



## Newsletter Article

June, 2016

### SCHOOL TEACHER, BANKERSHUB WEB MANAGER, .... AMERICAN NINJA WARRIOR!

By Michael Beird

#### ABOUT THE AUTHOR

**Michael Beird** is Managing Director of Financial Services and Co-Founder of BankersHub and Bstuff LLC. He has 37 years in banking, having worked as a Retail Banker, Auditor, and M&A Analyst. He has advised bank executives on 4 continents. Michael also ran content at BAI as well as the banking/credit card practice for J.D. Power. He has his BA from UC Irvine and his MBA from Cornell University.

Email: [mike@bankershub.com](mailto:mike@bankershub.com)

Salmon Ladder  
 Quintuple Steps  
 Warped Wall  
 Mount Midoriyama



If these terms don't sound familiar to you, then you probably aren't a fan of the summer's biggest show on NBC: American Ninja Warrior!

In its 8<sup>th</sup> season, American Ninja Warrior was fashioned after its Japanese counterpart, *Sasuke*. The premise of the show is not to attack or fight adversaries, but rather to conquer seemingly impossible obstacles on the way to the ultimate challenge of competing in Las Vegas for the title of "American Ninja Warrior"!

**So why is BankersHub showcasing this television show as one of its articles this month?** Because we are excited to introduce our readers and customers to BankersHub's Web Manager (and my daughter), Allyssa Beird, who was selected by NBC to compete at American Ninja Warrior in Philadelphia (airing Monday, June 27 at 9pm ET)! I had the opportunity to interview her on what it takes to become a 'Ninja', how she was able to balance training with work, and what busy professionals can do to get more fit....and possibly take *their* shot at getting on to the show!

#### A Little Background

Allyssa has been a critical component at BankersHub since its launch in 2012 and was the designer of BankersHub's well-known circular logo. She manages to keep our online operations going every day while just completing her second year teaching 5<sup>th</sup> grade in Middleborough, MA. She has always been comfortable in the gym too, having competed actively in gymnastics since age 2, so the idea of incorporating intense workouts into her schedule wasn't new to her. Of course, just being a good gymnast isn't enough to impress executives at NBC and earn a place competing on the insanely challenging obstacle course that they construct each season!

#### Also at BankersHub

- June 27 – [Treasury Management Basics](#)
- June 27 – [Payroll Cards - Are They Fit for Your Institution](#)
- June 29 – [Underwriting for Credit vs. Transactional Risk](#)
- July 6/7– [Loan Documentation Series](#)
- July 11 – [Lockbox Services: When Does It Still make Sense in Today's Environment?](#)
- July 12 – [Do I Need to Audit My Origination Customers?](#)
- July 12-14 – [ACH Arsenal for the Frontline \(3-Part Bootcamp\)](#)
- July 13 – [Debit Card Disputes: Asking the Right Questions](#)

#### ABOUT BankersHub

**BankersHub** was founded in 2012 by [Michael Beird](#) and [Erin Handel](#), 2 Financial Services professionals dedicated to educating and informing banks, credit unions, solution providers and consultants in the U.S. and worldwide. BankersHub delivers best practices, research insights, opinions, economic trends and consumer views through online web education, virtual events and conferences, live streaming activities, custom training and content development.

Getting Ready for Proposed  
 Call Report Changes



Rhea Hemish CPA  
 Partner  
 Eide Bailly LLP

#### On-Demand Playback!

- Available Immediately!
- Link or MP4 Download
- Never expires
- Can be shared internally

*If you've seen the promotions for the Philadelphia episode, then you've likely seen Allyssa as well. That's her at the lead into the commercial giving everyone the thumbs up while hanging 20 feet over water by one hand!*

[Check out the commercial by clicking here!](#)

**BH:** *How did you decide to get involved in training for American Ninja Warrior?*

**AB:** I had watched the show a few times and thought that I could do most of the obstacles. I looked up a Ninja gym in the area and went to try it out. I failed everything but kept trying.

**BH:** *Was it what you expected it would be?*

**AB:** [laughing] It was way harder! I was very humbled.

**BH:** *So how long have you been formally training for this event and what's a 'typical' training day or week like for you?*

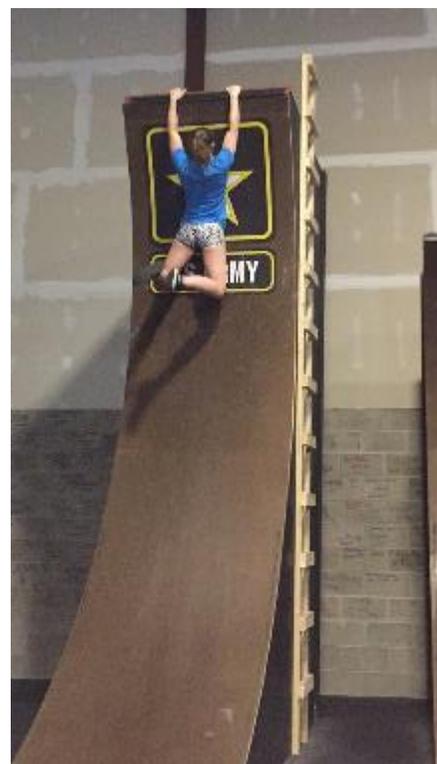
**AB:** I've been training about 10 months or so. I started really working out last July. I usually go to open gyms for anywhere from 2-3 hours, 3 to 4 times each week.

**BH:** *What was the submission process like to get onto the show?*

**AB:** I had to assemble a video and get it to NBC by the end of January. It took a lot of time trying to decide exactly what I should put into it, but once I got going, the video turned out to be a lot of fun. My 5<sup>th</sup> grade students were so supportive to my efforts and got to appear in the video also! They loved that! The paperwork and application process was probably the most cumbersome part of the ordeal, along with the long wait. They didn't contact me again until early May to let me know that I had been chosen.

**BH:** *Once you knew you were going to be on the show, did you do anything new or special in your training?*

**AB:** Well, I knew they had increased the (Warped) Wall from 14 feet to 14 feet 6 inches, so I was focusing on more legwork, making sure I had enough power to get up the wall. I also continued just working on upper body conditioning with new ways to tackle peg board obstacles, rings, and other challenges in more efficient ways. Conserving energy is one of the most important challenges that athletes face in this type of competition.



**The New 14'6" Warped Wall**

**BH:** Now you're also a full time elementary school teacher, as well as Web Manager for BankersHub. How have you been able to fit all of this training into your already packed schedule?

**AB:** Well, I definitely do better when I have more going on, so I just make sure I have my training nights incorporated into my schedule already. I know that I have to be teaching certain hours during the day so that's not negotiable, nor are the specific times that gyms are open and available. So I work in the web site work in between other activities such as when I'm eating dinner, after workouts, on weekends, etc. It really just becomes about prioritizing tasks and time management.



Tackling a new obstacle in Philadelphia

**BH:** What advice would you give to professionals who feel like they already have a packed schedule and can't fit in training or workouts?

It definitely is more male dominated, especially going into some competition, and is more unusual than other sports since it does not vary by gender.

**AB:** I would say that even if you're just sitting down to watch TV for an hour, you can grab a chin-up bar in a doorway. You can work on push-ups, squats, or just get up 30 minutes earlier to hit the gym or go for a run. Sprint training is also a great way to get cardio going in a short period of time. Professionals should also look into gyms near their home that have training classes in the evening which fit into their personal schedules. Dedicate

that night just to training...you might miss a family dinner, but you'll feel better overall and that will probably improve your family or home life anyway!

**BH:** Just to get started on conditioning for ANW, were there 2 or 3 areas that you felt you needed to focus on first?

**AB:** Definitely upper body. But looking at all the courses, they start with the Quintuple Steps which were made more difficult this year. In the past, the steps were side-to-side, but now they ascend so it's not as easy to just run through the obstacle. So the steps and the Warped Wall involve lower body precision and power, but in-between, you usually have an agility or balance obstacle followed by 3 upper body challenges in the qualifying night (*note: most viewers don't realize that the competition is filmed starting at 11:00 pm and goes until 5:00 am, adding an additional challenge to the athletes...sleep deprivation*). If you make it to City Finals, then the rest of the course is typically upper body only, followed by leg strength, explosiveness, coupled with balance and agility. Ninjas typically forget about that because, while it's not as pervasive in the courses, it does take out a lot of competitors. For example, if the second



Mugging for the camera with Paul Hamm, World Champion Gymnast and 3x Olympic Gold Medalist

obstacle is balance, not strength, you're out if you haven't worked on that much. (*note: in ANW competition, any fall means immediate disqualification and elimination*)

**BH:** *Since you began training last summer, have you seen any benefits carry over to your professional work, either as a school teacher or Web Manager?*

**AB:** I have been able to connect to my students more, with something that they're interested in and as a personal connection has helped. It's been a greater conversation starter with other people about working harder, setting and achieving personal goals. For example, I worked on the Warped Wall for months and had students ask me if I had conquered it yet. My class got really excited and congratulated me when they did learn I had achieved that obstacle! We all saw that as a team effort, I guess. I think working on time management as well, making sure I get in everything I have to (or want to).

**BH:** *I think most viewers have seen ANW as a primarily male-dominated sport. Have you found any particular challenges or opportunities being a female in this relatively new sport?*

**AB:** It definitely is more male dominated, especially going into some competitions, and is more unusual than other sports since it does not vary by gender...every event is the same for men and women alike. However, I do often feel I have a slight edge, especially when they place male and female competitors in separate groups, because the male field is so huge, but the female field is usually smaller. But I'm a competitive person and like having the pressure of other around me, forcing me to do better regardless of whether they are male or female. I also know that the ANW show looks for strong females, and many have broken through in recent seasons, pulling through and showing that they can perform as well or even better than some of the guys. I think it is still somewhat advantageous to be a female in the sport but there are a lot of strong women entering the sport each season, so it could even out the playing field.

**BH:** *For older professionals, do you feel like there's an age limit where they couldn't really get started in this sport? And do you see yourself staying in this sport for awhile?*

**AB:** I think if you look at Marathons, Triathalons, you see that the toughest age bracket is that 30-40 age bracket when athletes, especially males, are often in peak condition and there is the most amount of people in that age bracket. I talked with several athletes in Philadelphia who were in their 40's who were doing very well, training regularly. One competitor is an emergency physician with 4 kids who found time to train and got accepted to the show. It's definitely 'doable' at all ages, but you get out of it what you put into it. There was even a competitor in his 70's who competed. If you're willing to put in the time and effort, age is no limit.



**See Allyssa compete Monday, June 27 at 9:00 pm ET on American Ninja Warrior on NBC!**

# Coming Soon to a Computer Near You!

Click on the Topic to Learn More and Register



**EMV and Debit Cards**  
*Regulatory Expectations and Risk Management*  
July 21, 2016  
3:00 – 4:00 pm ET



**Paul Tomasofsky, Speaker**  
Partner, McGovern Smith Advisors

*AAP and CPE Credit Available*



**Paul Corrigan**  
Sr Consultant  
Peak Performance Consulting Group



Thursday Aug 18, 2016  
12:00 pm – 1:00 pm ET

**Growing Your Institution with Bank-at-Work Programs**  
*Strategic Customer Planning for Banks and Credit Unions*

*Online Webinar Available for CPE Credits*

**debit card**  
July 21 - 6 Webinars

