



**BRETT MEYERS**  
**NVHS BOOSTER CLUB FEATURED ATHLETE OF THE WEEK**  
**BOY TENNIS' PROGRAM**

*The NVHS Athletic Booster Club is proud to present the featured athlete of this, tennis player BRETT MEYERS. According to coach Bennorth, Brett has always been a "team player." It is not always easy to be a team player when you are the best on the team, she says. But Brett wants the team to win and he works very hard to achieve that goal. Brett is enthusiastic, boisterous and fun to be around! He makes tennis at NVHS FUN and competitive!*

**Booster Club Reporter:** *What made you decide to play tennis over any other sport?*

**Brett:** I really like the mental aspect of tennis! I think that tennis is one of the hardest sports to play physically and mentally because it is such an individual sport. I also wanted to be just like my older sister who now plays on the women's tennis team at Michigan State University.

**Booster Club Reporter:** *Do you play tennis just for fun?*

**Brett:** I am probably one of the few competitive tennis players who actually like playing outside of practice and matches! I think this reminds me of the fun side there is to tennis. Hanging out with friends keeps the balance in my life between tennis and social life.

**Booster Club Reporter:** *What has tennis taught you about life?*

**Brett:** When I was younger, my attitude on the court was not the best. I would yell, hit my racquet, etc. resulting in losing the match and getting yelled at by my parents. Once I took a step back and really looked at how I was acting, I noticed that my attitude was affecting my game and I needed to control it to improve my game! To control it and become mentally stronger, my coach and parents worked with me and that has helped me drastically on and off the court.

**Booster Club Reporter:** *How so?*

**Brett:** I will give you an example. Over the winter, I had an extremely tough time with tennis. I was in a slump for over a month and did not want to go to practice. Once you don't feel like you are hitting the ball cleanly and playing well, you start thinking about it and it affects your whole game. After a mental breakdown at practice, my coach sat me down and reminded me how much I love the game and how good of a player I was to just throw it away. She told me to look at the bright side of tennis and to start looking at the positives than the negatives that were bringing me down.

**Booster Club Reporter:** *That is surely a great advise for everything in life. What makes you unique in the court?*

**Brett:** I have the ability to change game plans mid match. I can play very defensive, neutral, and offensive. Many players can only play one type of game, and when it isn't working they have no backup plan.

**Booster Club Reporter:** *What does "winning" mean to you? How do you deal with fear of losing?*

**Brett:** It means exceeding expectations from my peers and myself. I deal with losing, fear, and pressure very similarly: I tend to shut down and hide all of my emotions. I think that really reflects the sport I play because I become very individual when faced with conflict.

**Booster Club Reporter:** *What would you say to someone considering joining a team?*

**Brett:** I would tell them that it will be one of the best decisions they will make in the time they have at High School. I have met too many great people and have created many relationships that will last a long time.

**Booster Club Reporter:** *Should we assume your role model is your sister?*

**Brett:** Yes. Emily is currently playing tennis at Michigan State University while maintaining an extremely good grade point average! She is someone I want to be just like: playing tennis in college, having good grades, and a fun social life!