

ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE



Monday Motivation

Competitive Courage

"Courage isn't the absence of fear — it's the decision to swing anyway."

– Coach Rei

Director of Mental Strength & Performance

LEARN MORE 

Mental Strength Exercise

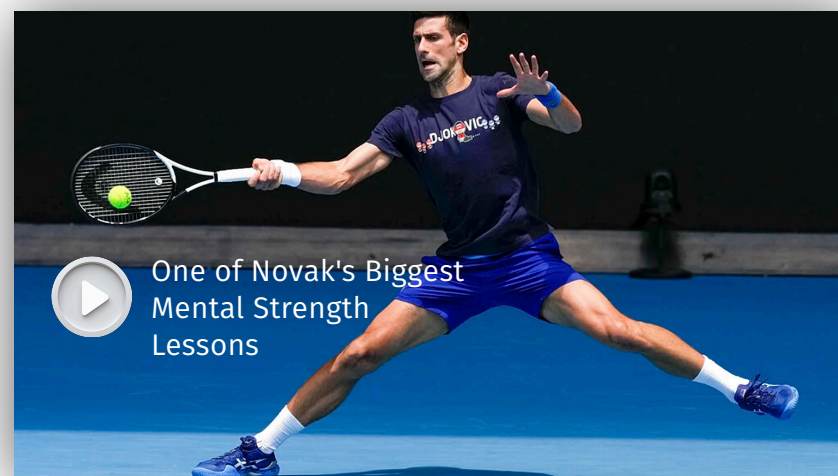
Big-Point Courage Drill

During match play or practice sets, identify five pressure points (40–40, 30–40, or tiebreak points).

On each of those points:

- Commit to an aggressive, high-percentage shot
- Say your cue word before starting (e.g., trust, commit, attack)
- Accept the outcome without judgment

Goal: Build courage by choosing commitment over hesitation.



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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