



## *Go Bananas for QuickStart!*



**WHY** do tennis players wear sunglasses?

### **BECAUSE ... SUNGLASSES**

- Help protect eye damage by the sun
- Keep eyes from getting sunburned
- Block the sun's harmful ultraviolet (UV) rays
- Reduce squinting and eye strain
- Keep skin around eyes from wrinkling
- Add to sun-protection given by hats
- Can easily be carried in tennis bags
- Provide lifelong eye benefits
- Keep eyes healthy and looking good!
- ... and it's cool to wear sunglasses.



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

**Eat a banana every day! Wear sunglasses, sunscreen and a hat when you play!** Start your day with a bowl of whole-grain cereal, skim milk and a sliced banana. Put on sunglasses when you go outside. Drink lots of water each day and when you play!



### **Briana Boland**

Has been playing tennis for as long as she can remember

Learned to play using the QuickStart Tennis format

Also plays basketball

Clinched the first-ever Virginia State title for her high school as a freshman in 2015

## **Covenant Star Goes Bananas for QuickStart!!!**

**Briana Boland** plays a lot of tennis outside. She knows it's important to protect her eyes. That's why she wears sunglasses. Sunglasses also make it easier to see the ball and keep your eyes healthy. And she always wears sunscreen to protect her skin.

### **Go Bananas for QuickStart!**

**Bag Check:** On court Briana has water, bananas and apples. She starts her day with scrambled eggs, toast and an apple. Her favorite lunch is a salad, snap peas, another apple and whole-grain crackers. For dinner she likes anything her Mom or Grandma makes, especially salmon. On special occasions, Briana has cupcakes, potato soup or "lake dip" – a Minnesota blend of cream cheese, beef chili, peppers and cheese baked together until melted. Yum!