

BATH & RACQUET



Where Sarasota comes to play!



The Club Beat

Newsletter

October 2008

2170 Robinhood Street

Sarasota, FL 34231

941.921.6675

Pro Shop 941.923.8381

bathandracquet.com



Up & Coming

- ☛ Men's USTA National 50's Tournament, September 28-October 5
- ☛ B & R League Awards Party - October 3
- ☛ Free Friends & Family - Oct 4-5 after 1 pm
- ☛ B & R Doubles Leagues Start - October 6
- ☛ Halloween Tennis Round Robin, October 31
- ☛ Free Friends & Family - Nov 1-2 after 1 pm
- ☛ SEC Sign Up Party - Nov 12
- ☛ Mixed Doubles Tennis Round Robin - Nov 21

FLU SHOTS BY WALGREENS TUESDAY, OCTOBER 28

9am - 11am
5pm - 7pm

Flu shot \$24.99
Inhaler \$29.99

Medicare Part B accepted.

Paperwork (available at the front desk) must be returned by Oct. 22.

Welcome Back!

By the time you read this, our tennis pro Dave O'Meara will be back among us. For those of you not acquainted with Dave (and those of you silly enough to think that Dave has been vacationing for these last several of months) read on...

Beginning May 10, 2008 in Tarpon Springs, FL and continuing for 20 weeks, David was on a personal quest to complete an unusual feat -- something he calls 20/20/20<5@45. That's 20 one mile races in 20 weeks in 20 different cities, all under 5 minutes at 45 years old! If you were to ask "Why?" Dave would say...



"I have put together this feat of speed and endurance to not only celebrate 45 years of life, fitness, and health, but also to inspire other older runners to run faster & perform better."

David O'Meara is a world-renowned coach and speaker. He is a certified personal trainer, fitness counselor and author of two books, Play Better, Live Better and Tennis Unlimited. He has been the keynote speaker at financial institutions, leadership organizations, and sports conferences. He is a nationally ranked masters runner (9th in 2007) in running the mile, as he ran a 4:37 at The National Masters Indoor Track and Field Championships. His personal best in the mile is 4:24 (2006) and for the 5K is 15:46 (2006). O'Meara has made a career of inspiring athletes in several countries. He calls Sarasota his home and we are proud to offer his coaching expertise here at the Bath & Racquet.

Visit his web site onemilerunner.com. It chronicles his grueling journey and is loaded with info on health, fitness, training, nutrition, and more. I won't tell you how it turns out, but I imagine you could guess . . .

Squash Tournament

October 24-26



Contact Stephen Hunt-Marriott to register at (239)470-4220 or huntmarriott@gmail.com

Entry deadline October 17

PRO EXHIBITION SAT,
OCT 25 @ 6:30

For sponsorship information,
contact Stephen Hunt-Marriott.

WABUJITSU™ INTERNATIONAL

is training at Bath & Racquet,
Monday & Wednesday nights, 7pm - 9pm.

Wabujitsu is a adaptation of Ju-Jitsu that is designed with the common person in mind. It is a dynamic system of combat and self-defense that allows the practitioner to learn common-sense, simple, and direct methods to avoid and/or survive a violent encounter. Adults, housewives, soldiers, law enforcement officers, people of all fitness and skill levels have been tremendously successful in the Wabujitsu™ International program.

Now , it's easily accessible to you and Wabujitsu™ International is making a special offer for B & R members:
\$40 PER MONTH WITH
2 FREE INTRODUCTORY CLASSES.

Stop by and meet the instructors,
JEFF COOK, Shihan (and founder of Wabujitsu™ International),
FRANK SCIACCA JR, Sensei, and
OMAR CABRERA, Sensei