

ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE

MONDAY MOTIVATION

OWNING YOUR MISTAKES



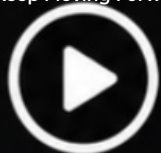
— Coach Rei

Director of Mental Strength & Performance

“ A MESSAGE FROM COACH REI

The strongest competitors don't hide from mistakes—they learn from them immediately, make the adjustment, and move forward with confidence.”

Roger Federer | You Won't Win Every Point, Keep Moving Forward



LEARN MORE



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

MENTAL STRENGTH EXERCISE

NEXT LESSON JOURNAL

After every practice, write down:

- One mistake I made today.
- Why it happened.
- One thing I'll do differently tomorrow.

Keep it to one lesson only.

No excuses.
No blame.
Just growth.

Goal: Turn mistakes into improvement instead of frustration.

THE FILL PILLARS OF MENTAL STRENGTH



POSITIVE
BODY
LANGUAGE



RESILIENCE



EMOTIONAL
CONTROL



CONFIDENCE



MENTAL
TOUGHNESS

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