

ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE



Monday Motivation

Self-Accountability

"The strongest competitors don't need excuses — they need standards."

– Coach Rei

Director of Mental Strength & Performance

LEARN MORE 

WE. MAKE. PLAYERS.

Mental Strength Exercise

Standard Check

Create three non-negotiable standards for yourself (e.g., effort on every ball, positive body language, full routines).

After each practice or match:

- Rate yourself 1–5 on each standard
- Identify one standard to improve next time

No judgment. Just ownership.

Goal: Take full responsibility for your mindset and habits.



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

NEW ROCHELLE

55 Quaker Ridge Road | 914.484.8441

WHITE PLAINS

110 Lake Street | 914.428.2444