

ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE



Monday Motivation

Competitive Identity

"You don't rise to your goals—you perform to your identity."

– Coach Rei

Director of Mental Strength & Performance

WE. MAKE. PLAYERS.

LEARN MORE



Mental Strength Exercise

Identity Statement Drill

Write down:

"The type of player I am is _____."

(examples: relentless, aggressive, disciplined, composed)

During each practice this week:

- Before starting → read your identity
- During tough moments → ask: "What does my identity do here?"

At the end of the week:

Did your actions align with your identity?

**How To Play
One Point At
A Time**



Patrick Cohn, PH.D.
Mental Performance Expert
Peak Performance Sports

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