

Alex NAVROTCHI

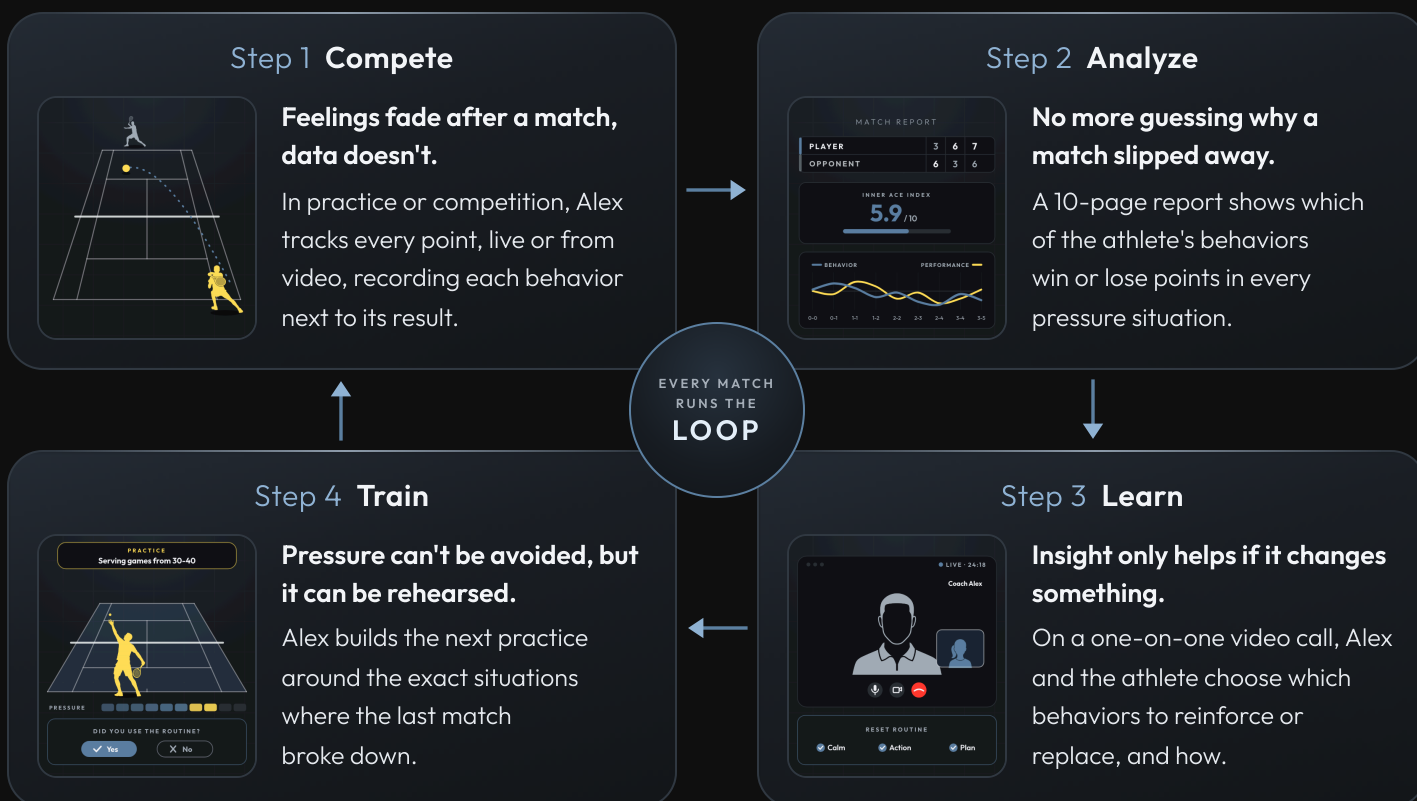
- › Professional Tennis Coach
- › Mental Consultant
- › Founder of Inner Ace™

Every player knows these moments: the arm goes tight serving for the set, a 5-2 lead becomes 5-5, one missed easy ball turns into three lost games. They are habits under pressure, not technique, and almost nobody measures them.

Alex built a fully integrated method that finds them and fixes them. Every match is tracked, every behavior is measured against the score, and every finding becomes training, so athletes walk into the next match with a clear plan for the moments that decide it.


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THE METHOD



MONTHLY PROGRAMS

Pressure brings back old habits, **unless new ones are trained to last.**

A program gives the athlete a weekly structure: matches tracked, behaviors measured, and the **discipline** and **consistency** to hold them when competing under pressure.

FUTURE <i>Build the mental foundation</i>	CHALLENGER <i>Create winning habits</i>	TOUR <i>Turn pressure into your advantage</i>
\$500 / month	\$1,000 / month	\$2,000 / month
2 sessions / month	4 sessions / month	4 sessions / month
2 matches analyzed	4 matches analyzed	∞ unlimited matches
- Text support - Tournament game plan 3 months of Inner Ace app	- Monthly call with parents + coach - Text support - Tournament game plan 6 months of Inner Ace app	- Priority live match analysis - Weekly call with parents + coach - Pre-match call + debrief - Tournament evaluations - Text support - Tournament game plan 1 year of Inner Ace app

INDIVIDUAL SERVICES

Tennis Coaching

Private lesson 1 hour	\$150
5-hour pack valid 1 month	\$700
10-hour pack valid 2 months	\$1,250
Group lessons juniors or adults	On request

Mental Coaching

Online or on court	
Mental consultation 1 hour	\$150
5-hour pack valid 2 months	\$700

Match Reports

From your video within 48 hours	\$150
Live on stream instant	\$200
In person near Boca Raton	\$250

Tournament Coaching

Local Tournament Day up to 2 matches	\$450
Travel Coaching Day plus expenses	\$500
Travel Coaching Week plus expenses	\$3,000