

# GOLDEN PLAY

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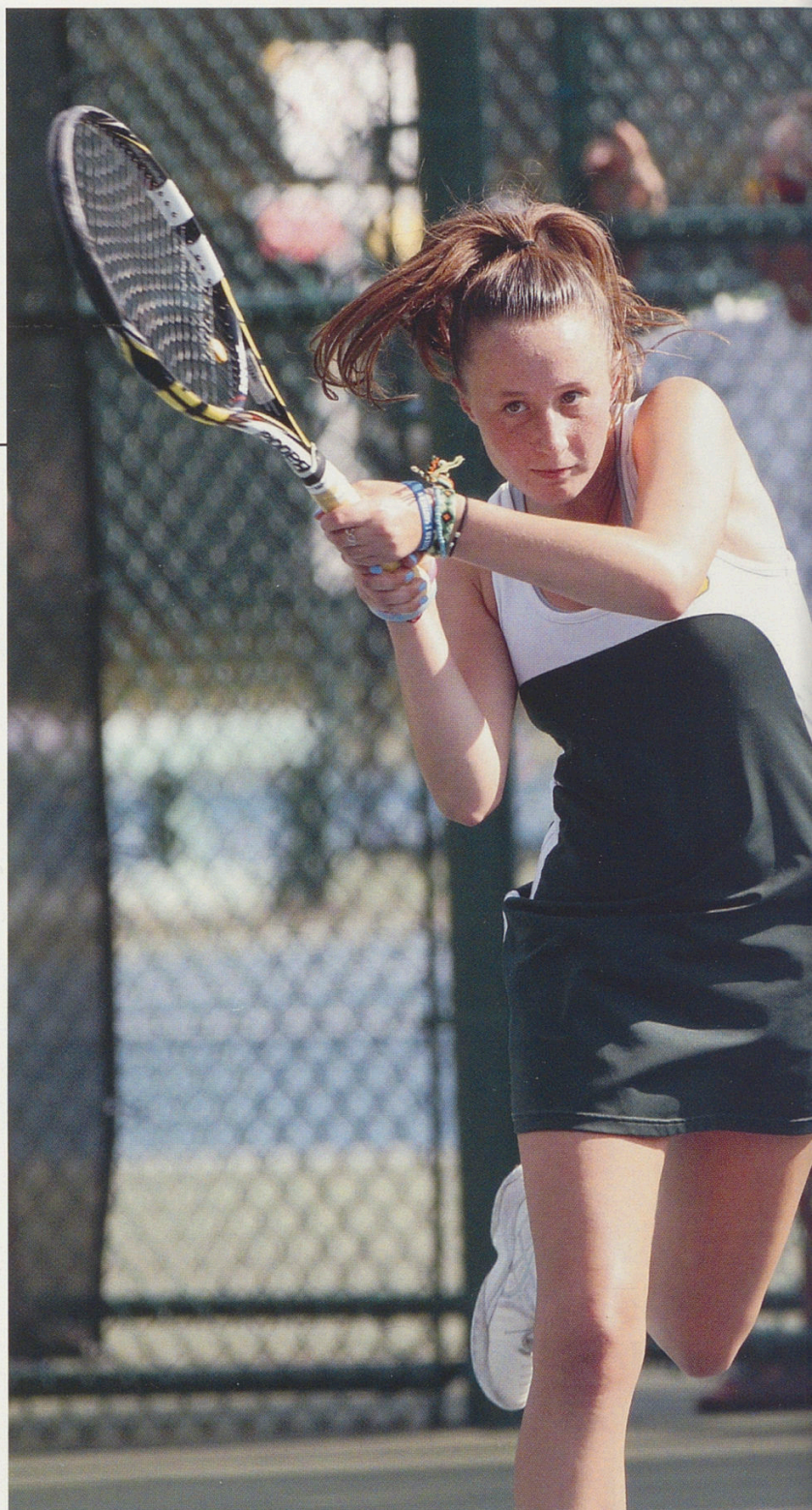
Intensity and focus: these are the words the tennis program lives by. Each practice and match, the girls work diligently to push themselves and their teammates to their greatest potential to prepare for the most important matches of the season.

Intensity doesn't mean just working hard, it means pushing yourself to your limit; this includes improving these skills during practices. Practices frequently involve drilling and simulating doubles points to practice such skills.

The girls also make an effort to run extra laps after practice to build their stamina.

**Senior Captain Sarah Wittenbaum** said, "Every time we run as a team, I'm building my endurance and toughness because the running is optional, but I choose to do it."

The other ability to maintain focus is a quality highly emphasized throughout the whole program; it's a word to live by. Whether it be a GMC match or state team match, the team never steps down.



## LOT OF FOCUS

Receiving feedback from a coach during matches can either be helpful, or stressful. **Coach Mike Teets** encourages players to meet with him during changeovers to discuss strengths and possible improvements.

**Senior Captain Amanda Wilson** said, "Coach reminds me to stay positive and confident during every point because it gives me more focus."

