

## Lessons from Impact Team Tennis 2025

Playing in the Impact Team Tennis tournament this year was an amazing experience and one that I will never forget. It taught me about my mindset, friendships and how important a role on a team is.

My trip started out very difficult. When me and my mom landed in North Carolina, we found out that my tennis bag had been incorrectly tagged and lost on the flight. Even worse, it was sent to Hong Kong and we wouldn't have it back till later in the week. We drove to wherever we could that night and called every coach we knew that could help. The next day my mom was able to drive to Atlanta and buy two new racquets, a pair of shoes, and towels for me to be able to play our matches the next day. It was stressful and frustrating but I knew that my attitude was going to decide how the tournament went, not my circumstances. It taught me to stay positive and play to the best of my ability no matter what. Through everything that went wrong, my mothers love and support never changed and that taught me the biggest lesson of this trip, that no matter what happens a mothers love truly perseveres. For that I am forever grateful.

One of the best parts of this tournament is getting to play with some close friends. We have all grown closer since playing last year at the National Campus and this trip only encouraged that. We love being able to travel to different cities and know that we have a friend there or will know someone at a tournament. I loved our team bonding and especially getting to talk to the graduating seniors about their future and I cannot wait to cheer them on in college. Being as close as we are is one of the reasons I think we were so successful this year. We cheer each other on, laugh on and off the court, and have a mutual respect and love for the game.

The team format also played a huge role for me. Being a part of a coed team brings a whole new energy to matches. Although I have played on other teams before and come from an intense high school team, nothing compares to the intensity and hype that our group can bring to a court. We are always uplifting each other, winning or losing. The mix of boys and girls created a balanced and encouraging environment where everyone is equal and important. It creates more of a family dynamic than a team one and getting to know them on and off the court was a blessing.

The campus was beautiful and just playing at those courts made it so much more exciting. Overall, this tournament taught me to push through challenges, how important your mindset is in absolutely everything, making lifelong friends, and to be a part of something bigger than yourself. I feel extremely blessed and fortunate to have this opportunity and I will keep these lessons and memories with me always. Thank you!

Lacey Kaufman