



elete Athlete Profile: Zack Fleishman, Pro Tennis Player



Photo: Zack Fleishman pictured above from 2007. Zack, who began playing at age 8, turned pro in 2000 and has played twice now in the Australian Open (2006 & 2007). (Photo courtesy of Zack Fleishman)

Zack Fleishman's tennis career was set in motion at the young age of eight. As young as 13, he was competing and winning numerous top-ranked Junior tennis events. He was ranked No. 2 in Boys 18 and Under in addition to being a top-ranked player in Southern California in Boys 14 and Under. At age 18, Zack began playing tennis at UCLA and finished the 1998-99 season at the No. 2 position. Following that first year, Zack turned professional. Since that time, he's qualified for the Australian Open in 2006, 2007, and, again, in 2008. In his 2006 match against Dick Norman of Belgium, Zack was able to force a fifth set, but lost. In 2007, he defeated then 26th-ranked Agustin Calleri of Argentina in the first round before he lost to Wayne Arthurs.

Last July, at the Los Angeles Tennis Center's Countrywide Classic, Zack defeated World No. 6

Bio:

Name: Zack Fleishman
Hometown: Playa del Rey, CA
Age: 28

Stats:

Grand Slam

Australian Open: 2nd
Wimbledon: 1st
U.S. Open: N/A

Singles

Career record: 6-13
Ranking: No. 127

Doubles

Career record: 1-3
Ranking: No. 254 (2002)

Notable Wins:

Fernando Gonzalez, David Nalbandian, Tomas Berdych, Vince Spadea, Joakim Johansson, Robby Ginepri, Mardy Fish, Augustin Calleri, Michael Llodra, Daniel Nestor

Fernando Gonzalez as well as Robert Kendrick. Taking a break during his hectic schedule, Zack spoke with us about his plans for 2008 and why he stays hydrated with **elete Electrolyte Add-In**.

How and when did you first get involved with tennis?

"I played quite a few sports when I was young—like most kids. I picked up tennis at 8 years old and quickly realized that individual sports were for me. Playing team sports, I felt like I wanted the ball at all times—I guess I wasn't much of a team player. Additionally, I loved the fact there was no time limit in tennis. There was always time to

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come back in a match if you were down. I also loved the no coaching rule, no substitution, and no timeout rules. It was only you out there, and you had to figure out everything on your own. You needed to be your own coach, motivator, and strategist.”

What are your plans for 2008? What events will you be competing in?

“I plan to play in all of the four major Grand Slams starting with the Australian Open in early January. My first goal is to crack into the top 100 players in the world by the summer of 2008.”

I have been using the month of December as my off-season to prepare for the grueling demands of the ATP Tour. I will be traveling approximately 2 to 3 weeks out of every month to attain these goals.”

What is your typical training regimen? How often do you train?

“I have been fortunate enough to find a state-of-the-art training facility that has a completely different concept of working out. Every exercise I do is performed explosively and off balance, to simulate a real life sports situation. I train on isokinetic, non-weight bearing machines, that don’t leave your joints and muscles stiff and sore after the workout. I work out three days a week there and do sport specific sprints three other days. Because tennis is an anaerobic sport, I luckily don’t have to do too much distance running!”

What are the indispensable items or strategies you’ve found give you the edge over the other tennis players?

“I think this is what has given me a distinct edge over the competition. Tennis players, like most other athletes, are always looking for an edge over their opponents.



Photo Above: Zack Fleishman shows his patriotism for the U.S. during the 2007 Australian Open. (Photo courtesy of Zack Fleishman)

I used to suffer through muscle cramps all over my body after hours and during hours on court in hot weather. People would tell me I wasn’t training hard enough, until I found out the real reason actually had a simple solution.

Because I had so much trouble with cramping I did a ton of research, which led me to find out I had a mineral imbalance. Once I started replenishing my body with sodium, magnesium, potassium, chloride, I was able to play the same length of match at full speed.”

What is the biggest factor in terms of winning a match? Likewise, what are the biggest obstacles?

“Tennis is such a multi-faceted sport. You have to have physical endurance and mental endurance. The biomechanics of your strokes have to be sound. You must formulate a winning strategy match to match depending on the type of opponent you’re playing. There are multiple surfaces, such as grass, clay, and hard courts that you have to master. And you have to be injury-free enough to play 11 months of the year. Oh yeah, and a little luck doesn’t hurt either.”

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Interesting or little-known fact?

“Although they are not related, my two biggest passions aside from tennis are science and martial arts. I love reading books about cosmology (the study of the universe) and also watching mixed martial art competitions. “

What is your personal philosophy?

“My personal philosophy is to find your own way in life. It is okay to make mistakes as long as you are always moving forward intellectually. But, be sure to not listen too much to others, invent what works for you.”

How did you find elete Electrolyte Add-In™?

“I found **elete** after doing hours of research online trying to figure out why I kept cramping after playing long matches. Solving the mineral imbalance I experienced by taking **elete** allowed me to play at the highest possible level for a maximum amount of time.

Common sense tells you that if you are sweating out five things (water, sodium, magnesium, potassium, and chloride), you better be nourishing your body back to health with these exact ingredients. If you only drink Gatorade®, for example, you will be severely lacking magnesium, potassium, and chloride resulting in a painfully sub-par performance.”

Tell us a little about your experience using elete during training and competition.

“My experience using **elete**, while playing as hard as I do, has shown immediate improvements. In fact, it felt as if I got in shape overnight. One day I’m playing in 110-degree heat and find myself hooked up to an I.V. in an ambulance after a match...and the next I’m playing the same type of match and feel almost as fresh when I finished the match as when I started it.”



Photo Above: Zack Fleishman pictured at the 2005 Mercedes Benz Cup. (Photo courtesy of Zack Fleishman)

What are the specific benefits you’ve noticed with elete?

“**elete** has given my muscles endurance and energy. I am able to exert myself without the fear of pushing myself too hard, too soon. I no longer have to pace myself in matches, I can just go out on the court and play hard. When I am fully hydrated with **elete**, I feel like I have spring in my step and mentally feel clearer and more alert as well.”

For the average person interested in electrolyte replacement, what would you like them to know about elete?

“Regardless of fitness level, everyone wants to maximize their workouts. Whether you train to lose weight or to become a world-class athlete, **elete** gives you the endurance and energy to enable you to push yourself to your maximum.

Every recreational player in every sport always looks for something to help them improve with little effort. Well, this is your product. Instant energy and endurance and you’ll feel like you’re always fresh.” ■

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