

Compete

/kəm'pi:t/

Word Origin

C17: from Late Latin *competere* to strive together, from Latin: to meet, come together, agree, from *com-* together + *petere* to seek
(Source - dictionary.com)

The greatest competitors understand that performance is not a solitary endeavor. It takes a team (including great opponents) to guide, support, challenge and motivate an athlete throughout a season and career. At Smith Stearns Tennis Academy, we encourage our student-athletes to repeatedly test personal limits and stretch comfort zones. Great opponents play an integral role in this process by producing the competitive emotion which encourages individuals to consistently strive for higher levels of personal performance.

When those around us compete well, we are encouraged to do the same. Rather than wishing opponents to play poorly to attain an easy win, encourage them to play well and push you to an even higher standard to reach your ultimate potential.

For individualized, extra help on the mental game reach out to Matt Cuccaro at matt@telos-spc.com

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