Interview

Amy Crawford

Since starting my crossfit/paleo project, Amy has taken to the challenget hat I bring. We have often spent extra time working on form, strength, and balance after our workouts with everybody one-on-one.

She has taken a majority stake in my performance and especially flexibility. Every Personal strength or speed record I break for myself, I see her pleased with herself, moreso than with the success of others. I presented such a challenge at the beginning of this period starting from nearly ground zero, and, as I have gotten more powerful and more dynamic, Amy wins with my wins and loses with my losses.

**Amy Crawford**

A self-proclaimed addictive person. Former smoker. Now ripped. Has hardly any body fat and has the greatest range of motion I have ever seen in my entire life. Husband Neil. Grad of UVA. 2 kids who she is contantly leaving crossfit to go get. Owner of the affiliate. Keeps groceries in her office to eat. Drives a Subaru outback. Wears tight pants to lift in and works out barefoot a habit I have gotten into. Pullup machine. 5 feet tall, maybe 5’1.

**[**I've been involved with athletics most of my life.  While a high school athlete, I was frequently injured with chronic issues, and decided to study sports medicine in college.  I became interested in strength training shortly therafter, and worked as a high school strength coach and athletic therapist.  Finding mountain biking, and eventually racing, was fantastic for me, providing me with the oppoturnity to train, race, and have fun, all at the same time!

After a few years of racing for Independent Fabrication my husband Neil & I decided to start a family.  Two kids later, I was still in very good shape, but bored out of my skull in the gym.  Enter CrossFit!

I started doing CrossFit at our local gym, with great success.  The difficulty, challenge, and rewards were familiar and amazing, and I was hooked!  However, doing CrossFit at a typical gym doesn't always work so well, and I wanted to increase my knowledge of CrossFit methodology.  In 2008, I attended my first CrossFit certification, and came home with a ton of information, and the zeal to spread the word.  In October 2008, CrossFit Blacksburg was born.

Certifications/Professional/Academic

* NATABOC Certified Athletic Therapist (ATC)
* CrossFit Level I certified, working towards Level II
* CrossFit Gymnastics certified
* CrossFit Kids certified
* Attended Olympic Weightlifting Seminar with [Chris Wilkes](http://www.overheadandheavy.com/)
* BSEd in Sports Medicine from the Univeristy of Virginia
* Experience as an ATC with high school, collegiate, and Olympic athletes
* Attended 1992 Olympic Freestyle Wrestling Camp as a student athletic therapist
* Invited to attend 1996 Centennial Olympics in Atlanta, GA, as an ATC
* Strength Coach for high school football program
* 1998 Virginia Mountain Bike Champion]

Amy exists as a total body information clearinghouse. Any topic needs not be left unturned. Nutrition, fitness, total strength, running form, Olympic lifting form, etc. I have stayed after workout and spent a half hour talking to Amy about dairy consumption up to 30 minutes after a workout. Optimal sweet potato consumption. Supplementation. Hip flexibility and snatch form. Core strength and myofascial release.

Nothing is uncalled for with Amy, and her unique personality is both nurturing and tough as nails.

“Crossfit is about constantly varied functional movements performed over intervals at a high intensity. When you go to pick up a luggage bag, what are you gonna do, laterally raise it? No! Are you going to bicep curl it? \*\*\*\* no! You’re going to deadlift it, and that’s one of the movement focuses in Crossfit.”

Many come to Crossfit to gain the benefits of working in a family like atmosphere. The support is incredible, and no one is too weak to get started. 25%- Half of the members are Corps of Cadets at VT, the other half being soccer moms, office junkies, weekend warriors, etc. You go there to work with different people with different goals, and you come away inspired to be better than your were yesterday.

CrossFit delivers fitness that is, by design, broad, general, and inclusive. The CrossFit program is designed for universal scalability making it the perfect application for any committed individual regardless of experience. We change scale load and intensity to ensure you get the best workout based on your goals, previous experience and level. CrossFit is not a specialized fitness program but rather it focuses on competency in each of the ten recognized fitness domains; cardiovascular and respiratory endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance and accuracy. CrossFit is for everyone; any age, any experience level and any athletic ability.

**CHUCK**

Chuck is a 40 year old rugby player for Blacksburg rugby team. He often goes to the same classes I do. He, like me, is totally inflexible, but finds it hilarious that he can’t do an overhead squat without falling over. His broad smile lighten every day, but don’t be fooled. Chuck is strong as an ox, I have seen him deadlift well over 400 pounds and split jerk almost 200. I do 325 1RM DL and Hardly close to 100 for the SJ. He comes to crossfit with his wife, Monica, who is much frailer but than he but still a hard worker who has trouble aerobically. They are constantly laughing and joking, and with Chuck’s vague semblance of a lisp, his jokes become immediately funnier. He has been coming to CF for almost a steady year, Monica more temperamental with her attendance. However, that’s the ebeauty of CF, if you take time off, your workouts don’t get any easier, you need to step it up again. Chuck often brings a can of coconut milk into the gym to immediately guzzle post-workout, Monica is usally breathing too hard after a workout to take in anything but oxygen.

Chuck, huge calves and no body fat. Looks like a rugby player. Shaved head. works out in New balances I wore in 6th grade. Over 6 feet tall. Sinewy. Tough looking. Darker skin. Has huge problems with flexibility. Nicest guy.

John McBrien

John has been a personal trainer since 2006.  He was first exposed to CrossFit as an undergraduate and member of the Virginia Tech Corps of Cadets, where the CrossFit approach to fitness and emphasis on broad, general, and inclusive physical preparedness was an immediate attraction.  Since beginning to use CrossFit exclusively in 2008, John has been able to train injury-free, and has seen dramatic improvements in all facets of his health and fitness.  The efficacy of CrossFit has been demonstrated in his own performance and the performance of his athletes; "form follows function."

In April 2009, John began training at CrossFit NRV, and after earning his CrossFit Level I Certification in June, began working as an assistant coach.  In addition to his CrossFit Level I Certification, John is also a CF Endurance Advanced Coach.  He recently began traveling as an assistant coach with the CrossFit Endurance team, providing him the opportunity to teach proper running mechanics and the importance in treating running as a skill.  A convert from the traditional higher mileage training approach, John has used CrossFit and CrossFit Endurance exclusively to prepare athletes for a variety of endurance events.