



VERITAS COLLEGIATE — A C A D E M Y —



Tennis Spring Sport



Welcome to the Veritas Varsity Tennis program. Our program is designed for athletes who are passionate about developing their tennis skills in a competitive and supportive environment. With a focus on individual improvement, sportsmanship, and teamwork, players will have the opportunity to compete in varsity-level matches that elevate their game and deepen their love for the sport.

Practices will be held at Gunston Middle School, where we have access to tennis courts conveniently located within walking distance from our campus. This accessibility allows for an efficient training schedule, enabling athletes to maximize their practice time.

What It Takes to Be a Successful Athlete:

Success in tennis requires dedication—time to learn techniques, practice regularly, and recover properly. With the academic responsibilities of being a high school student, many student-athletes find themselves balancing busy schedules. The willingness to devote the necessary time reflects what we define as DEDICATION.

Being a member of the Veritas Varsity Tennis team comes with specific expectations and responsibilities. Meeting these expectations is known as COMMITMENT. Regular attendance at team practices is crucial to fostering team cohesion and individual accountability. High school

sports provide a valuable opportunity for personal growth, and we encourage parents to support these objectives.

Open COMMUNICATION with our coaches is also essential. If a problem or illness prevents a player from attending practice or a match, we expect them to inform the coach personally and in advance, rather than relying on a teammate to relay the message. Maintaining clear communication among coaches, athletes, and parents can effectively resolve many challenges.

As a spring sport, the tennis season will begin in early March and run through May.