

ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE



Monday Motivation

Adaptability

"Your best weapon isn't a stroke — it's your ability to adjust."

– Coach Rei

Director of Mental Strength & Performance

LEARN MORE 

Mental Strength Exercise

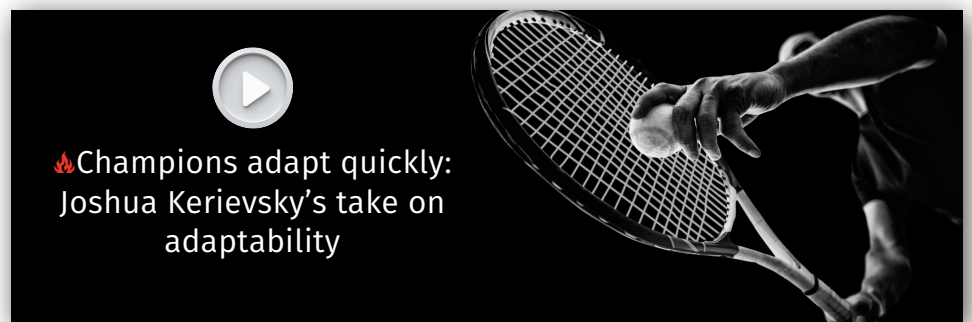
Adaptability Challenge

During one practice, intentionally change the conditions:

- Play with a different ball type
- Start points from a disadvantage
- Use only crosscourt or only down-the-line patterns

Your task: Stay calm, adjust quickly, and compete with what you have.

Goal: Identify one adjustment that made you more effective.



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

WE. MAKE. PLAYERS.

NEW ROCHELLE

55 Quaker Ridge Road | 914.484.8441

WHITE PLAINS

110 Lake Street | 914.428.2444