

ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE



Monday Motivation

Embracing Discomfort

"Growth begins where comfort ends."

– Coach Rei

Director of Mental Strength & Performance

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WE. MAKE. PLAYERS.

Mental Strength Exercise

Discomfort Drill

During one practice this week, deliberately train in uncomfortable situations:

- Longer rallies
- Conditioning after errors
- Playing stronger opponents
- Starting games down 0–30

Your job:

- Stay engaged
- Maintain positive body language
- Compete fully – no escape

After practice, write down one thing discomfort taught you.

Goal: Build confidence in tough moments.



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