn how to properly and safely workout
- Make new friends
- Receive well educated training from a professional trainer.
- Improve athletic performance, physique and overall fitness level.

What is expected of you:

- To show up. Most clients workout 3 plus days a week.
- Leave the ego at the door. It is most important to workout at 'your' level.
- Come in with a good attitude, open mind, readiness to learn and to work hard.
- Constantly strive to improve
- Train consistently – there is no magic pill, workout often and you will get fit.
- Represent our community with integrity and pride.

Are you injured? Please share with us injuries that you have experienced or currently have. We are concerned with your well being and will modify the workouts, exercise, volume, or weight to keep you safe.

CrossFit is INTENSE! Actually it is as intense as you make it. You know what you may have been capable of in the past, remember to be realistic about your current fitness level because this is serious exercise and you will get very sore muscles. Please ease your way into our program by following some of the following tips:

- Listen to your body! If you are physically hurting and risk injury then STOP what you are doing.
- It is OK to take breaks for survival during CrossFit.
- FORM:
 - 1) Proper FORM or movement mechanics comes first.
 - 2) Repeating that proper form over and over.
 - 3) Increase intensity by increasing either speed, weight or volume of reps, ONLY after steps 1 and 2 are constant.
- NEVER compromise form for TIME!
- It is more than OK to use lighter weight on workouts to address form issues. (If you use lighter weight it is not cool to go light just so you can win the fastest time.)
- This is about self improvement not self promotion, leave your ego at the door and make the intensity level the best you can versus comparing yourself to others.

We are not Doctors, Physical Therapists, chiropractors, etc... That being said we cannot diagnose injuries. We still want you to let us know what is going on. Many perceived injuries from CrossFit come from tight muscles. If you let us know what is happening we

can potentially help you and or recommend seeing some type of person qualified to address your problems.

First things first, coming to class:

Current Class Times: (all classes last one hour).

Avalanche (Tahoe Vista) Mon-Fri 7am, 9:30am, 12:15, 4:30, 6pm, 7pm.

Sat-Sun 7am, 8:30

Elements: Monday, Wednesday and Friday 8:15am.

Blizzard (Truckee) Mon-Fri 7am, 9:30am, 12:15, 4:30, 6pm

Saturday 8:00am.

Online Sign Up in advance: We want to provide you a great service! Our gym can accommodate many individuals in one class. However if we know how many are coming we can plan workouts more efficiently and have plenty of equipment for everyone. Pre-registration also helps maintain adequate client to trainer ratio.

Sign up at: Mindbodyonline.com

(<https://clients.mindbodyonline.com/asp/home.asp?studioid=6895>)

Mindbody is a website that you can check the schedule, make a reservation for a class or multiple classes, as well as pay for your membership and manage your account online.

***It is preferred that students sign up online prior to class. Please make ‘Single reservation’ and or recurring class reservations.**

Parking: Parking at Avalanche is a bit of an issue. Park close to the gym. Most importantly don't park in front of the “trailer office” in the lot, these spots are reserved for B&G Industrial. During non-winter months clients can park on the street as well.

Punctuality: Please show up on time or as early as 10 min before class. We start on time! Being on time for class is important to properly and safely warm up as well as being present for skill development and information relevant to that workout. Being late to class is perceived as disrespectful to the trainer and to punctual clients. Tardiness is disruptive and takes away from on time students and prevents proper warm up by late individual. Clients that show up late in particularly habitually late may receive and should expect additional exercise.

Each class lasts one hour. You can typically expect a 10 minute dynamic warm up, 10 minutes of skill work or a core workout. Each day we teach and review the exercises related to the workout. The workout of the day or WOD is the focus of the session. We try to leave time at the end of each class to static stretch. We believe that this static stretching is a *minimum* of what athletes need to cool down and decrease injury and soreness. Classes technically end at the end of the hour but will often go over a few minutes. If you need to leave prior to class being finished do so. Be responsible and stretch to properly cool down and proactively maintain flexibility. Recognize that

stretching and mobility exercises are necessary outside of class to maintain proper flexibility required for fitness.

What membership is right for you?

If you have time to come workout 3 times or more per week the Monthly Unlimited is a true value. If your schedule regulates you to two times a week or less you should be on the 2X week plan.

How often should I train?

We recommend our clients train 3 days a week or more. Each individual is different based on what their schedule allows, what their current fitness level is and how much time people take to recover.

Rest day:

Recovery or rest is when we get strong. Your brain/body needs at least one day a week of rest. This is often misunderstood, please don't get the impression that high intensity workouts 7 days a week is a good idea, it is excessive!

Knowing this is serious exercise clients need to learn to listen to their body and differentiate between good pain and injury. Over training is a concern! People recover at different levels, for some 4 or more workouts a week is excessive, others may handle that well (at least for a while). Just because the CrossFit.com WOD is programmed 3 days on, 1 day of rest, then 3 days on doesn't mean that you are encouraged or expected to WOD 6 days a week.

Membersip Payment:

When to pay? Our memberships are based on monthly commitments. Payments are expected monthly and paid in a timely manner. Our Mindbody system sends out friendly email reminders of membership expiration. If you don't receive these make sure we have your email address correct.

We accept Visa, Mastercard, check, or cash. Credit card payments can be made on mindbodyonline linked from CrossfitAvalanche.com.

AUTOPAY:

Automatic payments are encouraged and available to those who want it.

•\$5 discounts for cash and check payments made within 3 days of expiration date of previous month.

What to wear: Workout clothes. Plan on sweating and moving in all ranges of motion.

Footwear: We have a need for multiple types of footwear depending on the exercises that we are doing. Of course any type of athletic footwear can suffice but the three types of shoes that would be recommended are: running shoes, flat soled training shoes (less heel than common running shoe), and last but not least Olympic Lifting shoes.

What to eat: Many CrossFitters have had great success following the Paleo Diet. The basis of this is to eat lean protein, fruits, vegetables, healthy fats, and sufficient water. -More specifically excludes: alcohol, refined sugar, processed grains, caffeine, and unhealthy fats.

Another style of eating is the Zone diet (Dr. Barry Sears).

If you would like more information on nutrition Myles Lewis is CrossFit Nutrition Certified and is passionate about increasing performance and health via diet.

Resources:

- www.CrossFitAvalanche.com: Our website which has pricing and scheduling information, Contact information, location and most importantly access to Mindbodyonline.com (<https://clients.mindbodyonline.com/asp/home.asp?studioid=6895>)

- Mindbody is a website that you can check the schedule, make a reservation for a class or multiple classes, as well as pay for your membership and manage your account online. It is preferred that students sign up online prior to class. Please make 'Single reservation' and or recurring class reservations.

- 'The dot com' - www.Crossfit.com is a terrific resource to learn more about CrossFit training and the worldwide community and culture that Crossfit is made up of. Here you can find videos of exercise demonstrations, presentations by founder Greg Glassman, training tutorials, daily workouts and results and workout explanations. This is portal to the mothership of CrossFit.

- The Journal: <http://journal.crossfit.com/> this is a fabulous resource for everything that didn't find on CrossFit.com. Here you will find archives of articles, training, and all things relative to CrossFit. Check it out.

- Facebook – CrossFit Avalanche:

<http://www.facebook.com/pages/CrossFit-Avalanche/127484592480>

CrossFit Blizzard:

<http://www.facebook.com/pages/Crossfit-Blizzard/167083903317292>

Facebook is where we post workout results of the WODs completed at CrossFit Avalanche and Blizzard. Additionally we use this as a way to communicate with our immediate CrossFit community. You are encouraged to comment regularly on the facebook page to cheer on your fellow fitness enthusiasts, share the pain, poke a little fun at someone, vent about how grueling the WOD was that day. This is where we post any announcements for events, successes, and schedule changes including snow day announcements.

- This article has some great information about good pain vs bad pain and suggestions on how to take care of yourself and identify injuries.

<http://metamorphitness.wordpress.com/2009/12/05/weekend-061209>

Familiarize yourself with CrossFit lingo that will help you feel more comfortable:

- WOD = Workout of the Day –either the workout at Avalanche or referring to the dot com
- Dot Com = refers to CrossFit.com (the headquarters website)
- RX = Completed the workout exactly as written, no modification of weight or movement.
- AMRAP = As Many Rounds As Possible –style of WOD design

- MetCon = Metabolic Conditioning this is a style of workout design that CrossFit is famous for which consist of high intensity execution of an exercise or exercises for time domains.
- PR = Personal Record for a certain lift or workout.
- Burpee = An extremely pleasant and effective all body exercise consisting of a squat, pushup and jump.
- Turkish Getup = A very effective all body exercise that consists of the athlete holding a heavy object over their head from a lying position then moving systematically to a standing position.
- Snatch = A very efficient powerful lift where the athlete moves heavy object from the ground to an overhead position. This is performed in the Olympics.
- Clean = A very efficient powerful lift where the athlete moves heavy object from the ground to shoulder position. This is performed in the Olympics.
- Jerk = A very efficient powerful lift where the athlete moves heavy object from the shoulder to an overhead position. This is performed in the Olympics.

A bit about your trainers:

Myles Lewis

Myles has been working out since he was 16. He started personal training in 2006. He has always tried to discover new and exciting exercise techniques for himself and his clients. Myles discovered CrossFit in 2008, and has been addicted ever since. He tries to quit but he can't stop, he even started passing it along to his friends and clients. In May of 2008, he was officially certified to teach others the fundamentals of CrossFit. Myles believes that even with so many fitness programs to choose from, CrossFit is the most effective method.

Myles uses fitness in his life to prepare himself for the physical demands of snowboarding. He knows how hard of a beating one can take on the mountain, and he wants to be prepared. Myles has been snowboarding for 15 years and he spends most of the winter in the backcountry or the park. He has starred in 3 major snowboard films, "The Emergence", "Finding Time", "Lake Effect", and you can find him on Reelcomp.com. During his free time, he enjoys spending time with his friends, family, and girlfriend. When he is not snowboarding (or waiting to go snowboarding!), you can find him at the gym or skateboarding, mountain biking, surfing when he can, and wrestling bears, yetis, or mountain lions. Myles uses CrossFit and so should you. Quit reading about Myles and get to the gym for the "WOD"!

Myles holds the following certifications: Level I CrossFit Trainer CrossFit Kids Certification CrossFit Olympic Lifting Certification CrossFit Nutrition Certified Personal Trainer - NASM (National Academy of Sports Medicine)

Travis Weaver

Travis loves his job! It is his passion to share fitness with clients. He is punctual, consistent, positive, honest and inspiring. He specializes in CrossFit training as well as posture correction and pain relief called The Egoscue Method.

Travis first started lifting weights at the age of 14 to enhance sports performance for wrestling, soccer and snowboarding. He has been a trainer since 2004 in the Tahoe area. As a personal trainer and avid fitness enthusiast, he has always looked for the perfect workout plan. A big fan of CrossFit training and its results, Travis has been consistently training via the CrossFit.com WOD (Workout of the Day) since February 2008. It has dramatically increased his sports performance. In July 2008, he competed in the 2nd Annual CrossFit Games and in May 2009 the NorCal Regional CrossFit Games Qualifier both in Aromas, CA. May 2010 Norcal Sectionals, June 2011 Team member NorCal Regional Games both in San Jose.

When not performing CrossFit workouts or teaching CrossFit classes, Travis spends his time with personal training clients, which includes professional skiers and snowboarders.

For the 7 years in the winter, Travis has taught all levels of snowboarders from beginner to expert at Alpine Meadows. He is available for lessons and loves to share his knowledge of riding mountains.

During his free time he loves skiing, snowboarding, wakeboarding, mountain biking, and Tang Soo Do Karate.

Travis holds the following certifications: Level I CrossFit Trainer CrossFit Basic Barbell Certification CrossFit Olympic Lifting Certification Certified Personal Trainer - NASM (National Academy of Sports Medicine) Performance Enhancement Specialist - NASM Postural Assessment Specialist I & II - Egoscue Method Level I, II, & III Snowboard Instructor - American Association of Snowboard Instructors

Kelly Edelmann

Living in Tahoe since she was two makes Kelly a true Tahoe local. Growing up in the Tahoe outdoor paradise nurtured a passion for physically active lifestyle sports. Kelly's athletic career officially began with running Track in High School. Since then her lifestyle has been engulfed in action sports. Skateboarding and snowboarding are dear to her heart.

Kelly has been training under the guidance of Travis since 2004 and started Crossfit in January 2009. The incredible results she achieved so quickly inspired her to pursue a career as a Crossfit trainer. She obtained her CrossFit level 1 certification in October 2009. Kelly's first competition was the NorCal CrossFit Games sectional qualifier in April 2010. She placed in the top 30. This year her sights are set on qualifying for the Regional CrossFit Games. In May 2010 she placed 3rd in the first annual Fittest of the Sierras competition. She is the female force on Team Avalanche for the Weekend

Warrior Series.

Kelly is most excited by the technical aspects of the weight lifting and gymnastics exercises inherent with CrossFit. This excitement and curiosity to break down movements make her a very effective trainer. She possesses a solid understanding of the varying personalities and needs of her clients. Kelly is available for individual and group training. You will love being around this trainer!

During winter you can find her snowboarding at Squaw or Boreal. This year she is excited be improving her skiing skills too. In summer she enjoys skateboarding, hiking, golfing, chilling at the beach or working on her hip hop dance moves.

Kelly is also a Makeup Artist. She is able to combine your pre-wedding fitness program with makeup services so you look your absolute best on your very most special day.

Kelly holds the following certifications:

- Level 1 CrossFit Trainer
 - CrossFit Olympic Lifting Certification
 - CrossFit Endurance
 - Pilates Mat 1
- Licensed Skin Care Therapist and Makeup Artist

Simon Ray

As one of the original members of CrossFit Avalanche, Simon has proven how dedicated he is to his training. Historically Simon has been heavily into Snowboarding and riding Moto. His primary motivation for fitness training was not because he loved the gym but was to prepare for 100 mile Desert Moto races. Quickly he was edging out competitors that he was unable to overcome previously. Once Simon drank the CrossFit Kool-Aid he started showing up to the gym two times a day and riding Moto less and less. Simon is one of the resident Firebreathers at Avalanche and a Certified CrossFit Trainer. He is now very passionate about working out and training clients! You will enjoy Simon's cool demeanor and attention to detail in his coaching. Get to one of his classes soon!

Simon holds the following certifications:

- Level 1 CrossFit Trainer
- CrossFit Olympic Lifting Certification