

V23 Whiteboard

Ingrid Wold

1/1/2016

Edition 1, Volume 2

New Year, New You....

We hear this saying often as the New Year approaches. I disagree with the saying. What the New Year can mean to you instead is for you to become a better, fitter, faster, stronger, or whatever it is that you decide you want to improve on version of yourself. Set your goals now and get ready to cross them off your list. Make 2016 a year to remember.

"A goal without a plan is only a wish..."

Athlete of the Month

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Maria Martinez



Congratulations to our Vanadium CrossFits Maria Martinez, as our January Athlete of the month. Maria joined our team just under 5 months ago. Fairly new to the CrossFit scene, she has completely embraced the culture and community which is the heart of what we do. Maria is one of those athletes that always has a positive attitude and is someone we all enjoy working out with. Sometimes it can be a challenge to get everything done in 1 short hour, Maria always finds time to come in early to foam roll and stays late to work on some pull ups. She came from a dancing background and was looking for something new. I recall asking her how her dancing was coming along and her response was priceless. "I kinda haven't been dancing lately. I LIKE CROSSFIT." We are all blessed to have you as a part of our V23 crew and we look forward to watching you grow as an athlete and as a person.

Grand Opening

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Date: January 16, 2016

Time: 9am, 10am, 11am

- Come celebrate V23's grand opening.
- After the WOD a lunch will be provided consisting of hot dogs and burgers.
- Asking members to bring side dishes.
- V23 family photo will be taken that day. Want all members to attend.
- Don't miss out on the big event!!

Competition

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Date: February 2016

- CF competition with Bust A Move CF
- Date to be determined
- Stay tuned!

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Fire Academy Ready



Congratulations to Andre "Dre" Moore, for making the final list of 45 out of 3,000 applicants as a new Cadet for the San Antonio Fire Department. What an honor it is to have witnessed the entire process from written exam/CPAT (candidate physical ability test)/polygraph/background investigation/behavioral personal assessment and medical and psychological eval. Dre came to Vanadium CrossFit a little over 8 months ago wanting to get into shape for the potential of becoming a Fire Fighter. His transformation is nothing short of a miracle. With his positive attitude and all the encouragement from the athletes at the box, he has surpassed all our expectations. Dre will soon be going through a vigorous 940 hour 25 week fire fighters program and a 200 hour EMT course. We wish you the best and can't express how proud we are to know that you will become one of San Antonio's Finest Fire Fighters. Gods Speed.



Coach Jerry Announcements

Let's keep the site active. Don't forget to post your times on the page. As well as use the trash talk to motivate one another. There will be a \$15 charge for declined credit cards. Let us know if there is a change. Lastly, all cancellations require a 15 day minimum notice before final payment is due. This is stated in the signed contract. Thank you athletes.

The Opens

For five weeks you and other CrossFitters across the world will be judged during the series of WODs. You will be pushed like you have never been before. The Opens is not something to miss out on. Cost is \$20. Registration will be online on January 14, 2016.

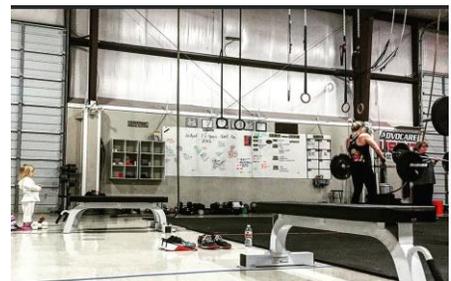
The Opens begin February 25, 2016.

Coming Soon

CrossFit Moms Class



- Days: Monday, Wednesday, and Friday
- Times: 9:30am-10:30am
- For moms that need babysitting during the WOD.



Happy New Year!