

# ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE



## Monday Motivation

Trust Your Training

*"You don't rise to the occasion — you fall back on what you've trained."*

– Coach Rei

Director of Mental Strength & Performance

LEARN MORE 

*WE. MAKE. PLAYERS.*

## Mental Strength Exercise

*Let It Go. Let It Play.*

During practice or matches this week, make a commitment:

- No technical fixes during points
- No swing thoughts mid-rally
- Compete with the skills you already own

If you feel the urge to overthink:

- Take one breath
- Say “trust”
- Play the next ball freely

Goal: Experience how trust improves flow and reaction time.



*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