

ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE



Monday Motivation

Gratitude and Reflection

"Gratitude turns pressure into privilege, and mistakes into lessons."

– *Coach Rei*

Director of Mental Strength & Performance

LEARN MORE 

Mental Strength Exercise

Year-End Reflection

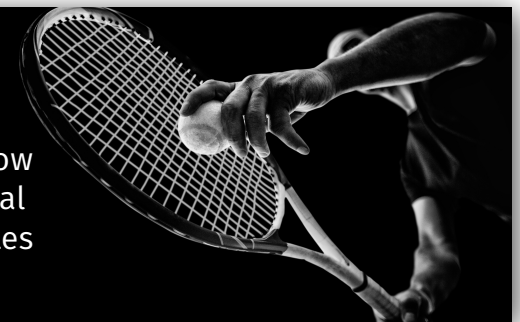
Write down your three biggest growth moments from this season — moments where you learned, not just won.

Share one with a teammate or coach.

Remember: progress isn't measured only in trophies, but in transformation.



The Power of Gratitude: How
Thankfulness Builds Mental
Toughness in Young Athletes
With Valerie Alston



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

WE. MAKE. PLAYERS.

NEW ROCHELLE

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WHITE PLAINS

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