

BEARTOOTH CROSSFIT NEWSLETTER

May
2018

INTRODUCTION

The Conscious Change

by Dayne Dyer

"At the end of every day, you will be left with one of two feelings. Glad I did, or Wish I had." – Coach Paul Jackson, Ole Miss Football Strength & Conditioning Coach

I have had conversations recently with some of our athletes about failing, or rather the perception of failing. Whether it is hitting that PR lift, METCON, or achieving the body they desire, it's not difficult to feel their frustrations.

Training can be daunting. Especially when you work out week after week, thinking you're giving it your all and don't see immediate results. Many of us think we "plateau". Simply put, this may be due to the lack of time or the nature of work put in. I generalize here because it is what I did.

Those outside of CrossFit think that the CrossFit Game's athlete is the norm. They assume that's the typical member's body, intensity and goals. In reality, 90% of those athletes' goals don't extend beyond those four walls. Their goals often revolve around being

able to play with their kids, their long-term health and/or training for races and local competitions- and that's more than enough.

However, If your goal is in fact centered around CrossFit and excelling in the sport, if it has taught me one thing, it's that time and work that is necessary. A lesson that this sport highlights is that nothing in life worth having comes easy. I started CrossFit both for aesthetics and the aspect of competition. I wanted the body and the results. For years, I had continued down the path of working out with the philosophy that more is better.

When I became aware that the quality of movement and emphasis on my individual weaknesses were the essence, I made conscious steps toward achieving those goals.

There are still days where mentally I can't handle either the quantity or the load, but that's part of the process. Not every day has to be perfect. My dear friend reminded me today of the 80/20 rule. I think it applies here as well! **[CONTINUED ON PAGE 4]**

IMPORTANT DATES THIS MONTH

1st- [Registration 'FOY Golf Tourney' OPENS](#)

5th- [Cinco de Mayo](#)

– Men's Bible Study 11am @ The Rockwell Residence

12th- ['Montana Women's Run' 2mi & 5mi](#)

13th- [Mother's Day!](#)

20th- ['Run for Heaven's Sake' 5k, 10k, 13.1mi](#)

21st- [BEARTOOTH FIELDTRIP- Laurel VUE & BREW \(Deadpool 2 @6pm\)](#)

28th- [Memorial Day \(MURPH\) 9AM & 4PM](#)

BIRTHDAYS

5th- Courtney Hendrickson, Mariah Carpenter, Sue Ryquist & Zack Dunn

8th- Ray Bailie

9th- Trey Draayer

10th- Dustin Shypkowski

12th- Travis Begger

14th- Anna Nesovic

15th- Kristen Beck

26th- Emily Rankin

30th- Jeremy Sabo

Please wish all of the May babies Happy Birthday!!



A word from the athlete:

I have always loved to stay active and found Beartooth Crossfit through a friend about a year ago. My favorite part about the gym is the upbeat people and all the fun we have. During my time at Beartooth Crossfit, I have met some amazing people who help push me day after day to be the best I can be.

Athlete of the Month: Amanda Thievin



About Amanda:

I moved to Billings from Scobey about three years ago. I am a Registered Dental Hygienist at Brewer Dental Center here in Billings. I love helping and maintaining people's healthy smiles!

Her goals:

To get my gymnastics side of CrossFit better.



FROM THE BTCF STAFF:

From the first day Amanda stepped into the gym she has always been a doer. She works hard every single day and it shows.

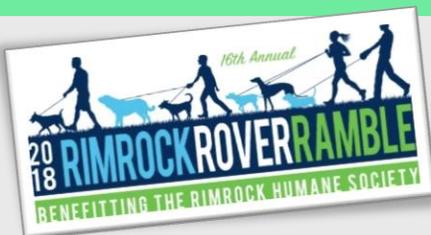
Amanda is constantly improving and has an amazing attitude towards each workout. She competed in her very first competition mere months after starting CrossFit. We love having her as part of the family!

Please check out Beartooth on Facebook to watch Amanda's interview

MAKE A DIFFERENCE

IN THE COMMUNITY

by Kate Dyer



In 2018, one of our goals or "resolutions" for Beartooth is become more involved in the Billings community. Each month we will choose an organization or cause to highlight and give back as a gym.

This Month our focus will be on **RIMROCK ROVER RAMBLE**, benefiting the **Rimrock Human Society**. On Saturday, May 5th there will be a 3 and 1.5mile run/walk at Pine Ridge Golf Club in Roundup, starting at 10:00am. Kids under 12 are free when accompanied by an adult and maximum of 2 dogs per walker.

"To raise money for the Rimrock Humane Society's Community Spay/Neuter Program. Helping low income families afford spay/neuter surgeries for their pets and to curb pet overpopulation in our community. Since the inception of this program in January 2006 to present; over 1,892 cats and 888 dogs were altered."

Please take a look at their website www.rimrockhumanesociety.org or call (406) 323-3687 for more information.

NUTRITION TIPS:



HOMEMADE PECAN COCONUT GRANOLA.....



Why buy store bought, when you can make your own?

INGREDIENTS

- ➔ 2 cups old fashioned rolled oats
 - ➔ 1 cup unsweetened coconut
 - ➔ 1 cup pecans
 - ➔ ¼ cup pure maple syrup (you can also use honey)
 - ➔ ¼ cup melted coconut oil
 - ➔ 1 tablespoon vanilla extract
 - ➔ 1 tablespoon cinnamon
 - ➔ 1 teaspoon salt
- ➔ Serving Size: 1/3 cup
- ➔ Macros: Carbs 25 grams, Fat 7 grams, Protein 5 grams

FOR MORE INFORMATION

For nutrition questions or assistance, contact:

ANNA & CHRISTINA AT
powerandgracenutrition@gmail.com

Follow them on Instagram
[@powerandgracenutrition](https://www.instagram.com/powerandgracenutrition)



Photo taken by Alex Wright with Lex Wright Photography [follow her in Instagram]

NUTRITION

by Anna & Christina RDs

SUPPLEMENT SPOTLIGHT: RX BARS



Easy and convenient when on-the-go and there's literally no other protein bar on the market with a minimalist "whole food" ingredient list like RX bars. With simple, high-quality ingredients like: egg whites, nuts, dates, and no B.S. they fit perfectly into a healthy diet. As a plus, they come in multiple delicious flavors. At Beartooth CrossFit we currently have (flavors) available.

These days, it can be hard to find an easy, mobile snack that not

only tastes good, but is also good for you. Unlike RX bars, traditional protein bars are filled with fake sugars and unfamiliar ingredients. Having a protein and carbohydrate pre and post workout, will speed up recovery and induce muscle protein synthesis (AKA gains). Busy lives lead to a lack of planning and the challenge of have fresh snacks on hand.

If you are looking for a clean, nutritious, protein-packed snack, grab for an RX bar. Nutritionist Seal of Approval!



CONGRATULATIONS!

MEMBER ANNOUNCEMENTS & ACHIEVEMENTS



NEW FACES:

Lacy Benkley, Kristen Beck, Libby Pope and Aiden

Please introduce yourself and welcome them to the gym!

WODIFY RESULTS

Make sure we are using this metric to track our progress!

Each month we will be sharing successes and achievements both in and out of the gym. Please let us know of news or events as they come up in your life, so we may help you celebrate!

This was a HUGE month for PR's. Our weeks following The Open are always "testing" weeks, so we may gauge our progress and weaknesses for the next season's programming. Excellent work, Cubbies!

First Unassisted Pull-ups: Mariah Carpenter

First Muscle Up: Andrew Eaton and Taylor Kasperick

Snatch PR: Krystie, Robbie G., Jessica D., Tanya, Sunshine, Alejandra, Patrick, Mason, RanDee, Joe, Blade, Amanda B., Taylor, Liz, Travis, Sue, Kasey M. and Anna K.

Back Squat: Anna K, Dayne, Ellyn, Krystie, Kasey M., Shel, Taylor, Blade, Ray, Manessa, Anna N., Rachel, RanDee, Mason, Lucas, Kasey N. and Sarah S.

Clean: Tanya, Rachel, Ashley, Christina T., Sue, Rob V.P. and Michelle

Deadlift: Caela, Anna K., Dayne, Zack., Coleman, Ellyn, Krystie, Lindsey, Kasey M., Josie, Travis, Shel, Taylor, Christina T., Amanda T., VL, Anna N., Ashely, Rachel, RanDee, Mason, Mike P., Patrick, Sunshine, Alejandra, Erin, Tanya, Jessica D., Tenley, Joe, Julie W. and Robbie G.

Front Squat: Chris P., Tanya, Sunshine, Justin, Mason and RanDee

The Conscious Change (Continued)

by Dayne Dyer

In my experience, when athletes make this shift mentally, that's when the results start to come both from a physique standpoint and a performance. Which leads us to why I think CrossFit is one of the best programs out there. I may be biased but this is one of the reasons I, and many others, had started in the first place and have managed to sustain interest. There is always something to work on, always something to improve. You have a team of people behind you, constantly celebrating in your successes and helping you learn from those defeats.

These are a few questions to ponder before you get discouraged and if you don't know the answers, feel free to ask your coach. That is what we are here for!!!

- 1). Do your actions reflect the types of goals you want to achieve? Are you deliberate with your actions?
- 2). Where are you within your training cycle?
- 3). Have you communicated to your coach your goals? What you want to achieve so they can help develop a plan for you to do so?

Finally, I leave you with this- it is not easy, nor are there many that are motivated to train every single day. Most of us must find that motivation. We must fall in love with the process, just as much as the result... and that my friend becomes the biggest win!

