

Starter: <http://www.youtube.com/watch?v=ETPG0tntAa8>

True Life: I'm the Youngest Female CrossFit Competitor

Valerie Calhoun, 17, is already considered one of CrossFit's most formidable competitors



A 275-pound deadlift, 48 pull-ups, back squatting twice her weight. CrossFit competitor and WOD Gear Team Clothing Co. athlete Valerie Calhoun is known for putting up some pretty impressive numbers, but there's one that **elicits** the most **gasps**: her age. Calhoun started CrossFit at 13 and now at 17 is the youngest woman to compete in the 2012 Reebok CrossFit Games. While her youth may surprise others, it doesn't **faze** her. "I may be young compared to my **competitors**, but I love the adrenaline rush when I'm competing. Crossfit brings out the best in me and makes me give 110 percent."

Always an athlete, Calhoun started competitive gymnastics at age 4 but had to quit after nine years due to an injury. Thankfully, Rocklin CrossFit owner and trainer Gary Baron discovered her and saw the preteen's **incredible potential**. By 2011 Calhoun's team took sixth place in the Reebok CrossFit games and people **worldwide** began to see the **tiny** California girl (she's only 5-feet tall!) as serious competition.

Like many young athletes, Calhoun has had to make some **sacrifices** for the sport she loves. "Of course there are moments where I can't hang out with friends because I am too busy with CrossFit, but that is my choice. I do find time to **balance** gym time and play time because I still want to enjoy my teen years," she says. "I have missed a school dance or even finals for Regionals, but all in all I feel that CrossFit fits perfectly in my life."

In between handstand walks and pistol squats—some of her favorite moves—she works on the timed workouts and Olympic lifts that make up the CrossFit competition. Her favorite WOD (workout of the day, a CrossFitter's daily task) is "Fran," a short but intense workout made up of three rounds of 21, 15, and 9 **reps** of **thrusters** and pull-ups. "I love it because I perform it well, and I hate it because it takes so much out of me after doing it," Calhoun says of the **brutal** workout, which took center stage in one of her most dramatic CrossFit moments yet.

"[It was] the final event at the 2011 Crossfit Games. It **required** all six team members to do an individual workout for time, like a **relay**. The first person must complete before the next can proceed and so on before the 30-minute time limit is reached, she says. "Unfortunately, our first team member got stuck on ring dips, taking her 25 minutes to complete her portion of the workout. By then the other five teams were almost done with all six of their **segments**. After 25 minutes, my teammate completed her last ring dip and I was on to do Fran. As I was doing my pull ups, the whole stadium started to count my reps out loud. I completed Fran in under three minutes and then we went to our third member. By the time our fourth member was halfway done, time was capped and the judges stopped and walked away. **Although** time had expired, our team members continued until all six members were completed, with the crowd's energy and the other teams cheering us on. Even though we did not take first, it was a **magical experience** and is a good example of what CrossFit is all about."

With that behind her, what's her goal for the Games this year? "To be the youngest winner of the CrossFit games ever" of course!

Source: www.shape.com/fitness/workouts

You'll find all kinds of difficult words in the text (the ones in **bold**). Without looking up the meaning of the words, try to come up with a translation, by looking at the context. When you have translated all the words, use a dictionary or the internet to translate the words and see how you did.

	Own translation	Dictionary / Internet
Elicits		
Gasps		
Faze		
Competitors		
Incredible potential		
Worldwide		
Tiny		
Sacrifices		
Balance		
Reps		
Thrusters		
Brutal		
Required		
Relay		
Segments		
Although		
Magical experience		

1) The text starts off with: "A 275-pound deadlift, 48 pull-ups, back squatting twice her weight". Explain, in your own language, what it is that she can do.

2) Calhoun mentions a couple of things why she likes Crossfit. Give 3 reasons.

1.

2.

3.

3) At what age did Calhoun started competitive gymnastics and why did she had to quit?

4) Who has discovered Calhoun?

5) Valerie Calhoun is only 5-feet tall. Look up on the internet how much that is in centimetres.

6) Like many young athletes, Calhoun has had to make some sacrifices for the sport she loves. Please mention 3 things she can't do anymore, or has missed.

- 1.
- 2.
- 3.

7) What does WOD mean, according to the text? What is her favourite WOD and what does this mean?

8) What was so special about the final part of the 2011 Crossfit Games Calhoun participated in? Give a summary of the events.

9) What is Calhoun's goal for the Games this year?