



## Go Bananas for QuickStart!

**WHY do tennis players have good manners?**

### BECAUSE ... GOOD MANNERS

- Show respect for others
- Are a sign of good sportsmanship
- Create strong, positive relationships
- Make others want to listen to and be with you
- Help you make a good impression
- Make the world a better place!

### HOW TO HAVE GOOD MANNERS?

- Say "hello" and "goodbye," "please" and "thank you"
- Be sure to say "excuse me" when you walk in front of or accidentally bump into someone
- Look people in the eye, especially adults
- Hold the door open for other people
- Wait your turn to talk; don't interrupt
- Be on time
- Compliment other people; give a shoutout
- Be appreciative and use kind words

**Be respectful! Be happy! Have FUN!** Treating other people the way you would like to be treated is a great rule to follow. Being respectful on the tennis court, in school and in life is very important. On court, make sure your opponent is ready before you start play, return the ball respectfully, say thank you when the ball is returned to you, keep score properly, make fair line calls, follow all tennis rules, smile even if things aren't going your way and shake hands at the end of play. ***Manners Matter!***



Photo by Ryan M. Kelly

**Matthew Rose**

**Started playing at age 6**  
**Played on team at**  
**The Covenant School**  
**Two team state titles**  
**Named team MVP (2x)**  
**2014 Coaches Award**  
**All-VIC first team (4x)**  
**All-State first team (2x)**  
**73-10 prep record**

## **Davidson Tennis Player Goes Bananas for QuickStart!**

Davidson College senior Matthew Rose ***Goes Bananas!*** for good manners, sportsmanship (manners on-court) and playing lots of tennis. Being a “good sport” makes tennis more FUN!

## **Go Bananas for QuickStart!**

**Bag Check** On-court Matthew always has water, bananas and granola bars. He starts his day with an omelet and Greek yogurt. His favorite lunch is a turkey, bacon and cheddar sandwich. For dinner he has grilled chicken, black beans and yellow rice with a Caesar salad. For special occasions Matthew eats steak and lots and lots of potatoes.