



MEMBER SPOTLIGHT:

Cagney McCormick

HOW LONG HAVE YOU BEEN A MEMBER OF CFI?

A little over 2 years at CFI (CF for 3 years)

HOMETOWN:

Waxahachie, Texas

FAVORITE CROSSFIT MOVEMENT?

Heavy Squats

LEAST FAVORITE CROSSFIT MOVEMENT?

Air Squats or Thrusters

FAVORITE SONG:

Texas on my Mind – Pat Green

IF YOU COULD HAVE ONE SUPER-POWER, WHAT WOULD IT BE?

Super speed because I do not run even a little fast.

BUCKET LIST ITEM:

Go to a Cowboy's Super Bowl

TACOS OR DONUTS?

Tacos by far

ONE INTERESTING FACT ABOUT YOU:

I love to grow veggies and peppers. Mostly so I can make my own salsa.

WHAT MADE YOU CHOOSE TO DO CROSSFIT?

I started CrossFit because I wanted a new challenge in life and what I found was a new life long hobby.

FAVORITE PART ABOUT BEING A MEMBER OF CFI?

Best thing is the coaching. Our coaches are top notch athletes that have hidden gems of knowledge every day.

