



5th Annual SheepDog Impact Assistance Fundraiser & 2nd Annual Chili Cook-Off

WOD and Silent Auction

Friday, December 4, 5:30 - 7:30

benefiting Sheep Dog families during the holidays!



CrossfitNWA is also hosting the
2nd annual Chili Cook-off

Wash your crock pot, fine-tune your secret family recipe,
and get ready for some competition!

Judging to begin at 6PM. **Cash prizes** for winners!

Questions: Please contact Mary Hudson 479-787-8024 or mstange5@msn.com

Announcements:

Let's welcome Leslie Rouse, Ashley Evans, and Evan Morris to the CFNWA Coaching Staff.

Reminders* As soon as you come in the door you MUST sign in, no matter your membership.

Items in fridge are not free. If you grab a drink, pre/post wod packet/protein bar make sure you pay either the cash box or a coach.

Friday December 4th- Sheep Dog Fundraiser/ Chili Cook-Off 5:30-7:30pm

Thursday December 24th- Christmas Eve 12 days of Christmas Wod 8-11

Friday December 25th- Christmas Day Rest Day (Closed)

Thursday December 31st- New Years Eve (No 6:30pm)

Friday January 1st- New Years Day! "Murph" 8-11

Winter Recipe- Chan Chili

From Kitchen of Games Athlete Matt Chan

Ingredients

- 1.5 lbs. Ground Beef
- 3 Cups- Onions, Chopped
- ~80 Olives, Chopped
- 4 Cups- Zucchini, Chopped
- 2 Cups- Salsa

Directions

1. Chop onions, olives, zucchini.
2. Brown ground beef in skillet.
3. Saute onions and zucchini in skillet.
4. Mix ground beef, olives, onions, zucchini together in a large pot.
5. Pour salsa into chili and stir well.



When the lacrosse ball and foam roller just aren't enough....Book your appointment today with Kris. **Gift Cards now available!**

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