



Go Bananas for QuickStart!

WHY do tennis players practice kindness?

BECAUSE ... BEING KIND

- Makes you feel energetic and strong
- Increases your positivity and confidence
- Reduces your stress for peak performance
- Makes you feel “warm & fuzzy”
- Is good for your heart and your health!

WHAT MAKES A PERSON KIND?

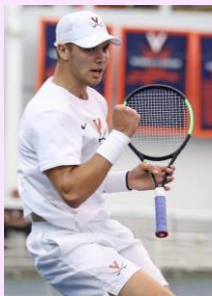
Caring about others and understanding how they feel.

Respecting others -- people, animals, even things.

Including others in activities even if they're different from you. Having **integrity** – being truthful regardless of the outcome. Accepting **responsibility** for your actions and words. **Courage** to do the “right thing.”

Want to be a great tennis player?
Be kind like a great tennis player!

Kindness in Tennis Being a good sport is one way to be kind. In tennis, as well as in everyday life, treating others the way you would like to be treated is being kind. Think about how you make others feel. Practice kindness just like you practice tennis. Practicing kindness helps tennis players relax, focus and play better. Practice acts of kindness every day. Practice acts of kindness when you play. **Kindness Matters!**



Carl Söderlund

ITA All-American
All-ACC Team (3x)
All-ACC Academic
Team (3x)
UVA Male Scholar
Athlete of the Year
ACC Men's Tennis
Player of the Year
ITA Atlantic Rookie
of the Year

UVA's #1 Singles Player Goes Bananas for QuickStart!

Fourth-Year Carl Söderlund, who comes from Sweden, **Goes Bananas!** for tennis. He eats lots of fruits, vegetables, whole grains and lean meats. Carl fuels up to play lots of tennis. On and off the court, Carl is always respectful and kind.

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Bag Check On-court Carl always has lots of water and Gatorade. He starts his day with a BIG breakfast of orange juice, fruit, eggs, bacon, oatmeal and toast or bagel. His favorite food is Swedish meatballs. For dinner he likes a steak with broccoli or Mediterranean food. On special occasions, Carl treats himself to white chocolate.