

A Special Note to the CFRR Family from Marcus Garcia

In my view, coaching is the art of guiding, motivating and training others to be a better version of themselves. This is why I want to be a CFRR coach.

And my interest in coaching Fundamentals is simple; first impressions matter. What a potential client experiences on their first visit to the box is vitally important. An athlete-coach connection must be made. Additionally, teaching fundamentals is the foundation to all that lies ahead of an athlete and serves as a basis for lifelong functional movement. I see many similarities in coaching Fundamentals with my full time career as a Realtor. When helping clients with real estate, I evaluate their current situation, I ask what goals they want to accomplish, I explain the process to accomplish those goals and offer a specific plan to be successful. That process is no different than the Fundamentals Program. It's about having awareness, garnering trust, and instilling motivation.

I have invested a lot of time in understanding health, fitness and CrossFit. I have focused on learning the proper techniques for solid performance. And, I have educated myself on the proper nutrition to fuel that performance. I've also been an active member of the CFRR community for over three years. I believe this knowledge base will enable me to contribute to the mission of CFRR. I'm eager to give back to the community, share my story with other athletes, work hard, and have fun.

It is very exciting to be joining the talented coaching staff at CFRR. I'm equally excited to be around all of you even more as you continue your fitness journey. I look forward to adding new members to the group classes and growing this awesome community. I cannot close without giving Landon and Adrien a huge THANK YOU for this opportunity.

Marcus

