

WHAT'S IN YOUR BAG

Ian Ives, 11 gives us the inside scoop on his game day necessities.

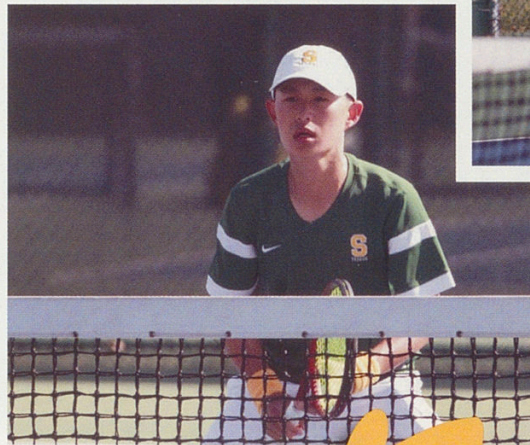


"I bring a hat to keep the hair out of my face and the sun out of my eyes."

"I bring 3 rackets because over time your strings will break and you'll need a backup."



"I bring a gallon of water because matches can last up to three hours and you can never have enough water."



serving up jv boys tennis **Success**

The underclassmen of the JV tennis team are a hard-working group. While it may seem simple, there is much more to the game than just hitting a ball with a racket. Tennis requires strategy and coordination, as well as a number of other skills. Tennis goes far beyond just physical ability. **Yohaan Thakur, 9**, says one of the most important aspects of tennis is mental toughness. "While tennis matches may seem long, one game lost can quickly turn into many once your attitude sours. Thus, mental endurance is likely the most complex challenge (for players) to face" he says. Another key to being successful on the court? Good footwork! Yohaan explained that while you might have a strong forehand, it is not much use if you can't get to the ball in time. Overall, it sounds like the JV Boys tennis team has everything needed for a great season.

