

ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE



Monday Motivation

Emotional Neutrality

"The more invisible your emotions, the more dangerous your game becomes."

– Coach Rei

Director of Mental Strength & Performance

WE. MAKE. PLAYERS.

Mental Strength Exercise

Same-Response Challenge

For one full practice:

- Win or lose the point → respond the exact same way every time (same walk, same pace, same expression)
- No visible frustration
- No visible excitement

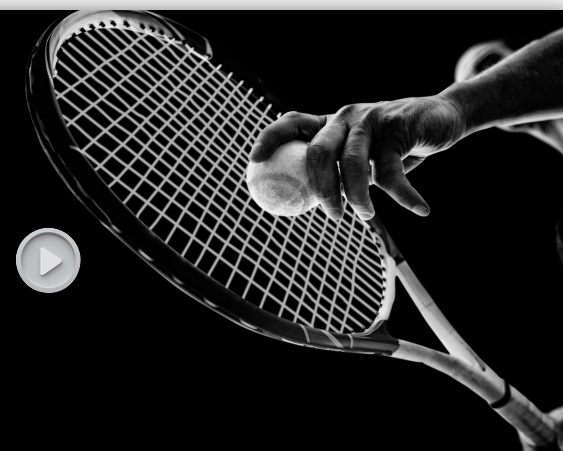
Have a coach or teammate observe:

Can they tell whether you're winning or losing?

Goal: Become unreadable and emotionally consistent.

How To Manage Your Emotions On The Tennis Court

Patrick Cohn, PH.D.
Mental Performance Expert
Peak Performance Sports



Mental strength is a journey, not a destination. It's forged each Monday, week after week. Let's begin.

LEARN MORE



NEW ROCHELLE

55 Quaker Ridge Road | 914.484.8441

WHITE PLAINS

110 Lake Street | 914.428.2444