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CrossFit Kids— Iowa
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Keegan M. 2007 Deadlift Face Award winner
CrossFit Kids 101: Balance is another of the general physical skills developed through practice which leads to changes in the nervous system. Balance describes the "ability to control the placement of the body's center of gravity in relation to its support" (Glassman). Balance is a physiological mechanism that is regulated by the vestibular system within the ear. Anyone who has had an inner ear infection can attest to the necessity of balance. Navigating life with a compromised equilibrium is an uncomfortable and, even, dangerous endeavor. There is no movement without balance, other than that which leads to a face firmly planted on the floor. This is even more pronounced when we begin to add the complex movements of exercise and sport to our routines. By improving balance in the most strenuous of situations, we render the average movement as safe as sedentary.

CrossFit Kids workouts address the development of balance in a number of ways. One primary contribution is the CrossFit commitment to midline stabilization. This is in contrast to the faddish isolation "core" work being promoted in gyms and magazines across America. Midline stabilization refers to the ability of the torso to function from a position of stability and strength without compromising correct posture, form or function which requires the collective and cooperative functioning of the entire torso including, but not limited to, the abdominals. "The key to midline stabilization is understanding how to use your muscles and connective tissue to hold your spine, hips and head in line irrespective of your body orientation, standing, squatting, pulling or pushing" (Okumu). Midline stabilization is paramount to achieving stability and fluidity in movement and an increased ability to maintain good posture. This is a necessity in daily life and of immeasurable value in the face of increased physical challenges. Balance is also improved through an emphasis on appropriate form which creates the need for kids to properly place their bodies in order to achieve the best movement. In a nutshell, if a child does not have a good center of gravity, form will inevitably break down as the child loses balance. We often see this as rocking to and fro, traveling hands attempting to regain center, and heels leaving the ground. Since all movement requires balance, every aspect of a CrossFit workout addresses this issue. Squats, box jumps, wall ball, D-ball, broad jumps, running-the need for balance in each of these is readily apparent. Unique activities that have allowed our kids to practice and improve balance include walking across a low beam, work on the climbing wall and even slacklining.

Balance training, like coordination, frequently relies on gymnastics movements. Once again drawing on the pushup example, a child who lacks balance will struggle with the plank position. He may drop to the knees or move the butt up or down in an attempt to achieve the center of gravity necessary to remain on his hands and toes. Additionally, we may see the same child fall to the floor at the bottom position, not from a lack of strength, but due to the inability to maintain balance. A similar example would be the handstand pushup. From its inception (placement of the hands on the ground) to its apex (a successful return to the top position), handstand pushups require constant monitoring and appropriate adjustments regarding one’s position in space.
Olympic and power lifts rely heavily on balance while, at the same time, facilitating substantial gains in its acquisition. While a failed lift may occur for a myriad of reasons, lack of balance is always a primary suspect. Stepping forward or back, shifting the center of mass by leaning or arching, and bar drift are examples of ways in which a lifter may compensate for lack of balance. Form and midline stabilization are paramount in lifting, not only in order to successfully complete the lift but as a necessity to safety. citations: Coach Greg Glassman, Franklin Okumu (CrossFit Oakland)

Balance for Kids

Your sense of balance refers to your ability to maintain your position in space. Balance is what allowed you to take your first step without falling when you were a toddler. It is what helps you run across the room or jump over a rock and land on your feet. Without balance, you would be in constant danger of tipping over, falling down and/or face-planting. Balance is controlled by your inner ear, which explains why you sometimes feel dizzy and like you might fall over when you have a head cold. You can improve your balance with any number of CrossFit exercises. Some complex activities include one-legged squats and handstand pushups. Try standing on one foot for time. Make it harder by closing your eyes or tilting your head back. But it doesn’t have to be that difficult. Even the most basic movements lead to gains in balance. Every time you complete a WOD, you can be sure you have used and improved your sense of balance.

Beautiful Balance - Spiderman
5 Tabata-tastic Workouts  Coach Jeff Martin

**WOD #1**

**Big Dawgs:**
- Run 800 M
- 8 rounds Tabata Sprints
- Run 800 M

**Pack:**
- Run 400 M
- 6 rounds Tabata Sprints
- Run 400 M

**Puppies:**
- Run 200 M
- 6 rounds Tabata Sprints
- Run 200 M

**WOD #2**

**Big Dawgs:**
- Row 500 M
- 8 rounds Tabata Squats
- Row 500 M
- 8 rounds Tabata Box Jumps
- Row 500 M

**Pack:**
- Row 500 M
- 6 rounds Tabata Squats
- Row 500 M
- 6 rounds Tabata Box Jumps
- Row 500 M

**Puppies:**
- Row 300 M
- 4 rounds Tabata Squats
- Row 300 M
- 4 rounds Tabata Box Jumps
- Row 300 M

**WOD #3**

**Big Dawgs:**
- 8 rounds Tabata thrusters, 35-45#
- 1 minute rest
- 8 rounds Tabata d ball slams, 20#
- 1 minute rest
- 8 rounds Tabata wall balls, 14#
- 1 minute rest
- 8 rounds Tabata kettlebell swings, 25-30#

**Pack:**
- 6 rounds Tabata thrusters, 10-15#
- 1 minute rest
- 6 rounds Tabata d ball slams, 8-10#
- 1 minute rest
- 6 rounds Tabata wall balls, 8-10#
- 1 minute rest
- 6 rounds Tabata kettlebell swings, 15#

**The Porch:**
- 8 rounds Tabata thrusters, 20-30#
- 1 minute rest
- 8 rounds Tabata d ball slams, 12-15#
- 1 minute rest
- 8 rounds Tabata wall balls, 12-14#
- 1 minute rest
- 8 rounds Tabata kettlebell swings, 20-25#

**Puppies:**
- 4 rounds Tabata thrusters, 5-10#
- 1 minute rest
- 4 rounds Tabata d ball slams, 3-5#
- 1 minute rest
- 4 rounds Tabata wall balls, 3-5#
- 1 minute rest
- 4 rounds Tabata kettlebell swings, 5-10#

**WOD #4**

**Big Dawgs:**
- 8 rounds of the following exercises using the Tabata protocol:
  - Bag Punches
  - Squats
  - Push ups
  - Sprawl

**Pack:**
- 6 rounds of the following exercises using the Tabata protocol:
  - Bag Punches
  - Squats
  - Push ups
  - Sprawls

**Puppies:**
- 4 rounds of the following exercises using the Tabata protocol:
  - Bag Punches
  - Squats
  - Push ups
  - Sprawls

continued ... page 7
Kid’s Kettlebell Workout  Courtesy CF Central Scotland  www.CrossFitCS.com

Big Dawgs:
3 rounds
50 KB swing
100M waiters walk
50 sdhp
100M waiters lunge
50 KB snatch
100M suitcase walk  16 kg KB

The Porch:
3 rounds
50 KB swing
100M waiters walk
50 sdhp
100M waiters lunge
50 KB snatch
100M suitcase walk  12 kg KB

Pack:
3 rounds
35 KB swing
100M waiters walk
35 sdhp
100M waiters lunge
35 KB snatch
100M suitcase walk  8 Kg KB

Puppies:
3 rounds
25 KB swing
100M waiters walk
25 sdhp
100M waiters lunge
25 KB snatch
100M suitcase walk  4kg KB

Davie Easton
David Easton is the man behind CrossFit Central Scotland www.crossfitcs.com. After gaining a Higher National Diploma in Fitness, Health and Exercise in 2003 he started working in the gym industry. After many years of following the usual exercise routines that are found in almost every gym the world over, he stumbled across www.CrossFit.com back in late 2004. Since that time he has gained the following accreditations: Scotland’s first CrossFit Certified instructor, Qualified British Weight Lifting Association Olympic lifting instructor, and LK registered kettlebell instructor. Davie recently ( Spring 2007) competed in a competition organized by the UKKA - United Kingdom Kettlebell Association. Split into 2 distinct sections as follows. Throwing events and Kettlebell events. Throwing events were shot put a 11kg Kb, 16 pound hammer throw with one hand and 11kg kettlebell throw with one hand for distance. The kettlebell events were 3 min. single handed swing, 3 min snatch and farmers walk. The farmers walk was 100m for time with 2 x 45kg KB - one in each hand. He won the 25kg KB class and also won the throwing events to become the U.K.K.A 25kilo champion. Davie coached at CrossFit London’s Body Weight Seminar in 2005 and The BIG London CrossFit Seminar in April 2006 along with CrossFit Coach, Jeff Martin. The same month he opened CrossFit Central Scotland and is now offering CrossFit personal training and classes in the purpose built CrossFit gym based in Motherwell YMCA. As well as receiving his certification in San Diego, California, David also regularly travels to train with other CrossFitters across the UK including London, Manchester and Inverness.
Focus on CrossFit Kids Community

Congratulations to all competitors. A full list of competitors and standings will be posted soon to CrossFitKids.com

Winners in each Category - all rounds with no modifications - Excellent Work!

17-18 Female  Alicia C./DPL CrossFit 17 rounds
15-16 Male  Connor M./BrandX 30 rounds
15-16 Female  Tabitha/BB Fitness 11+ rounds
13-14 Male  TIE Keegan M./BrandX 22 rounds
13-14 Male  TIE Adam D./Brand X 22 rounds
13-14 Female  Kallista P/CFEdna Valley 17 rounds
11-12 Coed  Cody P./North ShoreCF 30 rounds
9-10 Coed  Vitaly K./North Shore CF 19 rounds
7-8 Coed  Nathan F./CFFredericton 25 rounds
Under 7 Coed  Molly O./Independent 18 rounds

WOD #5

Big Dawgs:
8 rounds Tabata Bear Crawl sled drag, Use 25% bodywt
1 minute rest
8 rounds Tabata Push Press, 35-45#
1 minute rest
8 rounds Tabata Broad Jumps
1 minute rest
8 rounds Tabata Push ups

The Porch:
8 rounds Tabata Bear Crawl sled drag, Use 25% bodywt
1 minute rest
8 rounds Tabata Push Press, 20-30#
1 minute rest
8 rounds Tabata Broad Jumps
1 minute rest
8 rounds Tabata Push ups

Pack:
6 rounds Tabata Bear Crawl sled drag, 15% bdywt
1 minute rest
6 rounds Tabata Push Press, 10-15#
1 minute rest
6 rounds Tabata Broad Jumps
1 minute rest
6 rounds Tabata Push ups

Puppies:
4 rounds Tabata Bear Crawl sled drag, 15% bdywt
1 minute rest
4 rounds Tabata Push Press, 5-10#
1 minute rest
4 rounds Tabata Broad Jumps
1 minute rest
4 rounds Tabata Push ups

5 Tabata-tastic Workouts  (continued from page 5) Coach Jeff Martin
**Asthma part II, Triggers**

Asthma is a single disease that can be classified into different types according to the "triggers" that exacerbate the condition. By identifying what is causing an individual's asthma attacks, the disease can be more effectively treated. Allergic asthma is caused by inflammation of the airways due to exposure to allergens. Cough-variant asthma is a chronic, persistent cough without the presence of shortness of breath. Occupational asthma is related to the work environment where symptoms become most severe. And exercise-induced asthma is triggered by vigorous activity.

"Asthma triggers" is a term commonly used to identify conditions, substances or species that can precipitate an asthmatic episode. The airways of asthmatics are often referred to as "twitchy." Triggers affect asthma by further irritating already inflamed (twitchy) bronchial tubes causing them to swell, constrict and produce more mucus. While there is no identifiable cause for asthma, there is a long list of common triggers. These triggers range from environmental to emotional. One or more triggers may be present at any given time and can contribute separately, or in combination, to the onset and determine the severity of asthma symptoms.

**Allergens**

More than 80% of people with asthma suffer from allergies to airborne substances. Allergic reactions occur when an individual's immune system has sensitivity to a particular substance. Twitchy airways respond negatively and begin to swell and constrict, effectively shutting down airflow. The varieties of things that trigger allergic reactions are wide-ranging and nearly impossible to avoid altogether. Allergens such as pollens and molds, pet dander, and microscopic particles from common household pests are found to some degree in most environments. In addition, reactions to food allergies can contribute to episodes of asthma.

Pollens are microscopic granules that are a primary player in the fertilization of plants. Various types of pollens are present throughout the year, depending on the seasonal nature of their species. Only those cells that are small and light enough to be carried by the wind (typically trees, grasses and low-growing weeds) contribute to allergic symptoms in humans.

Molds are microscopic fungi that are related to mushrooms. Like pollen cells, mold spores float through the air. They are present in almost every habitat but are not subject to seasonality. Molds can be found indoors and out, in clean or unsanitary environments.

Allergy symptoms related to pollen and molds tend to dissipate during times of rain or on cloudless and windless days, because pollen is less mobile during these weather conditions. Conversely dry, hot and windy weather increase the movement of these substances and, thereby, increase the chance that an allergic and resultant asthmatic reaction will occur.

Animal byproducts can contribute to allergic symptoms and, consequently, symptoms of asthma. Dead skin flakes from animals with fur (called animal dander) contain proteins that become airborne and land in lining of the nose, eyes or lungs. Cockroaches and rats leave behind droppings, se-
cretions and/or body parts that are inhaled and have a considerable impact on the airways of the allergic asthma sufferer.

Dust mites are microscopic creatures that thrive on the small particles of plant and animal material that are found in house dust. Dust mites are found in every home, regardless of how clean it may be. The droppings of dust mites are one of the most common triggers of allergic and asthmatic episodes. Dust mites are most prolific in areas with high humidity and in areas where human dander (dead skin cells) can be found, such as bedding and upholstered furniture.

Irritants

Irritants cause asthma flare-ups by irritating the lining of the nose and airways. Irritants are often the result of human impact on the environment. Smoke from tobacco or fuel byproducts such as those from burning wood or diesel exhaust present a hazard to the already inflamed lungs of an asthmatic. Vapors, dust and fumes, including those from household cleaners can further irritate the delicate lining of the airways. Strong odors like perfumes, varnishes and paints or the airborne particles from chalk and powders have a negative impact on the bronchial tubes. Limiting exposure to these substances can greatly decrease asthmatic episodes.

One trigger that is completely out of the control of the asthma sufferer is the weather. Certainly, weather has an indirect effect on asthma since it determines the growth rate and dispersion of allergen containing cells. But the impact of weather goes beyond allergies. Asthmatic symptoms are often brought on by changing weather conditions. Strong winds, changes in humidity and temperature and barometric pressure all effect the type of air being taken into the lungs and, thus, can cause irritation that has a profound impact on asthma symptoms.

Infection

Viral infections have a sort of cause-and-effect relationship with asthma. Some viral infections during infancy have been shown to increase the risk of asthma in later life. And in the individual who already suffers with asthma, a respiratory tract infection can exacerbate symptoms by further irritating the airways. In addition, sinusitis can trigger asthma-related symptoms.

Reflux Disease

Gastroesophageal reflux disease (GERD) is a condition in which stomach acid flows back up the esophagus. This acid in the esophagus irritates the lungs and can make them “hyperreactive” to other asthma triggers. “This cycle of reflux and airway obstruction may contribute to the development of progressively worsening asthma...”

Medication

Certain medications have been shown to bring about the onset and/or intensify the symptoms of asthma. One such group of medications is the beta-blockers which are used for such problems as high blood pressure, heart disease, glaucoma and migraine headaches. Of greater concern are aspirin and other non-steroidal anti-inflammatory drugs (NSAIDs). Many of...
these are sold over-the-counter under names like Motrin, Advil, & Aleve. These can cause severe to fatal asthma attacks and should be avoided all together.

**Emotional Stress**

The jury is still out regarding the ability of anxiety and emotional distress to cause asthmatic symptoms. The American Academy of Asthma, Allergy and Immunology has clearly stated that, "Asthma is a physical, not an emotional disease." However, speak to asthma sufferers, and many will tell you that strong emotions can bring about and/or worsen an asthma attack. This has been backed up by studies conducted by the American Psychiatric Association in which asthma symptoms increased under high emotional stress. Whether it is fatigue caused by emotional distress, as asserted by the AAAAI, or a direct causal relationship, as proposed by the APA, that contributes to the onset of symptoms, it is certain that emotions play some role in the course of asthma.

More on Asthma next month...


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**Cyndi Rodi** is a Certified CrossFit Trainer, Certified Powerlifting Trainer, CrossFit Kids Programmer & Trainer, contributing writer for CFK Magazine, and is a Kenpo Karate student. She has been a Homeschooling parent for 13 years. Her background includes working as an assistant with the UCLA-Camarillo Neuropsychiatric Institute Research Program and as a Behavioral Therapist, designing and implementing behavioral change programs for children with disabilities.
Experts today warn that high blood pressure has become more common in U.S. kids and teens. The finding is a call to action, says researcher Rebecca Din-Dzietham, MD, of Morehouse School of Medicine.

"Unless this upward trend in high blood pressure is reversed, we could be facing an explosion of new cardiovascular disease cases in young adults. ... We need to act now," she says in a news release.

High blood pressure makes heart attack, stroke, kidney failure, and other serious health conditions more likely. The fear is that if high blood pressure starts in childhood, those problems may start earlier in life.

High Blood Pressure in Children
Din-Dzietham and colleagues reviewed nearly 40 years of government data on high blood pressure (hypertension) and prehypertension in children and teens aged 8 to 17.

During that time, most kids and teens didn't have high blood pressure or borderline high blood pressure. But the trends tell a different story. The children got their blood pressure, height, weight, and waist circumference checked. From 1963 to 1988, high blood pressure and borderline high blood pressure became rarer among kids and teens. But after 1988, that trend reversed and has been climbing ever since.

For instance, from 1988 to 1994, 2.7 percent of kids and teens studied had high blood pressure and 7.7 percent had prehypertension. From 1999 to 2002, the percentage of kids with high blood pressure had risen to 3.7 percent and the percentage with prehypertension had reached 10 percent. Those increases followed about a decade after childhood obesity started becoming more common, note the researchers.

Abdominal obesity - extra weight around the waist - was particularly problematic when it came to blood pressure, but BMI (body mass index, which relates height to weight) also tied extra pounds to higher blood pressure.

The findings appear in today's online edition of the journal Circulation.
Game of the Month

Move, Sit up and Throw

Two Teams

- Form two lines about 10 feet apart. Place 5 Medicine Balls (soft not bouncy or hard we recommend Dynamax) 20 feet away from the first player in each line. You will need a helper stationed there to replace balls that are thrown.

- On go, the first player sprints to the medicine balls and carries them back one by one to the front of the line. Once all balls are moved the same player then does a sit-up throw with the medicine ball returning it back to its original location (helper assists). Once all medicine balls are thrown and replaced next player is up.

- During play other players in line practice a static hold, bottom of the squat or forearm plank position.

Equipment Needed

10 soft 4# and 8# Medicine Balls or light (4 and 8) D Balls
Fixing Common Mistakes in Common Movements
Fixing The Deadlift

The deadlift is important.

To deadlift correctly we need to start the move from the proper position. Studying various videos of deadlift form we find most people set up with their shoulders behind the bar, back stacked, hips low.

Coach Rippetoe observed that although people set up this way, they don't actually lift the weight from this position. Coach Rippetoe noticed that people lifted the weight when their shoulders were over the bar. (For an excellent discussion of proper deadlift start position see Coach Rippetoe's article in the CrossFit Journal.


Coach Glassman has stated "I wish I knew how you could overstate the value of the deadlift." When we think of the deadlift we often think back on some video we have watched featuring a behemoth, back straining, bar bending, hoisting an impossible huge amount of weight off of the ground.

In its less dramatic moments it is simply the best and safest way to pick something up off the ground.

That being the case we want all our younger kids to learn to do this lift correctly. With our younger kids we generally focus on deadlifting a single uniform load that they might encounter in their daily life (kettlebells, dumbbells, bags, etc) rather than bars. With our older kids our focus turns to the bar.

We have four easy to remember rules for safely deadlifting with our youngsters

1. Lumbar curve must be maintained at all times
2. The bar never leaves the body
3. The arms must never go past perpendicular
4. The weight rises at the same rate as the hips until it reaches the knees
   (At which point the hip angles opens up and the hips push forward to complete the lift.)

Last month we took a look at a problem Connor was having with his back position. He violated rule number four with his lift. We presented a video that ended with Connor's 275# deadlift at the CF games. In the video Connor's hips shot up as he pulled the weight to completion in what looked like a modified straight leg deadlift. While the lift counts, it is certainly not optimal, safe with heavy loads, nor productive for long term health or athletic excellence.

Hips shooting up faster than the weight violates rule number 4. It puts a great strain on the hamstrings and lower back and can result in the lumbar curve being flattened out, injury, and more importantly a missed lift. (wonder if anyone will see the humor in that line)

CFK contends that often the hips shooting up is a result of an improper start position, rocking into the lift or loss of focus during the initial stage of the lift.

Video Link Button
http://www.brandxmartialarts.com/videos/deadliftfixseptember.wmv

continued ...page 14
Proper Start Position

Our first fix for this problem is to fix the start position. Since Coach Rippetoe did such a great job describing the reason for the start position, we are going to let you read it in his own words. For our purposes we will simply distill it down to the following.

Place the bar over the midfoot.

Draw a line that is perpendicular to the floor from the midfoot through the bar and ends in the scapulae.

Once the above two items are met, your body is in the proper position to deadlift the weight.

We will practice this repeatedly until the youngster can put themselves into the proper position every time without our help or intervention. Before they lift anything, our kids should be able to walk up to a bar and put themselves in the proper start position. An improper start position will almost invariably lead to the hips shooting high during the lift. Fix this first!

Rocking into the Lift

The second thing we see is tangentially associated with the start position and that is rocking into the lift. When someone rocks into the lift, their hips are never set correctly. This can lead to a multitude of problems, but it definitely is associated with the hips rising before the weight in a youngster's deadlift.

Rocking into the lift is most often...
caused by an improper start position, or a mistaken belief that rocking into the lift will help them lift more weight. More often than not with our younger kids rocking into the lift is fixed by simply reminding them of the proper start position. With our older kids we sometimes run into a mistaken belief that by rocking into the lift they will be able to lift more weight. There are several ways we fix this. First we insist on submaximal weights until the problem is generally cured. This tends to cause our older kids some grief and seems to be an effective tool in helping them focus. We have the youngster assume the proper start position and tell them to "Freeze!" We remind them that from the start position the movement is "only up." And we let them lift.

Occasionally a kid will, no matter how hard you coach them, continue to move back from the start position and rock into the start of the lift. A good way to stop this is by having them assume the start position. Once they are set, simply stand behind them with your leg against them. This position will keep them from rocking back.

**Lack of Focus**

Fixing the start position and rocking into the lift generally fixes 85% of the hips rising faster than the weight problems we see. However, sometimes you will get a kid who, even at submaximal weights will assume a good start position and simply drive their hips up while leaving the weight on the floor. It seems they lose focus at the start of the lift and need to be reminded where their hips and back are. For these kids we've found that laying your forearm across the back, putting pressure on their back until the bar passes their knees is an effective tool for keeping them in a good position throughout the lift.

Deadlifting is an important part of our fitness program. Drill the start position and then use light weights to ensure proper pulling technique. If you find that a child loses focus or rocks into their lift try a couple of these techniques to correct it.
**Team Training**

**My Little Pet Rock**

Break the group up into sets of two
For ten minutes, using one minute intervals, alternate Team member A and Team member B.
Team member A will box jump up (15-20" Box) and over, turn around and repeat.
Team member B will hold the "little pet rock" (dumbbell of appropriate weight) and do goblet squats
Keep both members moving continuously and check goblet squat form.

**The Footie Workout**

**Courtesy of CrossFit Manchester** www.CrossFitManchester.com

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**"Dalgleish"**

5 rounds of;

400M Run

5 HSPU

10 Ring Dips

15 Press ups

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**"McCoist"**

3 rounds of;

10 Deadlift

10 Hang Squat Clean

800M Run

---

**Mark’s** sporting background is in soccer, playing semi-professionally for over 10 years. Mark found CrossFit in January 2004 and has trained himself, individual clients and classes using CrossFit principles for two and a half years. He was the first of the UK community to venture to California for CrossFit Certification and has also become a USA Weightlifting Certified Club Coach under the tuition of Coach Mike Burgener. He is a qualified Personal Trainer in the UK and has additional qualifications in Concept 2 Rowing, Speed and Agility Training, Kettlebells, and Soccer Coaching. His commitment to CrossFit is profound and he wants to play a leading role in developing both elite fitness and the powerful sense of community and support which define CrossFit.

**Karl** has been involved in fitness for the last 8 years in all elements of the business; public, private and corporate. He stumbled onto CrossFit just over a year and a half ago whilst researching "circuits" and "kettlebells" on Google. From then on it has become his sole training tool both for himself and his clients. During his time as a trainer/instructor he has gained varied qualifications in subjects as far ranging as Olympic weightlifting and pre/postnatal care. He is fully committed to making CrossFit Manchester a facility not only to train other UK CrossFitters, but also to help spread the concept throughout the country maintaining the strong sense of community that is evident.

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[Video Link Button](http://www.brandxmartialarts.com/videos/soccerwodsept.wmv)
This is a winning season for my team so far. We have won our first three games, and I have scored 5 goals! We have won 4 to 1, in that game I scored 3 goals! We won 7 to 1, in that game I scored 1 goal. And our most recent game I scored one on a penalty kick. We have a game this Saturday that I hope our team plays very well in.

A few games back we won in the last ten minutes of the game when I scored 3 of the 4 goals our team scored. It was more than just the goals, it was more about the other team being tired, not conditioned enough to play the second half strong.

We have a few guys on our team who are talented but not motivated to hit their conditioning hard- they tire out at the end of the game. My dad has been training my team this season and it has paid off for us so far. My team has been coming in every Tuesday to get their (bleeps) handed to them on a silver platter. Needless to say they all end up on the floor at the end of fight gone bad which we did this week. Most of my team had scores in the high one hundreds and low two hundreds. I did this workout with them (with Connor the form Nazi watching me) and I got 315 as my final score (35 # weights)

Lots of other teams spend a large amount of time on skills and a small amount of time on conditioning. Which is a good idea if you are only playing other teams who do those types of things, but my team does CrossFit. I want to play those teams!

Teen Athlete Challenge
Can you do pullups touching belly button to bar?

How many?

Post attempts and numbers to comments on www.CrossFitKids.com or customerservice@crossfitkids@gmail.com
Fourteen-year-old Joseph is the narrator in Rose Kent's young adult novel, *Kimchi and Calamari*. Joseph pays attention to what happens around him, and some of his observations make me laugh. "My sisters keep score of everything, from the number of squirts of chocolate syrup in their milk to how many times they get to sit by the car window," he reports.

Those sisters of Joseph's sound the way my own children sometimes do. Thomas and Jane know all about how brothers and sisters compete with each other. One is nine and the other is eight. Just the other day, one taunted the other by singing, "I can whistle better than you." They were not even talking to each other at the time. When that did not get a reaction, the singer tried again by adding, "I can play by myself better than you, too. I think maybe I have a better imagination."

My children were home when they had that exchange, but sibling rivalry can show up in the gym, too, particularly with a program like CrossFit.

If you're reading this journal, you know the routine: CrossFit encourages families to sweat through workouts together. Scaling is according to fitness level and experience, which is different from what happens in gyms where families are forced to split up so that parents and teens rotate impatiently through equipment stations while younger children sit zombie-like in a play area watching TV.

Many psychologists say we all need four things: love, power, freedom, and fun. How much of each of those things we want at any time can change, but the needs themselves do not. Each of us tries to meet those needs for him- or herself, and if we have brothers or sisters, they can influence our choices in important ways.

Should we ignore sibling rivalry and hope that brothers and sisters grow up to be happy friends?

No. We gain nothing by ignoring that kind of relationship. Competition within families is worth our attention because by thinking about what we perceive rather than leaping straight from our feelings to our actions or reactions, we can pause to ask ourselves whether what we intend to do (feel bad? try harder? gloat? reach for a pint of ice cream?) will actually help us get what we want.

Sibling rivalry is less of an issue when siblings are more than five years apart, or if they have different interests that seldom overlap, or similar interests but different levels of motivation (a rival is someone who pushes you, not someone whom you can beat without breaking a sweat). None of that takes the edge off sibling rivalry for a boy who lives in the shadow of a brother, or a girl who feels outshone by her sister.
Sibling Rivalry

A book called "Siblings Without Rivalry" (Faber and Mazlish, 1998, but in multiple reprint editions since then) has some good advice about these things. Its authors encourage parents to treat children uniquely rather than equally. Meeting the needs of each child in a family is more important than striving to be fair, they say. Accordingly, parents of several children should also make a point of scheduling time alone with each child rather than forcing constant family togetherness.

Another way to tone down a sibling rivalry is to avoid direct comparisons. As one of Faber's patients writes, "I remember the time my mother told me I was more 'orderly' than my pretty sister Dorothy. It felt great for a moment, but then I began to really worry. Could I keep it up? And even if I could, what would happen if Dorothy ever became 'orderly'? Where would that leave me?" This woman's mother would have done better to describe the problem she saw – a messy room – than to try to turn a comparison into a compliment.

Sibling rivalry in the gym can be managed so that everyone involved wins by becoming more fit, as when brothers keep each other honest about lifting form or range of motion.

It might help to remember that "comparison" and "competition" are not the same. Comparison with other people leads to vanity when you look better, and bitterness when you look worse. Neither outcome is desirable. Comparison pretends to be looking at other people, but notice how it always starts and ends with you (or me, if I'm the one doing the comparing). In comparisons, you set your own standard, and ultimately that's a burden too heavy for any one person to carry.

Competition, by contrast, involves other people. Approached with enthusiasm and a sense of perspective, it can be a healthy part of life and a spur to greatness. Competition differs from comparison in that it has an objective, external standard like, for example, a final score.

In CrossFit, siblings have more chances to work out together than they would in programs that are less family-friendly. Hard words may pass between them. Fortunately, CrossFit also emphasizes two things that stomp on the temptation to compare while encouraging efforts to compete. Those things are timed workouts and objective performance standards.

Performance is measured against the clock, the weight on the bar, and the number of repetitions associated with your fitness level. Even if there is no weight on the bar, as when kids are doing the limbo under a length of PVC pipe held by trainers, the CrossFit standard is objective: can you shimmy under the limbo stick or not?

Watch brothers or sisters who have been doing CrossFit for the same length of time, and you'll often see that they've come to an accommodation. One may be a monster at squats, while another has perfect form on rings. Sibling rivalry cannot be erased, but it can be managed successfully, either by siblings themselves if they're old enough, or by their parents. With an eye on the distinction between comparison and competition, and a willingness to take sound advice, you need not be dismayed by what brothers and sisters do.

Patrick O'Hannigan is a technical writer and essayist who feels privileged to have been introduced to CrossFit a little more than two years ago. He has a lopsided walk, a great wife, and adorable kids named Thomas and Jane.

CrossFitKids is honored to have the modest and talented Mr. O ‘Hannigan as a contributor. He has written for publications such as The New Oxford Review, The American Spectator Online and maintains the weblog; www.paragraphfarmer.blogspot.com. He is a home CrossFitter in North Carolina.
WORD SEARCH

Find these words: press, squat, crossfit, functional, work, time, load, row, run, tire

WHAT BASIC CROSSFIT exercise includes these cues?

- Push your hips back first
- Pop your hips at the top of the movement

WOD submitted by kids

“Gus”
In memory of My best friend Gus, my English Bulldog.

“GUS”
3 rope climbs
200m Run
15 box jumps
200M Run
10 pushups
200M Run
5 pullup

Duncan, Age 8, Ramona, California
Post your times for Gus on the day you do it at www.crossfitkids.com

CrossFit Kids create Drawings and Pictures—this month’s subject is the shoulder press. Send all submissions, workouts, drawings and pictures (scan or send as pdf) to mikki.crossfitkids@gmail.com please include your first name, last initial, age, city, state and country.
CrossFit Kids is an electronically distributed magazine (email ed e-zine) detailing fitness training and coaching with kids, pre-teens and teens in the CrossFit method. CrossFit Kids Magazine is directed to the CrossFit Community, coaches, teachers, homeschoolers, kids and parents who want to work out with their kids.

Features may include monthly workouts, team training, sports conditioning, self defense information, and articles on related subjects. Focus skills, games, tips for the home gym and Affiliates are also often included.

We may also feature Affiliate Kids programs, and a child or teen in Focus on CrossFit Kids and Community.

Go to www.CrossFitKids.com for a daily workout and don’t forget to post your times!

For subscription information or to order back issues go to the CrossFit Kids Store http://www.crossfitkids.com/index.php/Store/

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