

ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE



Monday Motivation

Discipline Over Motivation

"Motivation gets you started.

Discipline keeps you dangerous."

– Coach Rei

Director of Mental Strength & Performance

LEARN MORE 

Mental Strength Exercise

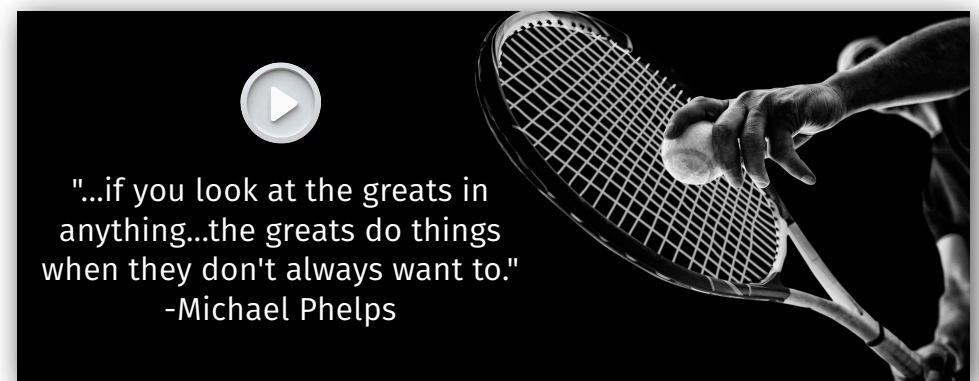
The Discipline Chain

Choose one tennis habit to complete every day—3-minute visualization, shadow swings, mobility work, or journaling.

Track it on a calendar or notes app by marking an **X** each day you complete the habit.

The rule: Don't break the chain.

Goal: Build a streak of at least 5 days.



Disappear, Stay Consistent, and Build Your Greatest Version

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

WE. MAKE. PLAYERS.

NEW ROCHELLE

55 Quaker Ridge Road | 914.484.8441

WHITE PLAINS

110 Lake Street | 914.428.2444