

ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE



Monday Motivation

Patience in Improvement

"Champions aren't built in leaps — they're built in layers."

– Coach Rei

Director of Mental Strength & Performance

LEARN MORE 

Mental Strength Exercise

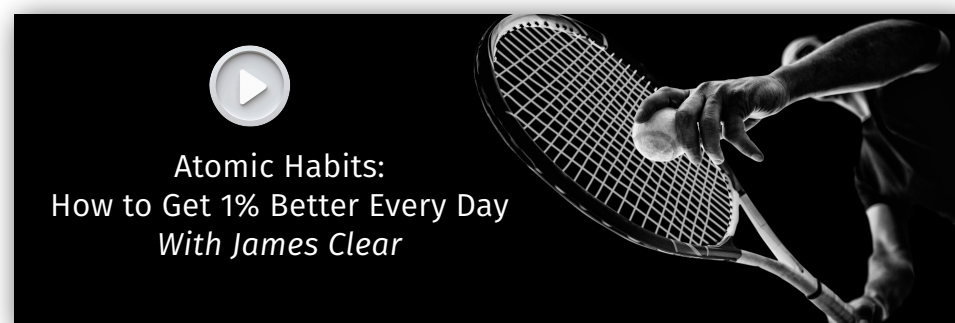
The 1% Rule

Choose one area of your game—footwork, serve rhythm, follow-through, or focus—and commit to improving it by just 1% each day this week.

How it works:

- Set one small, specific goal before each practice
- Evaluate afterward with a simple ✓ or ✗
- At the end of the week, write one sentence about your progress

Small, consistent gains compound into big breakthroughs.



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

WE. MAKE. PLAYERS.

NEW ROCHELLE

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WHITE PLAINS

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