



CrossFit Shoalhaven discusses Women in CrossFit

November edition of the CFS Journal

Welcome to the third issue of the CFS – CrossFit Shoalhaven Monthly Journal.

As always the times down at CFS are exciting and challenging and lead to plenty of stories, not all of which can make a monthly edition. There has, been a steady increase in interest by the female population and with it some concerns on whether CrossFit is an appropriate fitness form for a female and/or inexperienced athlete.

So, in this edition of the CrossFit Shoalhaven Monthly Journal, we would like to take the time to discuss just how CrossFit is fitting into the lives of women the world over and what it can do for, not only the body and heart, but also the mind and soul.

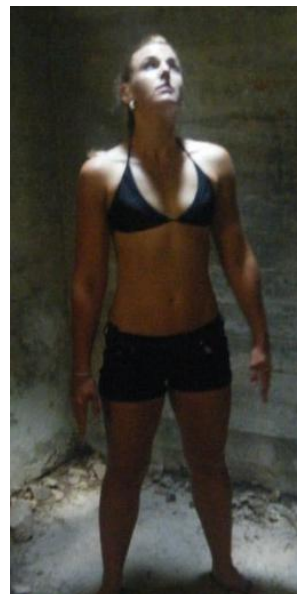
Also, I would like to take this opportunity to introduce myself. I am Sarah Lord, new to the CrossFit Shoalhaven team. I have been involved in CrossFit for 1 year and have experienced amazing results. I am a mother of 2 and have been lucky enough

to come across CrossFit initially through my husband then through Matt and Jackson at CFS.

Due to their personal commitments at this time, the boys have handed me the administrative reigns of CFS. Matt and Jackson can still be found down the Box. For the time being for all business matters and session times I am now your new CFS first port of call.

Anyway, let's get into it!

Enjoy!



Editor – Sarah Lord

Women finding a place in CrossFit

Article by Sarah Lord

What is beautiful? What is attractive? What is it within the female DNA that men go ga ga over and that women admire in each other?

If you were to walk into a newsagency and trawl through the racks upon racks of social media, from men's magazines to female health and fitness, or bridal and parenting magazines, you would not be blamed for observing strikingly attractive women sprawled on the covers and on the pages within. Although it might be true that a bridal magazine is not intending to appeal solely to the male gender, there is a theme at heart. That theme is that attractive people are nice to look at, it plays an emotional chord and we are more likely to buy in. This is simply a clever marketing strategy.

But should attraction be solely physical and superficial? Should we not be attracted to the essence that makes the human being? Building upon that, as an individual, should that not be the qualities we look for within ourselves?

For many people and women in particular, where the female gender is portrayed as needing to be slim and sexy, this can arouse feelings of self-doubt, lack of confidence and self-esteem issues. Some women are uncomfortable inside their own bodies and this is a shame. In the typical gym, there are large weight rooms, packed full with grunting males and the odd female, the walls clad in mirrors and a sense of intimidation and contempt for the

novice athlete or sole female in a largely male-dominated environment.

As a result of this many females have turned to the hugely popular group fitness in forms such as Les Mills and have found huge success with it, and those women are to be congratulated. I personally found much success with group fitness upon my fitness journey, but still the group fitness industry is promoted using images of thin and attractive females. Should we devalue thin and attractive females? Of course not! However, if the goal is to bring true fitness, improved health and quality of life to the client, then it makes sense to me to appeal to those who are lacking fitness, health and quality of life by promoting real life examples of success and to acknowledge the dedication that goes into achieving it. The fact remains, there are no Roger Ramjet Proton Pills or Popeye cans of spinach that gives us a quick fix and fast tracks us to our health and fitness goals.

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Camille Leblanc-Bazin – CrossFit Games 2010

In my search for a quality fitness form that produced results which was also fun, had variety, a community atmosphere and which promoted real people with real results, I stumbled across CrossFit. The first reaction I usually receive when I utter the word CrossFit is “oh that’s for fit people” or “it’s too hard for me” and a common one from leaner females are “I don’t want to get big and bulky”. Herein lay some myths which I now aim to dispel.

Competition is the only environment in which a person should be concerned about their fitness levels and abilities when compared to that of their peers. Outside the competitive arena, is the training ground, the place in which we as athletes toil, come against challenges, mental and physical hurdles and overcome them. The training ground is the same for the elite athlete or the beginner. In an Affiliate’s Box, where the hard work is done an individual’s success is found

from their own dedication and efforts. Although friendly rivalry is often found between peers, the real results are within an individual’s own improvements. Muhammad Ali was once quoted as saying “The fight is won or lost far away from witnesses - behind the lines, in the gym, and out there on the road, long before I dance under those lights.” This holds true for CrossFit as it should with and person serious about results. Real results come with real efforts, and CrossFit is the best method to get real results.

CrossFit is a suitable fitness form which any person, at any age, gender and current fitness level can commence training. This is possible through a series of measures known as scaling which make a workout achievable whilst still challenging regardless of the individual. This ensures that with every workout, the athletes actually become a little bit fitter. The exact methods of scaling a workout are numerous and are the duty of your coach, but to give a brief insight, three basic methods are to vary the load/weight being used, vary the amount of repetitions being conducted or to change to a simpler activity that is more within the current skill set of the athlete.

“Real results come with real efforts, and CrossFit is the best method to get real results.”

It is common for female athletes to be concerned about excessive mass and bulk, yet this is largely unfounded. It is true that through repeated strength and conditioning measures, weight loss will

occur and muscle groups will tone and become slightly more defined. However, excessive bulk only comes with years of dedication, correct nutrition and the sole intent to become bulky. Matt Swift of CrossFit Brisbane made the great observation, that the moment you start putting on too much bulk from CrossFit, then just stop and it will go away. We are yet to see any person, male or female stop CrossFit for this reason.



Miranda Chivers Oldroyd

“Matt Swift of CrossFit Brisbane made the great observation, that the moment you start putting on too much bulk from CrossFit, then just stop and it will go away”

There are some very iconic CrossFit women leading the charge internationally and closer to home here in Australia. Names such as Camille Leblanc-Bazinet, Miranda Chivers Oldroyd, Kris Clever, Taz Venter and Cara Hipkind are just a few. As you look through the female ranks you will find women who broke away from the conventional mould and led the charge of ‘strong is beautiful’. These women are astounding and inspirational; they possess amazing physical capabilities and display a humbling mental strength.

“CrossFit will blur the margins of your current experience, because it’s in the margins of our experience that we fail”.

These women, although amazing are the pinnacle of a long road of dedication and self-discovery. They have been, and continue to be on a journey, which takes away the false beliefs and builds upon the true strengths and abilities of the individual. This can be seen in the coined phrase of Coach Greg Glassman’s CrossFit ‘Forging Elite Fitness’. The qualities in these athletes, in essence, always existed but they were revealed through CrossFit through a process of forging the individual. These results and paths of self-discovery can be observed in all CrossFit athletes who apply themselves, not just those who compete.

Let’s look further at what I mean by ‘forging the individual’. Once a female finds herself on the path of CrossFit, there is no stopping them. They are a force to be reckoned with. There is an observable change in the way they walk, the way they speak and most importantly, in the positive

way in which they view themselves. This is all down to a new found confidence and pride that has been born through sheer resolve to improve every aspect of their health and fitness. This occurs because they have been physically and mentally challenged to step outside their comfort zones and as Coach Glassman puts it, "CrossFit will blur the margins of your current experience, because it's in the margins of our experience that we fail".

CrossFit allows women to see that health is so much more than weight loss, a dress size or a read-out on scales. It allows the female athlete to see that within physical and mental empowerment lies true confidence and inner beauty, with an increased self-esteem, all forged through extending those margins, or comfort zones through the challenge found in CrossFit.



CrossFit Games 2010

The popularity of CrossFit over the years has increased, and the CrossFit community strive to encourage everybody to join the movement, male or female. In CrossFit Boxes you won't find mirrors, or people who are judgemental or critical of

your appearance or abilities. Everybody in the CrossFit community has a common goal, to increase quality of life, fitness and health, and the best way to do that is together. The main prerequisite in most CrossFit Boxes is a willingness to learn and apply oneself - oh and to check the ego at the door!

The number of females competing in the CrossFit Games has explosively grown in the past three years. In 2007 the Games featured 40 male competitors, and 20 female competitors. By the third Games in 2009 there were a fantastic 74 men and whopping 72 women competitors. CrossFit women are leading the charge in the fitness industry of what it is to be fit and healthy, but also what it is to be beautiful. CrossFit women are positive role models to young girls and taking health and fitness to a whole new level.

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So I set you this challenge - come down to CFS and use your free trial session on offer at CFS. If at the end of the session, you think it was beyond your abilities then you have lost nothing. If you're scared of becoming too fit or bulky then look at Camille Leblanc-Bazinet, Miranda Chivers Oldroyd and Kris Clever and the moment you beat them at the International CrossFit Games, I will understand your concerns!

Reader Competition

In this issue we would like to give you the opportunity to win one of two 'One Monthly Unlimited' memberships valued at \$300.

For your chance to win this premium product for yourself, a friend or a family member, simply go to our website's "[Submit to site](#)" page and upload a Microsoft word document containing the following information:

- Your Full name
- Date of birth
- Gender
- Contact email and mobile
- An explanation of why you need CrossFit in your life, in 25 words or less

This competition is running for CrossFit Shoalhaven only and is not redeemable at any other affiliate. Winners will be published in the December CrossFit Shoalhaven Journal following the draw on Sunday 28th Nov 2010. .

For more details on this competition please visit our' "[Events Page](#)".

Another issue wrapped up

Well that wraps up another issue of the CrossFit Shoalhaven Journal. It has been another busy month and we aim to bring you more interesting topics to read next month.

Check out our website and contact us for further information or details. We'd like to hear from you if you have any ideas for the CFS Journal articles.

Matthew and Jackson send their regards and hope to be back writing for the Journal real soon. Well, until next time, stay safe and enjoy! 3-2-1 GO!

Editor – Sarah Lord

"It is a sublime thing to suffer and be stronger."
- Henry Wadsworth Longfellow