



Go Bananas for QuickStart!

WHAT do tennis players learn from trees?

- Stand tall and proud
- Be content with your natural beauty
- Go out on a limb
- Think long term
- Learn to let go
- Be flexible
- Drink plenty of water
- Remember your roots
- Enjoy the view!

**Want to be a great tennis player?
Learn from a tree!**

Trees Teach Life Lessons! Trees live a very long time, and even though they can't play tennis, they can teach tennis players how to be better players and better people by setting an example.

UVA Co-Captain Goes Bananas for QuickStart!!!

Spencer Bozsik has learned a lot from trees. He stands tall and he thinks about his future. He is flexible and adapts to different situations. He's willing to try new things. And like every tennis player and tree, he drinks a lot of water to stay hydrated.



Photo by Matt Riley

Spencer Bozsik

Started playing tennis at age 9
Top-three college recruit in Virginia
ACC Academic Honor Roll (4x)
ITA All-Academic Scholar-Athlete (4x)
McIntire Commerce School graduate
Highest GPA of all male athletes for all four years at UVA
Received Rodney Crowley scholarship for academic accomplishments, leadership, sportsmanship, character and integrity

Go Bananas for QuickStart! Bag Check: On court Spencer has apples and coconut water. He starts his day with a fruit smoothie, bagel with honey pecan cream cheese and lots of water. For lunch, he likes to have a grilled chicken sandwich, cashews, carrots, a quesadilla and more water. For dinner Spencer prefers pasta, grilled chicken, cucumbers, carrots, mango juice and water. On special occasions, Spencer goes for steak, French fries and vanilla ice cream on a brownie.

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