



Go Bananas for QuickStart!

WHY do tennis players like to read?

BECAUSE ... READING

- Keeps our brains active and sharp
- Increases knowledge about tennis and lots of other things and builds vocabulary
- Improves memory, focus and concentration
- Promotes critical and strategic thinking, essential for playing tennis
- Helps us analyze our game and improve it
- Is relaxing before and after a match
- Helps us fill down-time at tournaments
- Can help us unwind at night and sleep better

HOW MUCH READING IS ENOUGH?

Just like muscles in the body, brains benefit from a good workout. Reading is a good way to do that. Kids should read at least 20 minutes every day.

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

Read Every Day! Kids need to exercise their brains and learn new information. Tennis players need to read too! Our brains never stop loving to learn! Reading and learning is a lifelong activity just like tennis. Reading also gives tennis players a chance to “chill out” and relax, and they can learn about new tennis techniques and strategies to improve their game by reading.

Play tennis! Read books! Eat healthy! Have FUN!!!



Photo: Matt Riley

Natasha Subhash

Started tennis at age 4
Top high school recruit
in Virginia
UVA 1st-year record of
26-6 in singles
ITA National Rookie of
the Year 2019
ITA All-American
ACC All-Academic
Honor Roll

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UVA Tennis Star Subhash Goes Bananas for QuickStart!

Natasha (Tash) Subhash ***Goes Bananas!*** for reading books and eating lots of fruits and vegetables. Tash also drinks lots of water, plays lots of tennis and reads lots of books. Her favorite is the Harry Potter series. One summer she read 60 different books. WOW!!! Tash says kids should read a lot too.

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Bag Check: On-court Tash always has water and bananas. For breakfast, she has oatmeal, cereal or bagel with lots of fruit. She also likes avocado toast with eggs on the side. For dinner, she makes pasta or chicken with vegetables. When she's home, her Mom cooks her Indian food. On special occasions, her favorite thing to eat is Thai food or pizza. YUM!

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