



"With the right doubles partner, you really do some crazy things. At some point, it feels like you play as one person. Doubles wouldn't be the same game without a good bond."

-Anant Sharma, 11



PLAY HARD

By: Helen Sotropa

With every sport there are obstacles.

Whether it's suffering a tough loss or recovering from an intense practice, maintaining resilience is essential.

Especially for varsity green, practices condition the team for extreme matches against the city's top ranked competitors.

Starting with running two laps followed by a dynamic warmup and stretching, the team begins their hitting session. Singles and doubles players split to practice strategies and drills to improve playing technique. After an hour, the team finishes

with practice points and games, and runs three suicides to close.

While conditioning is an important aspect in tennis, match experience is just as important. The point-play during practices helps players imagine similar match situations.

Senior Captain Eddie Wade explains his difficulties with not playing the previous season due to injury and how he's overcome them. "I started to play freer and tried to build my stamina up. I just go out and try to have the most fun as possible because I know I'm lucky to be back out there on the court."