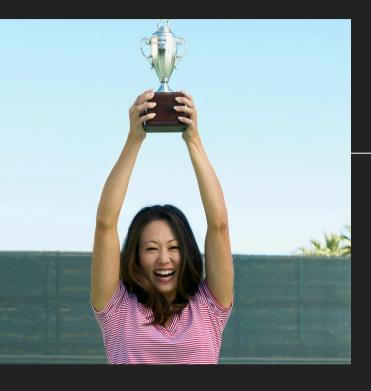
## Champions Tennis Academy



# Peak Performance Mindset Program

# A virtual program designed for competitive players

Sign up for our one-on-one, customized program on building resilience and overcoming adversity for tennis players. Learn how to stay focused and motivated, even under pressure.

Program focus is on the following:

- Mindset
- Focus and Concentration
- Emotional Management
- Resilience
- Training Activities

This is a general outline and adjustments might be needed based on the player's age, experiences, personality and goals.

The program is designed and implements over a 3 month period.



Champions
Tennis Academy

This program is in partnership and monitored by:

Psychologist Ivan Jiron



This is a flexible outline which can adapt based on the player's age, experience, and specific needs.

\*Overall Goal: Develop a strong mental game to enhance performance and enjoyment.\*

Weekly Schedule: We aim for 4-6 dedicated mental training sessions (20-30 minutes each) alongside regular practice.

(Done through WhatsApp Chats, Video Calls, Voice calls, before and after training sessions along with before and after matches as well)

Monthly Program Fee \$750 for non-academy players \$400 US academy players

> SIgn-up via whatsapp +1-619-329-4634

Limited space available!

#### Week One: Building the Foundation

**Week 1:** Identify strengths and weaknesses through self-assessment, journaling, or coach feedback.

**Week 2:** Introduce relaxation techniques like deep breathing and progressive muscle relaxation.

**Week 3:** Focus on positive self-talk. Identify negative thinking patterns and replace them with encouraging affirmations.

**Week 4:** Begin visualization exercises. Imagine successful points, matches, and maintaining composure under pressure.

### Week Two: Sharpening Focus and Concentration

**Week 5:** Practice mindfulness techniques like meditation to improve focus and concentration on the present moment.

**Week 6:** Develop pre-match and service routines to establish a consistent focus pattern.

**Week 7:** Learn how to manage distractions by identifying them and refocusing on the task at hand.

**Week 8:** Practice goal setting with SMART goals (Specific, Measurable, Achievable, Relevant, and Time-bound) to stay motivated.

## Week Three: Building Resilience and Confidence

**Week 9:** Develop coping mechanisms for dealing with frustration and self-doubt.

**Week 10:** Introduce mental rehearsal for high-pressure situations. Visualize overcoming challenges and staying calm.

**Week 11:** Learn from mistakes through self-reflection. Analyze errors and develop strategies for improvement.

**Week 12:** Celebrate successes and build confidence by reviewing achievements and positive feedback.