



Kaylan – Number #1 in the world Junior this week!!

Appreciation and gratitude – key components of a life of good character and purpose. Champions have great character as becoming a good tennis player is so very very hard! Very appreciative of the twins coming by with the RG trophy!



Character

The foundation of excellence

Nearly every day, a player is asked to study, practice, compete, work and train with great effort and concentration in order to fulfill his or her potential. Rarely do we take time to think about how developing and understanding our character traits influence performances on the court, in the classroom and in the world. We are trained from the outside – information, coaching, but when we are competing, we compete from the inside – with our heart and our head.

Tackling challenges builds character, just as lifting weights builds muscle. To avoid challenge is to abandon one's character development.

I often ask myself why players are making errors, - many times its not the technique but the patience, grit, tenacity and self belief of the player – not the technique !

We see many small underdeveloped tennis countries producing good player after player and many times the simple truth of the matter is players are more hungry, disciplined, have grit, patience and determination – more so than countries who have greater resources for their players. The consequence of failure is much smaller in affluent societies. Its all in the character and mindset of the environment and

the people it produces.

Psychologists have shown elite players expressed an internal drive and commitment to their sports that their "almost" great colleagues lacked. The elite approached training with a "never satisfied" attitude, whereas "almosts" might avoid challenging training exercises.

Following an injury or a failure to perform, high performers were determined to get back to their sports, stronger than ever. Low achievers, on the other hand, often expressed surprise at their failures, telling how they lost enthusiasm after such incidents.

Despite these differences in the athletes' attitudes, there was surprisingly little variation in the nature or number of the challenges themselves. All had roughly comparable traumatic incidents during their careers. More than the challenges themselves, the differences came down to how the athletes reacted to these obstacles and the champions' positive, "learn from it" attitudes.

While challenge may be integral on the path to success, research suggests that challenge is not sufficient in itself. An aspiring athlete's character and mindset towards challenge is what most distinguishes the champions from the rest. Hungry Lions hunt best !



P.S. - We are running our summer training. It's for players 10+ who have a UTR rating of 4 or above and want to progress their game as much as possible during the Summer. We teach all elements of the developmental pyramid above starting with CHARACTER.

Would you like to join us?

Reply with the word "Summer" and we will send you all the details.

Sign up link:

WWW.Hobsontennis.com

HOBSON PERFORMANCE TENNIS powered by Babolat and Novella Prep



HOBSON PERFORMANCE TENNIS
BRADENTON, FL

FOLLOW US FOR UPDATES



Facebook: HOBSON PERFORMANCE TENNIS
Instagram: @HOBSONPERFORMANCETENNIS

HOBSON PERFORMANCE TENNIS | 5840 26th st w | Bradenton, FL 34207 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!