EASTSIDE ETF
TENNIS & FITNESS

October 2011

State Champions

Congratulations

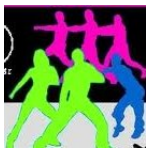
Brian Kean's 8.0 Summer Mixed Team Sweeps State Championships with 5-1 Victory on September 17 at Deer Lake

State Champs

Captain Brian Kean, Jennifer Blanzy, Beth Cassidy, Ariana Conti, Kim Duchateau, Gerri Gallant, Michael Hix, Rachel Knuth, Tom Kolojeski, Jeff Lefebvre, Kevin Mayne, Ken Miller, Eric Moore, Bob Palmer, Ana Sarcheck, Michelle Tiderington, Leslie Trudel.

Tennis Members
Did you know that...

- You can add a fitness membership for only *$14.99/month*. Receive unlimited access to the gym. Fitness classes are $6.



- You can add a premier fitness membership for only *$29.99/month*. Receive unlimited access to the gym and unlimited fitness classes.

Junior Team Tennis

October 11 - online player registration due
October 29 - matches begin

Junior Team Tennis offers good, friendly competition for boys and girls ages 8 - 18. Matches, played with 3 girls and 3 boys, include singles and doubles play with local clubs. Please call the club at (313)886-2944 for registration information.

12 & Under Intermediate	Eastside Smashers	Coach Mark Miller
14 & Under Intermediate	Eastside Frenchies	Coach Sebastien Foka
18 & Under Intermediate	Eastside Radicals	Coach Kathy Flynn

Personal training is a specialty at Eastside Tennis and Fitness. Our personal trainers guide members in reaching their individual fitness goals. The national average of personal training to membership at any given club is 3%. At ETF, our ratio is greater than 15%. We challenge any fitness club in the area to meet that!

Please check our new drill schedule posted at the front desk and on our website: eastsideclub.com

Women's Friday Suburban Tennis returns to ETF with 7.5 team
3.5 & 4.0 players: Call Sara for team signup

USTA Fall Combo Teams

Good luck to our Combo Teams. Play begins October 8. These men's and women's teams hold matches on Saturday or Sunday afternoons consisting of three courts of doubles. The "Combo" refers to the rating system. For a 7.5 Combo team for instance, a 3.5 and a 4.0 could partner together for a match, but not two 4.0's.

Level	Captain
7.5 Men	Brian Kean
8.5 Men	Tony Kowalski
7.5 Women	Marilyn Zampardo
8.5 Women	Beth Cassidy