

# MemberSpotlight



May 2018 - Scott Ball



Athletic Background: I have played sports all my life. In high school, I was a football, basketball, and track athlete. I was the most talented in track & field, had quite a bit of success, and enjoyed it a lot. It's a big reason I still coach it for high-schoolers today.

When did you start CrossFit and what about it drew you in? I began crossfit in December of 2014 after spending time over the holidays with my brother-in-law, Andy Brook, who many of you know. I heard him talk about the type of workouts he was doing and I was interested. I was feeling particularly poor about my fitness at the time. I am the type of athlete who does much better when someone else is programming my workouts. It has been a great fit. I enjoy the challenge that workouts present especially when we get the chance to repeat them and try to

improve on a result I have stored.

Favorite and least favorite WOD/movements? I enjoy body weight stuff a lot. Pull ups, box jumps, running(!). I am not a fan of wall balls and long rows.

Biggest personal accomplishment since starting CrossFit? I think getting to the point where I do the entire open at the Rx level. It took about 2 years to get strong enough and have the movements ready (MU excepted). I have now done that 2 years in a row and I'm proud of it.

One Crossfit goal you still have? There are many, which is one of the best aspects of crossfit. I'd like to have the aforementioned muscle-up. I really want to crack 200 lbs on the clean and snatch 135.

One random "fun fact" about you! I try to drop-in at boxes around the country and world when I'm out of town. It's a fun aspect of travel for me to see all the different gyms. I'm hoping to complete my first WOD with Portuguese directions this summer.