

## Dedication pays off

By S \_\_\_\_\_ B \_\_\_\_\_

[Student name] is no stranger to hard work **(1)**. The fifteen year old [School name's] student spends two hours training every day in her build up to the International Tennis Federation Tournament. This June, [Student name] represents New Zealand U18 in Fiji competing against many other tennis players from around the world.

The International Tennis Federation hosts tennis tournaments with competitors from all over Europe including: Austria, Belgium, Denmark, France, Germany, Great Britain, Hungary, Italy, the Netherlands, Russia, Spain, Sweden and Switzerland, as well as competitors from Australia, New Zealand and South Africa **(3)**.

[Student name] usually trains four days per week for one and a half hours each day. She has competed in this tournament before and understands how hard she has to work to compete at her level. "I have been training more leading up to the tournament, currently I train for two hours every day and do a lot of gym work" **(2)**.

[Student name] has had a racquet since she was five, but seriously started playing tennis when she was eight. In the past [Student name] had broken two arms and injured her wrist which had set her back in the sport. She currently belongs to the [Name] Tennis Club and works as a tennis coach for children.

Last year, [Student name] was awarded 'Colours' for tennis at [School name] and was presented with 'Woman of the Year' at her tennis club. She has received many other awards over the years and has also participated in several competitions in Auckland, Waikato and New Caledonia.

[Student name] is currently thinking of continuing competing in tournaments internationally and to play tennis at a higher level **(3)**.