

FOR IMMEDIATE RELEASE

# South Simcoe United FC, Fitness Fanatic Announce Partnership

December 17, 2010 – South Simcoe United FC



ALLISTON, ONTARIO – South Simcoe United FC today announced its partnership with Fitness Fanatic to work together to maximize the athletic performance and conditioning of its competitive soccer players.

Ray Ellis, President South Simcoe United FC, said: “Our partnership with Fitness Fanatic will provide our soccer players with a customized strength and conditioning program that will give our teams a competitive advantage. This will help elevate our club standings to the next level.”

South Simcoe United FC “SSU” was established in 2007 to promote a high level of competitive soccer, for both girls and boys, within the South Simcoe region. SSU is affiliated with two regional clubs, Tottenham & District SC and Cobras FC allowing their top players an opportunity to compete at a higher level without having to leave the area. SSU was recently accredited with the OSA Club Excellence Silver Award. Further information is located on their web site at [www.southsimcoeunited.ca](http://www.southsimcoeunited.ca)

Teresa Zacharias, Fitness Fanatic owner, said: “My training partner Wendy and I are excited about the new partnership. This is an amazing opportunity for us to be able work with these young athletes who hunger for more and want to take their athleticism to the next level. Hopefully they are as ready for us as we are for them.”

Fitness Fanatic is known as the gym with “a Passion for Fitness” specializing in personal training, sports conditioning and group fitness. The philosophy of Fitness Fanatic proprietor Teresa Zacharias is to provide affordable training with maximum results. They concentrate on muscle tone & development, flexibility, strength, cardiovascular endurance and athletic conditioning. The facility is located at 7927-30th Sideroad, Alliston, Ontario. Further information is located on their web site at [www.fitness-fanatic.ca](http://www.fitness-fanatic.ca)

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