



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 improve their game by reading. President Thomas Jefferson said, *“I cannot live without books.”* He was a very smart man indeed!



Vivi Hui

Started tennis at age 7
Played tournaments since 2013
Ranked #1 in 10U in the Mid-Atlantic at age 8
Ranked #7 in 12U; #36 in 14U at age 10
All-A Honor Student
Accomplished pianist

QuickSTAR Vivi Hui Goes Bananas for QuickStart!

Vivian (Vivi) Hui ***Goes Bananas!*** for reading books and eating lots of fruits and vegetables. Vivi also drinks lots of water, plays lots of tennis and golf, reads lots of books and plays piano. Her favorite book in elementary school was *Hoot* by Carl Hiassen.

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Reading Routine Check: Vivi reads at least 25 minutes each day. On-court Vivi always has water, squeezable fruit pouches and bananas. She likes to start her day with her Grandma’s zucchini pancakes. Her favorite lunch is a turkey wrap with steamed broccoli and fruit. For dinner, Vivi likes chicken and pasta with vegetables. On special occasions she has ice cream or brownies.