

V23 Whiteboard

Ingrid Wold

May Edition

Edition 1, Volume 4



April Athlete of the Month: Roxy

Roxy walked into Vanadium CrossFit a little over 1 year ago. Every so often a wonderful soul joins your gym and blesses the entire family. Easy to coach and a quick learner, Roxy has completely embraced the CrossFit community. After that first sip of FitAid, you can guarantee she will be giving it her all during every WOD. Roxy knows it's not about having the RX next to her name nor being able to lift the most weight; rather it's about pushing yourself to do new things during the 1 hour she has in the box. Your passion for the sport and that fiery spirit is exactly what every box hopes to have. Congratulations Roxy!

Written by: **Coach Jerry Trevino**

Progress:

You might not be where you want to be,
but you're not where you used to be.

Advocare Orders

To order Advocare from Coach Linda and have delivery directly to your home follow the steps below.

- www.Advocare.com/150760785
- Select your items
- Check out (brings you to Create an account)
- Select Become a customer
- Fill out the form & finish your check out
- Questions Contact Coach Linda 210-589-1110

Nutrition Challenge

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Date: May 28th

Time: 1:00 pm

Cost: \$15

During the class we will talk about The Zone Diet, meal prepping, take before photos, measurements, and body fat calculations. Then after the class we will do benchmark WOD that you will redo at the end of the challenge.

If member cannot make this class, but wishes to participate it will be a \$25 charge.

Murph Challenge

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Memorial Day May 30th

Athletes register at
www.themurphchallenge.com

4th Annual Challenge

Get ready athletes this is never an easy WOD for anyone.

Tubing Party

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Date: July 16th

Time: 9 am

Join us for Vanadium's annual tubing party. Get ready to have fun, relax, and float down the Comal river. Bring water and snacks. Meet up at the box at 9am. Can't wait to see y'all there.

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New WOD Hours

Newest addition to the box is more class times.

5:00am, 8:30am, **10:15am**,
11:25am, **3:30pm**, 4:30pm,
5:30pm, 6:30pm, 7:30pm

Open all week! More opportunities to work on your fitness goals athletes.



May Athletes of the Month

Nathan has been a great addition to the 5am class. He's always smiling and ready to go. His dedication shows as he's lost 30 pounds since starting just a few months ago! Nathan is easy to coach and always looking forward to learning new moves. Nathan & Katie drive quite a few miles to get to the box, but walk in together ready for 3..2..1 every day. It seemed fitting for these two to be Athletes of the Month together. Now if Coach David can just help Nathan master that hand stand push up! Congratulations Nathan on being May's Athlete of the Month!

Written by: **David Palamo**

Katie is quiet, but tough also describes her pretty well. Her first day of CrossFit she came close to passing out. Most of the time when this happens you don't see the athlete again. Not Katie! She's was back the next day and has been dedicated to her 5am class since. Katie is very coachable and it shows as she finishes each WOD quicker & heavier than she thinks she can. Last week Katie fell off the box and got up scraped and bleeding. Tough...she got up and kept going with blood dripping down her legs until time was up. Congratulations Katie on being chosen as May's Athlete of the Month!

Written by: **David Palamo**



Thank you again to everyone that contributed in making the Iron Coalition Competition such a success! Big special thank you to Project Manager Heidi and Volunteer Coordinator Becky for all their efforts and time they put into this. All of the contribution helps in making Vanadium the best box in San Antonio! Until next year athletes!