

### **RHEA SIVAKUMAR, October Athletic Student of the Month**

Rhea is a grade 10 student, originally from Sydney, Nova Scotia and was selected by our Head Coach, Walter Garcia. One of the top reasons for her selection, is due to her commitment and perseverance over the past 3 years, which granted her the ability to win her first ever Provincials. (U14)

Rhea's favourite tennis player is Roger Federer, due to his grace and ability to make his movement and shots appear effortless. On a personal level, Rhea feels at her best when she moves well, centres the ball, and feels happy on the court. When she prepares for a match mentally, she reminds herself that her nerves are normal and simply an expression of excitement. Instead of getting angry when the match isn't going well, she focuses on the next point at hand.

Rhea's main short-term goal is to win a U16 tournament, where she will face stronger players and push herself out of her comfort zone. When asked what advice she would give her peers, Rhea responded by saying "When playing well, raise your level even more. When not playing well, create a better mentality and believe in yourself. Train like you would play and realize not every day is going to be a good day, while continuing to push to have as many good days as you can."