

**Awesome in Practices, yet short on tournament performance?
Empower Aces can help.**

Empower Aces is excited to announce its new offerings for 2020.

Working with professional athletes, including World Ranked WTA And ATP athletes, Empower Aces Mind Games methodology has been tested to help athletes reach their full potential.

For junior athletes looking to go the distance in their athletic journey, Empower Aces has an individualized athlete optimization program tested with professional and junior athletes across multiple sports. The customized program provides a mental strength skill set that complements the on-court and off-court tennis specific training. It caters to the individual needs of the athlete both during tournaments and while training. For more details about our individualized program for junior and professional athletes email us at sana.farid@empoweraces.com

Empower Aces also provides detailed match analytics. For more details and for a complete list of Empower Aces services please visit our website www.empoweraces.com or follow us on Instagram.



Empower Aces Testimonials

"This is super helpful and you guys came into my life at the right time"

WTA World Ranked Athlete

"I don't think he had ever been asked to think about his emotions before. It seems to me that the skills discussed are good ones to have on the court – and off!he will attend again."

Parent of OTA U14 Junior Athlete

For more testimonials visit our [site](http://www.empoweraces.com)

IMPORTANCE OF MENTAL SKILLS DEVELOPMENT – Learn More

