

New BFSC manager in the swing of fitness

Belleville native combines love of baseball, exercise

By Paul Svoboda

Intel

The Intelligencer

Sept 4/98 p. 8

Steve Tetlock is stepping out of the on-deck circle to take his best swing as the new manager of the Belleville Fitness and Squash Club.

Tetlock, 27, born in Hamilton and raised in Belleville, was recently hired by the BFSC ownership group to replace Janet Eastman after the former manager opted to pursue other business interests.

For Tetlock, the baseball analogy is most appropriate. He's a starting third baseman for the EOBA Senior "A" expansion Belleville Labatt Nationals and also sees action with the Latta Rivermen of the South Hastings Baseball League.

After graduating with a degree in human kinetics from the University of Guelph, Tetlock was working as a certified trainer at a major fitness centre in Toronto. He'd been actively seeking a return to Belleville, learned of the opening at the BFSC and applied.

"It's good to be back in Belleville," says Tetlock, who arranged his work schedule in Toronto this summer around Nationals games. "I'm really happy."

Tetlock jokingly refers to his new position as "manager, trainer, sales guy" but he's happy to have his hands in many areas of the club's operation.

"In Toronto I was primarily a trainer," he says. "I received a lot of good training there, one of my workmates was the strength coach for the Toronto Argonauts. I did a lot of other things that I'll also be doing here — membership sales, administrative work, equipment upkeep."

At the BFSC, Tetlock will oversee about a dozen fitness instructors, the squash program, "a pretty full aerobic schedule," and other facets of the facility.

"The squash house leagues will be starting later this month," he says. "We've got a pro, Stephanie Roth, who'll give a complimentary lesson with each new membership, and we've got a Saturday morning kids program starting."

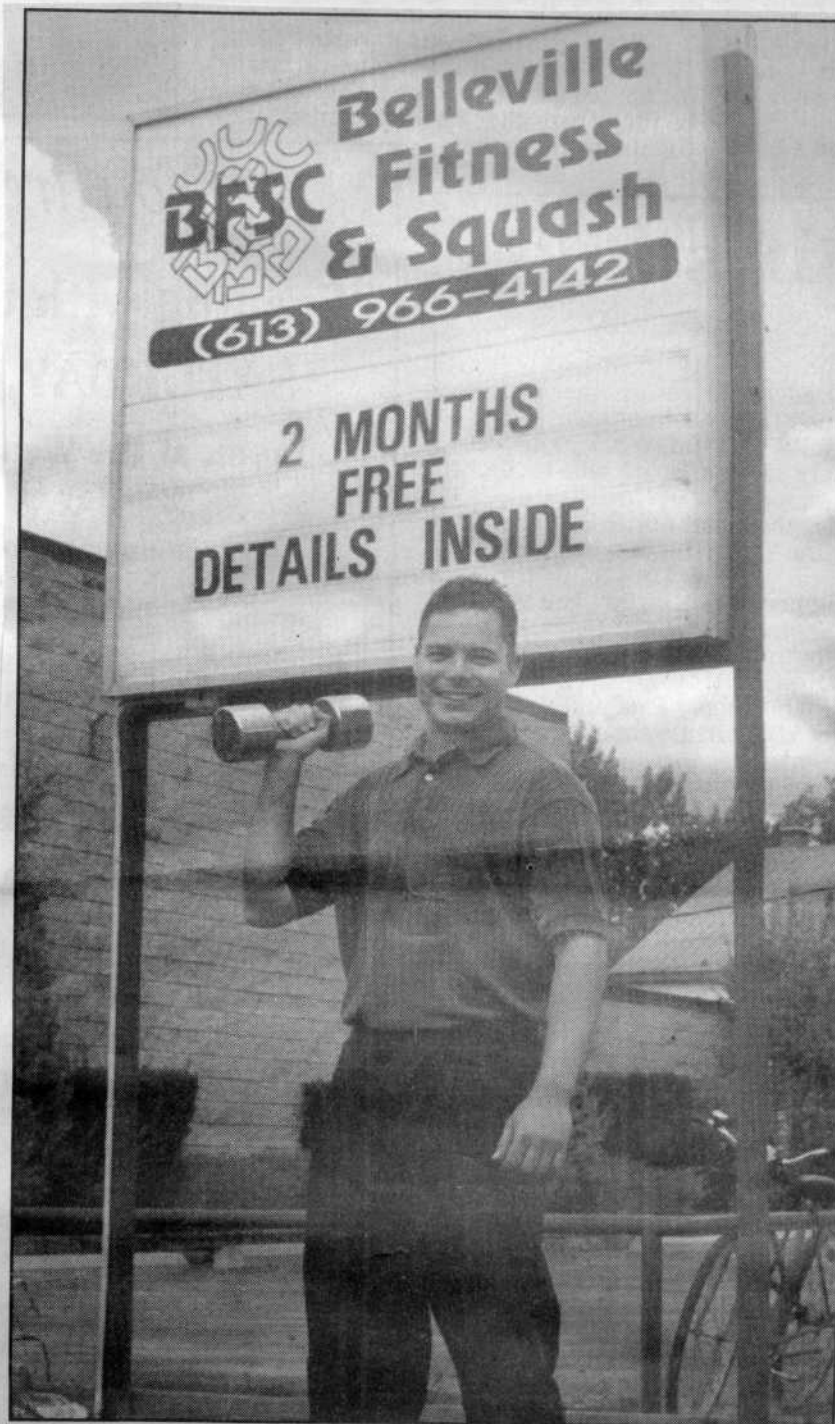
"Then, we've got the weight machines, free weights, stationary bikes, treadmills and stair-climbers."

Tetlock is also high on the club's cycling classes which feature a supervised and high-energy workout on stationary bikes (known as "spinning" and "power cycling" at some other clubs).

Tetlock, who played football, basketball and rugby at Quinte Secondary School, says he has some ideas and concepts he'd like to implement, but not at the expense of what he calls an already "excellent atmosphere" at the longtime Belleville institution.

"It's a really friendly club," he says. "That's why the members are here and that's why they stay. I'd like to do some more personal training, increase our membership base and keep everybody happy."

"There's a few changes I'd like to make without changing the atmosphere."



New BFSC manager Steve Tetlock practices what he preaches.

Intelligencer photo by Paul Svoboda

TETLOCK, Steve