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January 10, 2012

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Ventura's own Womens Full contact football team

The Ventura Black Widows are a women's semi-pro, full contact football team, owned by founder Ahmad Newton. This means the players tackle, wear helmets and shoulder pads just like the NFL guys. We are lucky to have this team in our area as an opportunity for women to play, as the next closest teams are in Los Angeles and Sacramento.



Strength:

Overhead Squat

3-3-3-3

work up to 3rm

WoD:

in partners:

Row 6000 meters

- each partner rows in 300 meter increments

-while 1 partner rows, other partner does:

10 push ups

5 Push press @ 145/100#

x1

time remaining rest

Tryouts were held in the past few months, and the team has doubled in size from the 2011 season.

Currently the team is practicing for 2012, its fourth season, and will play its games in the spring starting in mid-April. Prospective new players and volunteers to help with practices and games are welcome to contact Ahmad about joining the Widows family web. The game schedule will be posted on www.blackwidowsfootball.com and their Facebook site "Black Widows-Football" (under Friends not Pages). The Widows love playing for a full crowd and hope for a great fan turnout each year. We are always seeking sponsors and have various sponsorship packages available.

Two Black Widows are new members of BSCF, Jennifer Shepardson and Lauren Casapulla. They play on the offensive line and provide backup on the defensive line. Both of these tough ladies have already

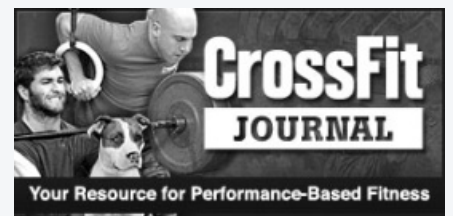
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gotten stronger and faster based on comments from their football coaches. Eating Paleo has also been a great improvement for Jennifer and Lauren, along with BeachSide CrossFit programming, (you know the programming that some say is too hard). Along with Football practice Saturday and Sunday,they manage CrossFit all while on a path to lose body fat. Legit.

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• UPCOMING EVENTS:

Dec 10th- 9am, 12 days of BeachSide CrossFit WoD!

Dec 10th-7pm, holiday Social Gathering, Watermark DTV

Dec 18th- WoD Gear Team Series competition Occidental College

Dec 24th- Holiday hours 3p-4p WoDs

Dec 25th-26th- Closed

Jan 7th- Oly Workshop- 9a-11a Snatch \$35.00

Jan 14th-15th- OC Throwdown CrossFit Comp

Jan 24th- Hydrostatic Body Comp Testing 3p-8p. Sign up in gym

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