

ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE



Monday Motivation

Stay Present

"The only point you can win is the one in front of you."

– Coach Rei

Director of Mental Strength & Performance

LEARN MORE 

WE. MAKE. PLAYERS.

Mental Strength Exercise

Present Point Anchor

Choose one physical anchor (e.g., bouncing the ball, adjusting your strings).

- Before every point:
- Perform your anchor
- Take one slow breath

Lock into this point only

If your mind drifts to the score or a past mistake, return to your anchor.

Goal: Play one full set focused point by point — not game by game.



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