

Member Spotlight



February 2018 - Val Rosenberg



I've been an athlete my entire life. I played 3 sports in high school (soccer, basketball, softball) and was a two-sport athlete in college (soccer & basketball). I played baseball with the boys until 7th or 8th grade before switching over to softball. I was 1 of 2 girls in the rec league, and the only girl on the travel team. I'm proud to say I made boys cry on the baseball field because they lost to a girl :)

I started crossfit back in 2013 but just came back about 1.5 years ago. I had just hit my first year anniversary in 2014 when I suffered a nasty break in my finger and needed surgery (be careful with those bands!). With the exception of 1 or 2 months on just a couple of occasions, I was out on injured reserve the next 2.5 years due to multiple upper extremity surgeries. I returned to crossfit for good when I joined Posted in June 2016. I've been an athlete my whole life, and crossfit provided a great athletic and competitive

outlet that I was missing since "retiring" from competitive sports. I love having a coach again, love the community, the stress-relief it provides, and the sense of accomplishment you gain by working hard, making progress, and meeting goals.

Favorite WOD/movements: deadlifts, back squats, HSPU, and anything involving agility. Least favorite: squat snatch, push jerk, rowing

Biggest CF Accomplishment: I don't think I have one specific, biggest accomplishment since starting crossfit . . . yet! Rather, I think my biggest accomplishment has to do with getting better and better with hard work and pushing myself. I do like that I've been getting better at HSPU's, and it was very exciting to do my first Rx WOD and get efficient DUs.

CrossFit Goal I still have: Ring muscle up! Not sure how far-fetched that is, but if I put my mind to it I might just get there. Anyone can feel free to remind me of this goal and hold me accountable! :)

Random "fun fact": I'll follow Andy's lead with the whole nickname thing. I was once given the nickname "flea" at a basketball camp for my small size and defensive play. Come to think of it, one of my college soccer coaches described me the same way