



Go Bananas for QuickStart!



WHY do tennis players eat bananas?

BECAUSE ... BANANAS

- Are full of energy – carbohydrates, fiber and **natural sugar**
- Have lots of **heart-healthy** potassium – lowers blood pressure and prevents cramping
- Are a cool fuel to eat before you play tennis
- As part of a **balanced diet**, give you lots of energy for exercise
- Improve concentration and focus
- Are **rich in B vitamins** that calm the nervous system and reduce stress
- Replace vitamins and other nutrients that are lost during exercise
- Help maintain blood-sugar levels between meals – **great snacks** along with other fruits
- Can easily be carried in tennis bags
- Aren't messy
- **Taste really good!**

**Want to be a great tennis player?
Eat like a great tennis player!**

Eat a banana every day! Start your day with a bowl of whole-grain cereal, skim milk and a sliced banana or another fruit. On “special” days, have banana pancakes or a waffle with smashed banana topping. When you’re on the tennis court, have a banana close by for quick energy, whole-grain cereal bars and plenty of water. Hydration is as important to tennis players as nutrition. Drink lots of water every day, especially in really hot and humid weather.



Brian Boland
UVa Men's Tennis Coach

2013 NCAA Championship
ITA Coach of the Year
ACC Coach of the Year
Five ITA Indoor Titles
Ten ACC Championships
Eleven ACC Titles
Seven No. 1 ranked teams
86% UVa winning record

Go HOOs!

UVa Men's Tennis Coach goes Bananas for QuickStart!!!

Brian Boland, Coach of the UVa Men's Tennis Team for 14 seasons and 2008 ITA college coach of the year, emphasizes good nutrition to his players on a regular basis. That's why UVa has won 10 ACC Championships, 11 ACC titles, five national indoor titles and the national championship in 2013.

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Bag Check: On-court Brian always has water and bananas. Brian starts his day with water, cereal and fruit for breakfast. His favorite lunch is a turkey sandwich and a salad. For dinner he likes to eat chicken, pasta and vegetables. For special occasions, Brian has chocolate ice cream.