
THE CrossFit JOURNAL

You Were Saying ... With Nicole Scott Smith

Nicole Scott Smith of CrossFit SoMo talks about life, CrossFit and more.

By E.M. Burton

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All images: Courtesy of Nicole Scott Smith

The *CrossFit Journal* is pleased to present the first in a series of profiles designed to help you get to know some of the best people in our community.

Nicole Scott Smith

I first heard about CrossFit from ... Rodney Hamby. I completed a bootcamp with him and then signed up for a second one. Somewhere in there he must have gone for his Level 1 because—holy hell—our little housewife bootcamp got serious! On our last session, he announced that he was going to affiliate and start teaching a little thing called “CrossFit.” I signed up immediately.

My first CrossFit workout was ... wow. I have no idea. I couldn't have told you the day of the week in those first few months; I was so tired! I was actually afraid to drive home after class, I felt so impaired.

If I could force one person to do Heavy Fran, it would be ... this guy at a gym I used to go to. He liked to tell everyone what they were doing wrong, and he would yell it from the elliptical. I would be so far up his butt his prostate would feel the heat of my breath.

My favorite workout is ... G.I. Jane or Navy SEAL Man Makers.

The person I would most like do a WOD with is ... Miranda Oldroyd, for sure. I love her attitude! I love Joe DeGain's communication skills. He would be so much fun!

When I was growing up, I wanted to be ... an actress.

When I grow up, I want to be ... Chuck Norris' shadow.

The most rewarding thing about training people is ... watching people complete what seemed impossible to them when they walked through the door. Clichéd but true.

My favorite movie character is ... Scarlett O'Hara.

The greatest challenge in coaching is ... making people believe in themselves. That and explaining Zone blocks—jeez.

The movement I find hardest to teach is ... HSPU.

The thing that makes a successful coach is ... being open to learning new methods and being able to read multiple athletes at one time.

My secret identity is ... we gave ourselves superhero names one day. Mine is “Power Snatch.” I'm also “Fitness TaTanyia.”

The thing I most value is ... my husband Chase, who is a Level 1 and co-owner of our affiliate, CrossFit SoMo, and our daughter, Sydney.



Nicole makes wall-balls look easy at CrossFit SoMo.

The thing that sets my coaching apart from others is ... my unique way of connecting to the athletes and my sense of humor.

The most outrageous thing I've seen someone do during a WOD is ... some pretty big PRs! We have a 4-year-old that can rip out HSPU. One guy Hulk Hoganed his shirt one time ...

The country I'd most like to visit is ... Ireland.

The CrossFit trainer I most admire is ... gosh, I'm not going for bigger and better Christmas presents or a pay raise, but my husband. For too many reasons to list, he is an amazing man.

The non-CrossFit person I most admire is ... my mom is so damn positive—always and no matter what. And it's genuine. Anyone who knows her envies it. She is great.

The thing I have the most patience for is ... at the box, nutritional counseling. We have a female-dominant box, so there is a lot of that.

The thing I have the least patience for is ... when I tell someone they did well and they say, "No, I didn't." I don't hand out false praise.

When I have a challenging athlete on my hands, I ... try to help them relax. And hope that they can't read my thoughts.

A favorite book is ... *Little Women*.

More than anything, I fear ... not being able to protect my child. The thing is we have to let them grow up. That's hard.

My most guilty pleasure is ... Lululemon, and writing my blog, [Panties in a WOD](#).

My greatest regret is ... always not thinking before I speak.

I'm really looking forward to ... turning 45 and qualifying for the masters. I'm 40 now. This is my goal.

My favorite coaching cue is ... in rowing, "Knee, nipple, knee ... reach!"

My favorite food is ... crispy, delicious bacon.

The most inspiring person/athlete I've ever worked with is ... my gosh, that's hard. I'm not afraid to play favorites, but I get inspired every day. We have an athlete who is one of the busiest mothers I know and still makes it in every day. She lives and works on a farm, is a full-time nurse and a full-time mother and grandmother. She has every excuse to slack off but still comes in and is a crazy strong RX'd athlete. She does not know the definition of quit. We should all be so lucky to have her as an example. She is dialed in in a way that most of us are not.



Nicole Scott Smith is a Level One trainer at [CrossFit SoMo](#) in West Plains, Mo.