

“The essence of hard work”

Many of my students inquire about a shortcut to achieve their goals and my response is always the same, “There is nothing short of hard work!” In order for one to improve they will need three things, which include: hard work, repetition of good habits, and a focused mindset.

Nowadays, to be a successful athlete one is going to have to put in a lot of hard work. In all sports including tennis, many top professionals spend between 4-6 hours per day training. For athletes this may be in the gym and/or practicing their form. Many tennis professionals spend their mornings playing tennis and their afternoons working out with their trainers in the gym. Athletes are realizing in order to compete at the professional level, there is nothing short of hard work. Sophia Loren elaborates on the importance of hard work as she states, “Many people think they want things, but they don't really have the strength, the discipline. They are weak. I believe that you get what you want if you want it badly enough” (Loren).

In order for one to excel on and off the court they need to repeat good habits. Once a solid foundation is in place, athletes need to duplicate these good habits until they become automatic. In tennis, repetition is a vital component towards the mastering of a certain skill. In all of my sessions, I instill upon my clients to repeat helpful habits such as, always following through on their forehand or keeping their racket still on volleys. Repetition is a key ingredient towards achieving one’s full athletic potential.

Having a focused mindset is also a necessary component towards accomplishing their goals. Many professionals today realize the significance of staying focused on and off the court. A focused athlete will have a better opportunity to reach their goals, stay on track, and will progress at a quicker rate.

Sports today demands athletes to work hard, repeat good habits, and stay focused. If athletes can achieve all of these components, they have a higher likelihood of achieving athletic excellence. I encourage all my clients to incorporate these qualities in our workouts together. I hope after reading this article that you see the significance of hard work.

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