

FEATURE

THE CURRENT

Kayhi students getting (cross)fit

by **David Willson**
Staff Writer

Sweat drains from the forehead and soaks through a tattered workout shirt leaving a dark oval on the chest. Breaths are heavy and the music is loud. In the end it will all be worth it, but right now, it's painful.

High school athletes know no off-season. Whether it be skill, work, or strength, those who want to be successful are driven to constantly put in time.

The newest trend of strength and body conditioning is CrossFit. People of all ages are doing CrossFit workouts, whether it's for sports, a hobby, or even just for a class. The focus is on specific areas in short amounts of time, which engages multiple muscle systems. Former football coach and teacher Steve McLaren said the CrossFit approach is an effective way to get fit.

"I believe to get into the best shape is weight training and cardiovascular," McLaren said. "Don't over do it. Online is a great place [to find workouts] that you can adjust."

Danny Lehr is a co-owner of CrossFit Excel in Manteca, California. He said the intensity of the workouts is not something people can jump right in to and that certain people might be better fit for the workouts.

"As far as crossfit as a sport, certain body types excel over others," said Lehr. "Generally someone around 5-foot-9, 185 pounds has certain advantages. Light enough to be good at bodyweight exercises, but big enough to have a certain level of absolute strength."

It is also a very effective way to get results with intense and stressed workouts.

"Once I graduated from high school, my workouts were much more like a standard body building workout - chest one day, legs the next, etc," said Lehr. "Once I started CrossFit I lost about twenty pounds, and at the same time



David Willson

Crossfit is gaining popularity across the country as well as at Kayhi.

got stronger."

CrossFit can help train your body in many real-life ways.

"For example, back-squats, which translates to athletics and hiking, etc. However, leg curls or leg extensions on a machine work the same muscle groups, but not in a way that mimics real life in any way," said Lehr.

CrossFit can help in all athletics Lehr said. "The way CrossFit works, one will get stronger as well as more flexible and mobile. That will help with staying injury free. Additionally, the midline strength developed in CF is extremely useful."

But because CrossFit can be so tasking, it can also be dangerous.

"Exercise is inherently a dangerous activity," said Lehr. "The most important thing is to stress technique first, and then layer in intensity along the way."

At Kayhi CrossFit is used by a few teachers and coaches. Rick Collins is the

Kayhi wrestling coach and boy's conditioning teacher, he uses CrossFit methodology in his boy's conditioning class routinely as he does with his wrestlers.

"I really like the philosophy [of the method]," said Collins. "It combines both strength and cardio training. It really falls in line nicely with wrestling."

Collins also said that CrossFit methods help stimulate post matches. "It is important to be strong, but it is also important to be the stronger person in the end."

CrossFit and traditional weight training can and do work the same muscle areas, but both methods use exercises that are different from each other. For example, one of the CrossFit workouts 'WOD,' or workout of the day, requires you to run 400 meters after 5 unbroken, weighted squats. This method trains legs and cardiovascular as you run.

"We [still] do traditional lifts," said Collins. "Any type of exercise you get, you're still going to see gains."

CrossFit is used throughout Alaska with CrossFit gyms and programs like Ketchikan CrossFit, CrossFit Anchorage, CrossFit Fairbanks, Mat-Su CrossFit and CrossFit Norsemen.

Ketchikan CrossFit fees compared to the fees of Ketchikan Gateway Borough's Recreation Center, or Rec Center, there was a difference in monthly prices with about \$125 for one month at Ketchikan CrossFit and only \$60 (for adults) at Ketchikan Parks and Recreation. This price difference is due to the different amount and brand of equipment used at the gym. At Ketchikan CrossFit, the equipment they use are from Again Faster, which are more specific for CrossFit than the Parks and Rees equipment, which is more traditional weight lifting equipment and not specified for CrossFit, along with a Cardio room, a swimming pool, a basketball court and a track.

CrossFit.com advocates that CrossFit is not only used for personal fitness

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but also for competition. The CrossFit Games, which started off with a small gathering of friends in Aromas, California over 8 years ago, happens yearly throughout the world, finding the fittest people on earth.

There has been a great leap from the amount of crossfit gyms in the US since 2005, with only 18 affiliated gyms up to 1,700 in 2010 and went up 40% by 2011, then 43% by 2012. Recently the amount of affiliates have crossed over 5,000 worldwide, about 72.7% global distribution being in the US alone in 2012.

This year's winning team in the CrossFit Invitational event on November 9th in San Jose, California, was the USA team lead by Rich Froning.

For personal fitness, activities and sports or for competition, CrossFit is widely used throughout the world, helping improve the lives of over 2000 CrossFit affiliates representing probably a quarter of a million CrossFitters estimated by www.sublimesc.com through intense conditioning.

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Snow Machines

The Tundra has a 550cc fan-cooled two-stroke twin. The Tundra may not be the best starter sled for long trail rides, but it will be exceptionally adept at teaching young riders how to maneuver in ungrounded snow, a primary skill to have.

<http://www.snowmobile.com/manufacturers/polaris/top-five-snowmobiles-for-beginners-1497.html>

Ben Sivertsen, rider of 4 years, prefers and recommends the Ski-Doo. Sivertsen also states he favors Klim snowmobile gear over others.

"I only buy Klim snowmobile gear because it keeps you really warm and also provides protection not only against the cold but also against the branches and whatever else you come across out there."

Bibs and pants: \$100.00 - \$600.00 .

Gloves: \$40.00 - \$250.00 .

Jackets: \$100.00 - \$580.00 .

Boots: \$240.00 - \$350.00 .

F4 Helmets: \$50.00 - \$400.00

<http://www.upnorthsports.com/>

snowmobile/snow/klim/

Rob Hannah, rider of 8 years, said he likes Klim gear but also likes Motorfist's gear both for their quality, but they are more spendy brands.

"Klim and Motorfist are towards the top of the market for quality, but their price is also higher. No doubt the way to go if you can scrape together the money."

Motorfist prices; <http://www.upnorthsports.com/snowmobile/snow/motorfist/>

From the prices provided, Klim gear is pricey, but it is one of the best brands to have. From the website provided, you can search other brands and their prices. You can also purchase the gear you want from there as well. You can choose from brands such as FXR, Slednecks, FLY and many others.

Hopefully this helps some of you looking for snow gear. Get out there, stay warm, dry and have a great snowmobiling season this year!

Pop Culture Grid

Name/ Question	Ella Hillberry 9th grade	Arick Mattson 9th grade	Lily Foster 10th grade	Owen Hillberry 10th grade	Kaileigh Krosse 11th grade	Chance Rhein 11th grade	Ella Sherrill 12th grade	Anthony Joslyn 12th grade
This X-mas I want...	a laptop	a holly jolly Christmas	a french horn	amazon gift cards	snow	snow	a GoPro and money for college	a nice, warm, stylish peacock
How many meals do you eat a day?	3	3	3	3	3	ideally 6	4 and 1/2	4
Freshman should be...	stylish	respected and tolerated	hugged	enlightened	seen and not heard	more mature	covered	aware of how much perfume they wear
The best TV show is...	Pretty Little Liars	The Flash	I don't know	I don't watch TV	Lost	NCIS	Walking Dead	Chicago Fire
On school days I'd rather be...	sleeping	Spending time with friends	home	I don't know	six feet under	sleeping	playing games	working or making money

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