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SCOTTSDALE
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01 AUG Swimming the Alcatraz Shark Challenge

Here's a testimony to the power of the referral.

Swimming the Alcatraz Shark Challenge made it's way on to my list of "to do's" during a social gathering with my dear friends and Crossfit Scottsdale members Bill and Erika Hubert. Bill was just getting ready to do the swim for the first time and I remember thinking "oh man, I am going to do that someday" interesting thought for someone who had never swam farther than the distance required to retrieve a surf or boogie board.

So, off I went to commit myself to the swim while I was still a 24 Hour fitness client and I quickly got a real sense of how far away I was from this achievement. Even though I was "working out" (we Crossfitters all know what that really means at a globo-gym) I quickly realized the magnitude of this challenge in that at the time, after a fair amount of swimming in the 24 Hour Fitness pool, I could barely swim 100-150 yards without gassing out. The Alcatraz swim is 1.5 miles in cold, open ocean water.

I remember being in San Francisco on business and running the 2 miles from my hotel down to the wharf and staring out across the expanse of water to Alcatraz from the finish line at Aquatic park. I might as well have been staring up at Mount Everest.

It wasn't long after that trip that Bill and Erika invited me to a guest workout at Crossfit Scottsdale. My first workout was "Fran" and frankly I was hooked from that moment forward. I signed up and also got connected with an excellent tri-coach named Anne Wilson in Scottsdale and I soon began to turn the corner on my fitness and swim training.

What I love most about Crossfit is that it is as concerned with building mental toughness and discipline as it is with the physical fitness. The first time Luke ever said to me "accountability; it's a mutha" I knew I was in the right place. And I could think of no discipline that would require more accountability and toughness than training for open water swimming. It is exactly what attracted me to the Alcatraz swim - more so than running or biking or even mountain climbing for that matter. With open water swimming there is no way to coast or quit half way, no place to stop, stand up and catch your breath - it's truly sink or swim.

I'm very happy to say I did not sink, and am hear writing this blog after completing the swim this past Saturday after about 8 months of training. It was my first open water ocean swim and frankly, my goal was to simply finish the race. I far surpassed that goal by placing 33rd in my age group (50-60 years old) and 457th overall out of nearly 1200 swimmers. My heartfelt thanks go out to Bill and Erika Hubert and especially Crossfit Scottsdale and Anne Wilson at Camelback Coaching! Definitely could not have done this without your programs, your guidance and support!



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UPCOMING EVENTS

Fundamentals Seminar

02/08/2014 9:00 AM

Technique and Form are both very important in your workout routine at SICFIT Scottsdale. Whether you have been around for a while or are brand new to SICFIT they both can probably use some work. The SICFIT Scottsdale Fundamentals Seminar is designed to help your training and learn the 9 Foundational Movements so you can perform them safely, efficiently, and effectively. The 9 movements include the: air squat, front
[Learning these movements and incorporating them into your fitness training will optimize your physical competence in each of the ten recognized fitness domains, which are: Endurance, Stamina, Strength, Flexibility, Power, Speed, Coordination, Agility, Balance, and Accuracy.](http://www.sicfitscottsdale.com/wp-admin/post.php?post=29095&action=edit&cat=equat, overhead squat, shoulder press, push press, push jerk, deadlift, sumo deadlift high pull and the med ball clean.</p></div>
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Don't wait...Get signed up for the Fundamentals Seminar at SICFIT Scottsdale today! You deserve to take the time to improve yourself and to work towards achieving elite fitness. \$30



Sweat with your Sweetie on Valentines Day!

02/14/2014 12:00 AM

Love is in the air at SICFIT Scottsdale this Valentine's Day, so we want you to bring your significant other to the gym for a partner workout! All day on February 14th, class are FREE for your significant other. It's a time of fun and competition...because the couple the sweats together, stays together.



President's Day

02/17/2014 12:00 AM

In honor of President's Day, all classes are FREE at SICFIT Scottsdale and open to ALL levels of FITNESS. Classes are at 8am, 12pm, Teens at 3:45 and 5pm

Level II Test

02/27/2014 7:00 PM