



moments of integrity

January/February 2017

Will Kistler

We are pleased to announce our Moments of Integrity recipient for December/January 2017 is Will Kistler. Congratulations Will!

Will Kistler is a 14-year-old home schooled freshman. His decision to go the home school route revolved around his love and desire for tennis. Will began playing tennis at the age of 10 after playing basketball growing up. He comes from a sports family; his mother played tennis in high school, and his father played basketball through college. After reaching the semifinals in his first tennis tournament at the age of 10, it was apparent he would continue this lineage.

Currently, Will plays the USTA Southern tournament circuit, which stretches from Arkansas to South Carolina. These tournaments are played a few weekends a month, which allows time to complete his school work and training throughout the week. Will practices around four hours each weekday, with additional conditioning a few times a week. This drive and determination have proved beneficial as he is currently the fourth ranked player in Arkansas in his age bracket.

Over the last four years, Will has learned many valuable lessons that will benefit him in the future. "Confidence is extremely important; you must shake off the bad losses, and remember the good wins, but realize both are only temporary", he said. He also stressed the importance of sleep and nutrition. Will has aspirations to play college tennis and dreams of making it in the SEC, which is the conference powerhouse in the sport.

When Will is not on the tennis courts, you will find him playing golf or fishing with friends.

Brandon Simmons recently had the opportunity to sit down with Will to talk about integrity and how that plays a role in his life. Will believes it is about "staying true to yourself and what you believe in". He mentioned how this comes into play on the tennis court as you make your own calls that may influence the match. Brandon added that integrity "is being the same person and doing the same things when you are by yourself as when others are watching".

Please congratulate Will if you see him on the courts!

"Will Kistler is the kind of young man that inspires a coach to do anything and everything to provide the best opportunities and training possible. He's the kind of person you can build an entire program around. He has a relentless work ethic and an undeniable passion for the game, encourages others around him, consistently pursues excellence, is as loyal as an apostle, handles criticism like a champ, and loves being a leader within a team. One thing that gets overlooked sometimes when you talk about important training or working environments is ban-



Brandon Simmons, Lloyd Du Preez, and Brian Carneal of Integrity Capital Wealth Management would like to congratulate **Will Kistler** for being this month's **Moments of Integrity** award winner.



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ter. Tennis can be a grind. He and his teammates train multiple hours per day five days a week. It is invaluable to have someone who can lead by example with work ethic and enthusiasm and at

the same time provide a fun energy by creating buzz/banter. He's the kind of person everyone wants to be around.

Will has a core belief in hard work and sacrifice that is unshakeable. He knows that with time and effort anything is possible and he has recently shown this by committing to being what's called a "full-time player." This would have been Will's first semester at Bentonville High School; but instead, Will chose to pursue online schooling in order to be more efficient with his daily time management and allowing himself to train and travel more. He is 14 years old and is managing his own schooling, setting up his own practice/conditioning schedule, volunteering to help teach our 8 under students twice a week, managing his travel schedule and working hard on court 3.5-6 hours a day five days a week. He has recently seen this work paying off with his first Level 3 Southern Region Singles Championship in Little Rock. I'd take a bullet for Will Kistler. That should say enough. I can't wait to see what he does in the future but nothing would surprise me." - Drew Sosebee - Director of Tennis and Coach, Fayetteville Athletic Club/Apex Tennis Inc.