



CHRISTINA CHU
NVHS BOOSTER CLUB FEATURED ATHLETE OF THE WEEK
GIRLS TENNIS PROGRAM

The NVHS Athletic Booster Club is proud to present the featured athlete of this week, tennis player CHRISTINA CHU. Coach Bennorth nominated Christina because she demonstrates the sportsmanship and personal effort that every coach looks for in an athlete. It takes only a few minutes of meeting her to figure out she is a fun girl to be around. She has a lively personality and knows what she wants. Christina was up at the tennis court before sunrise for her portrait session and endured the cold morning with an unwavering smile that, as it turns up, is her registered trademark.

Booster Club Reporter: Christina, you've been on the team since your freshman year. Have you ever questioned if that was the right thing for you?

Christina: Actually, prior to the start of my senior year I questioned whether or not to stay on the team. I was not sure if I wanted to commit to a sport in which I was one of the weaker players, because I could have focused my time on something that I felt would be more beneficial (such as expanding on the internship I was already a part of). My coach advised me in doing whatever I felt was right, I did and I am happy for it. I have had a blast every fall for the past 3 years and I was not about to give up on that because I would not be the top player. While ranking is a huge part of athletics, the memorable experiences – the laughs, the early mornings, the support – is exclusively what makes a team different than a sport.

Booster Club Reporter: Ranking is a tough reality in competitive sports. What would you say to all the people out there who might struggle with not making to the top?

Christina: It's natural that your coaches, teammates and parents want you to win. They push you to win, but know that they will not hate you and abandon you if you lose. I think this kind of support provides the maximum amount of drive because you do not want to let them down! If you want to win, you have to stay motivated, but it is crucial to find the balance between staying positive and motivating yourself to play the best you can.

Booster Club Reporter: How do you stay positive?

Christina: I never give up. There were so many games throughout my time at Neuqua Tennis where I was losing, but I hate losing. I really do. With losing comes that icky feeling that nobody likes. During a game, the key is to keep on pushing to get myself back in the game – physically and mentally. If you have a very pessimistic attitude and you just want to go home, the outcome is not going to be great, no matter how good of a player you are. A positive attitude is what gets me through the season and throughout my daily life too. The “me” of tomorrow should always be better than the “me” of today. If I was able to improve on one little thing, then the match I played was put to a good use. If I do lose, I take my loss, realize what I did wrong and improve upon it for the next time.

Booster Club Reporter: With that said, what would you advise to someone thinking of joining a team?

Christina: 100% join a team – any team you even have the slightest interest in. Being on a team not only physically keeps you in condition, but it changes your mentality completely. When you join a team, everyone is in the same position. Everyone is scared that people will judge them, that they will embarrass themselves, will not be good at the sport and everyone is going to hate them. But really, nobody does that. And if people on your team dislike you for shallow reasons as such, they don't matter. As said by Dr. Seuss, “those who matter don't mind and those who mind don't matter”. Put yourself out there and join a team, it'll be one of the most influential decisions of your life. Through the tears, sweat, tan lines, aching muscles, sun burnt skin, you become a better person and that is priceless.