

ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE

MONDAY MOTIVATION

COMPETITIVE GRATITUDE



— Coach Rei

Director of Mental Strength & Performance

A MESSAGE FROM COACH REI

The opportunity to compete is a privilege. Never take it for granted.



Commencement Address by
Roger Federer at Dartmouth



LEARN MORE



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

MENTAL STRENGTH EXERCISE

GRATITUDE REFLECTION

After each practice this week, write down:

- One thing tennis taught you today.
- One thing you're grateful for as an athlete.
- One challenge that helped you grow.

At the end of the week:

- Review all of your reflections.
- Look for patterns in your growth, gratitude, and mindset.

Goal:

Develop an appreciation for the process, not just the results.

THE FILL PILLARS OF MENTAL STRENGTH



POSITIVE
BODY
LANGUAGE



RESILIENCE



EMOTIONAL
CONTROL



CONFIDENCE



MENTAL
TOUGHNESS

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