

ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE



Monday Motivation

Focus on Process, Not Outcome

"The score is a distraction — let the standard be your anchor."

– Coach Rei

Director of Mental Strength & Performance

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WE. MAKE. PLAYERS.

Mental Strength Exercise

Your Process Scorecard

- During practice, grade yourself (✓ or ✗) after each point based on process goals — effort, footwork, and focus — not winning.
- At the end of practice, count your ✓ marks and aim to improve next time.



▶ *Process Over Outcome: The Mindset of Michael Phelps*

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

NEW ROCHELLE

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WHITE PLAINS

110 Lake Street | 914.428.2444