

Winning Edge Masterclass

Case Study Story #4

Fighting, scraping, suffering. I enjoy these moments. The burn of the legs, the heart rate pumping. I live for these times. 4 all in the third set. 30 all. I love the competition on court because it is a unique combination of skill, physical fitness and strength, and mental toughness.

I have the guts to go for that forehand. I get myself in the best position possible to hit that forehand. My training will ensure that my footwork and intensity is on point for that shot. I can respond for the next point regardless of whether or not that forehand goes in. Each situation in each match is different, and that is what makes the competition so special I think about my on court goals and focus on one of these concepts: "pick it, hit it", "let it go", freedom on return of serve, and feeling my feet on the ground.

I am motivated and hungry to succeed, and I am willing to leave it all on the line to get there, I can let myself go. I truly believe the sky is the limit, and my game keeps improving. I'm am excited about the next point and opportunity.. I'm ready for it.