

CrossFit Sierra Vista Competition

By: Chuck K

On Saturday, August 25, we left at 9 in the morning to go to CrossFit Sierra Vista. Although

we arrived a little late, as soon as we entered the building we were welcomed readily. After a quick introduction, we got straight to the workout. The workout had a pretty unique format, where the exercise had rounds, similar to an AMRAP (As Many Reps as Possible), and we started with dumbbell swings and box jumps.

After doing five of each, we moved on to a farmer's walk, followed by a sprint down the alleyway and back, and also another farmer's walk. A farmer's walk is when you carry two dumbbells and walk a certain distance. Following this, we went

back to the dumbbell swings and the box jumps but increased the number of reps by five. Continuing to do the same set, we

ter that, there was a similar workout that followed. Instead of dumbbell swings and box jumps, we did dumbbell squats and

burpees. After five of each of those, we moved on to the farmer's walks and the sprints. Another 8 minutes passed, and then it was time to calculate the scores. After the calculation occurred, we clearly had less rounds completed than CrossFit Sierra Vista.

However, after calculating the rounds completed per pair, we realized that we had more rounds for every group than they did. We then talked with some people and ate some breakfast burritos. The experience was amazing and it was great to meet some other people interested in CrossFit.



From L to R: Chuck K, Kyle R, Phineas J, Sean C.B., Luke H, James H, JP R.

recorded all of the times we completed the cycle. The guys from In Balance were split into three groups, and CrossFit Sierra Vista was split into five groups. Each pair tried to complete as many sets as possible in 8 minutes. Af-

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Level 1 Sweat Lodge



L to R: Dan (Staff), Jonah B, Lane N, Gavin K, Brady G, Jonathon L, Noah P, Sean G, Eric M, Chuck K, Trey P, Jackson R
Bottom: Ather (Staff)

on an 8 mile hike up to the top of a mountain and then back down the other side. Everyone struggled getting up the mountain but everyone was there to keep pushing everyone and supporting them. Once we got to the top we took a break to eat lunch and to take in the view.

One of my favorite things we did was fishing. I used to fish with my dad at home and it brought back a lot of memories. It was so nice to be able to relax, eat s'mores, fish, and play games. I learned a lot about myself on this trip and had a very good time.

By: Noah P

I learned a lot on the level one retreat. We were lucky to have a very caring group of guys and staff on this trip. The biggest part of this trip was the sweat lodge. Everyone was very vulnerable and made me feel safe to share. Some of the things I shared in the sweat lodge I never thought I would share. Some of the things that I shared really put a lot of stress on me. It felt really good to get those things off my chest and knowing that nobody would judge me. There were a few things that I was not able to share in the sweat lodge because I was extremely nervous about what people would think. I was able to bring myself



to Dan and just let everything out. It was very hard for me to get the words out of my mouth but I eventually did and after I felt so much better. I don't think I could have shared what I did in any other setting. Being in the middle of the woods made me feel very safe and relaxed. We also had a lot of time to just have fun and chill. On one the days we went



Horsing Around



By: Connor C

Level 3 Retreat

On Friday, August 3rd, ten of my fellow students and I set out to Pinetop, Arizona to spend a weekend at the cabin for the Level 3 Retreat. We were taken by the Clinical Director, Sarah, and a Life Coach, Ather. Out of all the level retreats I've been on, this one is by far my favorite. The previous level trips involve a bunch of fun activities and relaxing which was super fun. This one did as well, but we did so much hard emotional work on ourselves, and for me, that was so much more important than hanging out and having fun. I discovered so much about myself and allowed my peers to help me with my problems. I had always known these things about myself in the back of my head and allowed them to sit with me and refused to work through them. I tell myself all these negative things about myself that aren't true and let those override the positives. I learned to actually have some self-love this weekend. I never thought that I'd be sitting in a room with a bunch of



Top L to R: Sarah O, Andrew S, Nate T, Brady G, Zack B, Henry F
 Middle L to R: Connor C, Ian L
 Bottom L to R: Elliott H, Justin S, Nathan A, John E

other teenage boys talking about our feelings. Both Sarah and Ather, as well as the other students, provided an emotionally safe environment for me to get vulnerable about the dark things in my life and figure out who I really am. The down time on this trip was spent watching chick flicks, eating ice cream, playing basketball, and so much more. We ate out at an amazing Mexican place where the burritos were at least 2 feet long! We even got to see the new Winnie the Pooh movie. This weekend changed my life for the better, and I am so appreciative that I got to be a part of it. I created closer bonds with my brothers and learned a lot about their lives too. I did a lot of ground-breaking work on my-

self which was super beneficial but hearing the stories of my peers and what they had to say

was so impactful. Once I learned to stop judging myself, I also learned to stop judging other people and treat others with more



compassion. I gained so many valuable takeaways from this weekend that are going to stay with me for the rest of my life. I had some real sober fun with my brothers this weekend. This place has changed my life for the better and I am grateful beyond words can say for this opportunity.





By: Brady G

It was Wednesday morning and all the kids on the FOTS trip were packed up and ready to go. We loaded up around 10:00 A.M. and headed to the airport. On the way we were all surprised with an amazing burger. Fast forward a couple hours- Kyle, Ian, Billy, and I were all playing board games waiting to board the plane. They called our flight, and we were ready to go. When we landed in Colorado, the weather was outstanding, and the rental house was amazing. We settled in, watched a movie, and all went to bed knowing that tomorrow was going to be packed with activities. Thursday morning, we woke up to Jack J cooking us an amazing breakfast before the conference. When we arrived, we were immediately greeted and headed to the auditorium for the first workshop of the weekend. After the workshop, we had about 5 hours until the giant speaker meeting, so we headed down to Fun Land which had bumper carts, go karts, and many other fun activities we could occupy ourselves with. Many hours and lots of fun later we were headed to the speaker meeting, and this is where the experience began. We all sat down waiting for the speaker to start and began fellowshiping with many people in the auditorium and gained lots of insight and knowledge about the A.A. community. After the speaker, we fellowshiped for about 10 more minutes and then

headed back to the rental to get some sleep for Friday. Friday came and once again we were woken up by the great smell of bacon. After breakfast, we all packed our lunches and loaded in the van to head to the convention. We got there a little early, so we all walked around and fellowshipped with other AA members and met many amazing people that really touched Ian, Gordon and me. The workshop and speaker meetings were both very good, but it wasn't the end of the day. We all gathered up and headed to karaoke and ice cream. We were all a bit nervous to go up there and sing so Ian broke the ice and put on a hilarious performance for all of us and the other people at the convention that were there. After a couple hours of ice cream, laughing, singing, and socializing we

were headed back to the house and ended the night with a great movie. Saturday we all got to catch up on sleep due to that the workshop we were attending didn't start until 12. Today was the 11th step workshop, and this is the one I and many others were most excited to hear. We got to the workshop, and just like we all expected, it was great. The workshop was followed by the last speaker meeting of the weekend. They started it off by counting down from 50 years to 24 hours of sobriety, and it was crazy to see how many newcomers and how many oldies there were. After the meeting ended we headed to the dance party. Unlike the karaoke, it was pretty lame, but it still ended the amazing weekend with some laughter and fun.

Fellowship of the Spirit



Top L to R: Gavin K, Connor C, Billy (Staff), Brady G, Gordon S, Ian L, Nick M, Sean G; Bottom L to R: Jack S, Jack J, Max C, Kyle R, Ben S

Eagle Scout Project

By: William A

I'm William, a current ranch student and an aspiring Eagle Scout (the highest rank of Boy Scouts). During the first weekend of September, my family members and a group of students came together in a collaborative effort to construct a meditation center that built off of the existing pond on the IBRA campus. The project goal was to create a place for students who struggle with stagnant meditation to come and actively explore their inner selves. We constructed a swinging bench that sat inside a walking infinity path, accompanied by a rock cairn garden. Walking meditation is very

prominent in Buddhism, and I thought it would be a perfect way to help spread mindfulness within a campus that gears towards many clients with attention issues. The rock cairns represent the solid foundation and carefully maintained balance that are necessary for establishing a sound A.A. program. The students were surprisingly enthusiastic and were immensely helpful in the construction of every aspect of the project. The funds were raised through donations and any left over money will soon be in the hands of a non-profit that aids low income families whose children suffer from the disease of addiction. I am extremely appreciative of the ranch for allowing me to pursue this goal, and I would not have had the motivation to do so had I not



been supported by a strong group of friends, so thank you to all the students of IBRA!





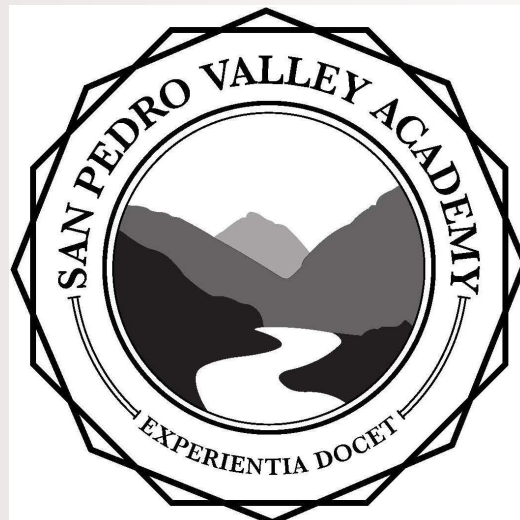
Bellevue Cottage

<i>Harrison L</i> 6-24	<i>Christian B</i> 7-1	<i>Luke H</i> 7-7	<i>Ben S</i> 7-12	<i>Francisco P</i> 7-31
<i>Jonathon L</i> 9-9	<i>Gordon S</i> 9-23	<i>Jack S</i> 9-24	<i>Puma P</i> 10-10	<i>Lane N</i> 10-10
<i>Noah P</i> 10-18	<i>Jackson R</i> 10-30	<i>Kyle R</i> 11-28	<i>Ian L</i> 12-1	<i>Max C</i> 12-11

Random Reflections



*Thank you to all who contributed to this
publication.*



In Balance Academy
San Pedro Valley Academy
6107 E. Grant Rd.
Tucson, AZ 85712
www.inbalanceacademy.com