



OFF COURT DAILY MENTAL TOUGHNESS

Mental toughness transcends the notion of being a mere switch that can be activated or deactivated upon entering the tennis court; rather, it embodies a lifestyle decision that requires commitment and dedication. We recognize that developing mental toughness is a systematic and ongoing process that must be integrated into daily routines, both on and off the court. This commitment to mindset training is essential for fostering resilience and equipping athletes with the tools they need to navigate challenges effectively. By consistently engaging in mental toughness practices, athletes will cultivate long-lasting skills that enhance their performance. We encourage our athletes and their families to embrace this journey collaboratively, reinforcing the importance of mental training alongside physical development. Together, we can unlock the transformative power of mental toughness and help our athletes reach their fullest potential.

1-Start your mornings with powerful affirmations and your favorite quotes prominently displayed on your mirror, serving as a vibrant visual reminder of your goals and aspirations.

2-Embrace this uplifting ritual by incorporating moments of meditation and gratitude into your routine. By adding breathing exercises, stretching, and yoga poses, you can enhance both your physical flexibility and mental clarity.

3-As you step onto the court, immerse yourself in training

with a steadfast commitment to developing your mental and emotional fortitude. Crafting personalized routines and rituals will significantly elevate your on-court performance.

4-In the evenings, dedicate five minutes to tennis ball focus to reinforce your focus, followed by a session of journaling to capture your efforts that day

Putting in the work off court will make your mindset better and make you more confident on court

UTR TOURNAMENTS AT SCF

We have increased Prize Money payout up to \$3350 purse including New Payouts to Quarterfinalists.

Men's and Women's separated draw from 6.5+ UTR and up.

Prize Money for Men's and Women's divisions:

48+ Registered Players in division = \$2000

Champion \$700 Finalist \$500

Semi-Finalists \$200 each

Quarter-Finalists \$100 each

32 - 47 Registered Players in division = \$1150

Champion \$650 Finalist \$300

Semi-Finalists \$100 each

Link to register for our next event on November 16th - 18th, 2024.

Click Here: <https://app.utrsports.net/events/269733>

UPCOMING EVENTS

Nov 23/24 - Eddie Herr warmups

<https://app.utrsports.net/events/269736>

Nov 25/26 - Eddie Herr warmups

<https://app.utrsports.net/events/269742>

Dec 7/8

<https://app.utrsports.net/events/270463>

Dec 14/15

<https://app.utrsports.net/events/269717>

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